



News from the Nest

Feb. 29 – March 4 – For Parents



Spotlight on Learning: Compass

The simple definition of a compass is a device that shows you which direction you need to go and can take you there without anyone else. While within this definition implies isolation, there is a certain level of dependence on a tool that will help guide the individual towards a direction that they are seeking.

As our namesake, this form of dependency, and independence, is key into helping our young adults find their purpose and direction during their high school experience. Our primary purpose is for our kids to be able to gain a better understanding of themselves; their strengths, their

weaknesses, their skills, their passions, and interests, and how to continue learning about themselves in the years following their time with us. We want them to be able to use their “compass” to help guide them towards independence through slowly extending their comfort zones and increase their confidence through independent success.

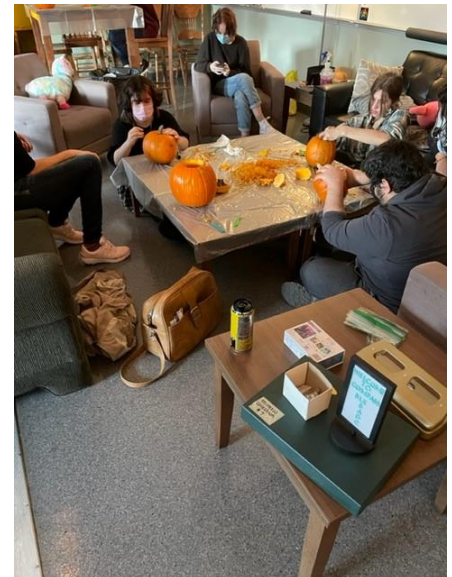
What does this look like? Well, that’s a tough-y, and simply, we won’t know until the individual tell us. Most of us know by now “one-size-fits-all” does not work. We work together in a collaborative manner to find the ‘directions’ that are most helpful, and then tailor make them for the individual. This can vary from counselling sessions, wellness checks, walking to class, providing a safe and calm space where neuro-receptors can reset, academic support, or providing food.

Why do you do this...easy...because it’s needed. Currently in global stats, one in seven 10–19-year-olds experiences a mental disorder, accounting for 13% of the global burden of disease in this age group. Suicide

is the fourth leading cause of death among 15-19 years-old, and the consequences of failing to address young adult mental health conditions continue to adulthood, which can limit career opportunities and impairing physical and mental health. These are the harsh truths we are aware of, and deal with daily.

All is not lost though.

We live in a world of accessibility, and the amount of mental health resources available are increasing. If there is a student that is seeking help, there are resources myself or Vanessa can direct you toward if needed. But also, we have an innate ability to heal; to seek light when dark, and to find water when thirsty. The hope that comes from connection is powerful, and the foundation of which we build on to point towards the direction of healing is what Compass is.



Our Character Word of the Month is INTEGRITY

Integrity is a commitment to honesty that is clear because actions are consistent with stated beliefs or promises. Honest, truthful, trustworthy people have integrity.

How it can look when put into action:

- Doing the right thing even when no one is watching.
- Telling the truth.
- Producing work that is honest and sincere.
- Keeping confidences.
- Keeping promises and commitments.
- Communicating honestly, openly, and respectfully.

Rapid Antigen Tests for Students/Families

We will be receiving a shipment (expected this week but not here yet) of Rapid Antigen tests for our student/ family population. Each student will receive one kit which contains 5 tests. To the left (and attached) are instructions with regards to when to test (if you have symptoms) and how to report your positive result. As always, parents should be completing a daily health check with their child and students should be staying home when ill. Lastly, just a reminder that hand hygiene and masks help us all to stay safe during this time

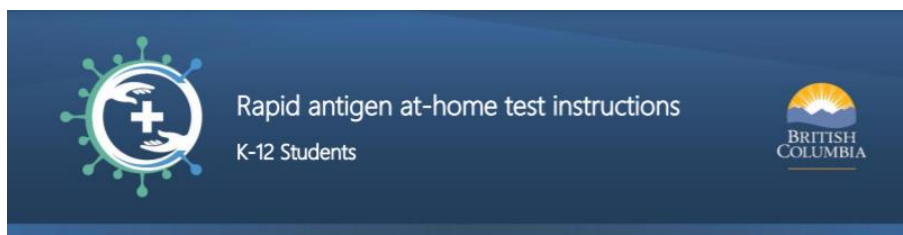
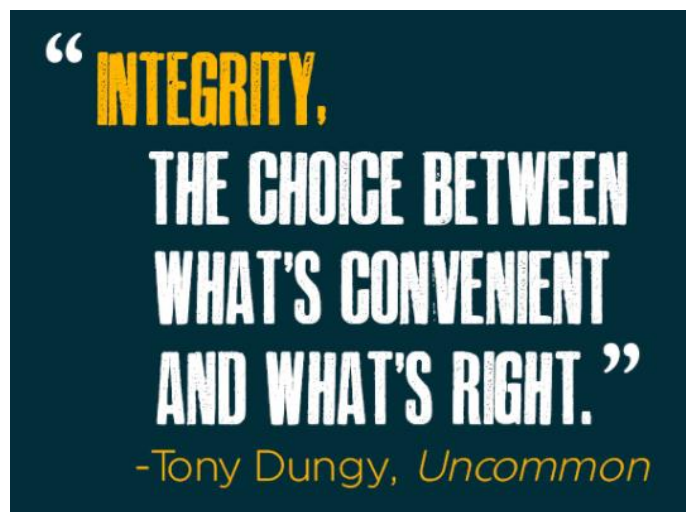
Congrats Careers Team

ChatterHigh is thrilled to congratulate WJ Mouat Secondary on placing 1st on the AAAA leaderboard for the first-ever the Money Management Competition.

An impressive 358 students from WJ Mouat Secondary participated in the competition by answering questions in the Money Management and Budgeting Module by the Financial Consumer Agency of Canada.

In the module, students were introduced to basic concepts and practical tips to help them build foundational skills and confidence around money management and budgeting. Module questions guided students through resources and tools on the FCAC website that they will be able to use throughout their financial journey, well beyond high school. Additionally, the module also included questions about students' experiences and attitudes to test its overall effectiveness, ensure it has the desired impact, and help FCAC to improve the resource for students.

Your WJ Mouat Admin Team



Each student in public, independent and First Nations K-12 schools is being provided with a box of five Artron rapid antigen at-home tests distributed through their school .

The information below on when and how to use the tests is summarized from [BCCDC](#).

When to Use the Test

These tests are intended for students in K-12 schools. They should only be used when the student has [symptoms of COVID-19](#)

If a person in your household finds it hard to breathe, has chest pain, can't drink anything, feels very sick, and/or feel confused, contact your health care provider right away, or go to your local emergency department or call 9-1-1.

Do not give your child a rapid COVID-19 test if they do not have symptoms of illness.

Test instructions are included in the box, and also [here](#). Test instructions are available online in [ASL](#), [Arabic](#), [Simplified Chinese](#), [Traditional Chinese](#), [Farsi](#), [French](#), [Korean](#), [Punjabi](#), [Spanish](#), [Vietnamese](#) and [Tigrinya](#).

Test Results

If the result is positive, it means your child likely has COVID-19.

Use information from BCCDC to [understand the test results](#), including what actions your child should take. [Complete an online form to report their test result](#) to public health and notify your school that their absence is due to illness.

If the result is negative, your child may return to school when they feel well enough to return to regular activities. Notify your school that their absence is due to illness.

Early Dismissal Schedule

8:04	- warning
8:10 to 9:00	- block 1- 50 mins
9:06 to 9:56	- block 2 - 50 mins
10:02 to 10:52	- block 3 - 50 mins
10:58 to 11:48	- block 4 - 50mins
11:55	- bus pick up

Athletic Congrats!

Congratulations to Mouat Football's Ercy Avul who signed today with the Saskatchewan Huskies!

Mouat Hawks defeat Abby Senior Panthers in the EVAA Gr. 9 Boys Final earning a Fraser Valley Champions banner. Both teams have earned a berth to the Gr. 9 Boys Provincials. The boys have qualified for the BC Championships March 3 to 6. Thank you, Coach Sran.

And our Senior Boys were in action Monday defeating Mission and played cross-town rivals

Abbotsford Senior on Thursday in the semi-finals of the Eastern Fraser Valley Championships. The boys played hard but alas' the hoop was not very forgiving and took a tough 75-60 loss. Thank you, Coach Rahlston.

Our Wrestling team under the direction of Coach Mitchell and crew are headed into Provincials running February 24 to March 1. Good luck!

#PinkShirtDay #leadership

The moment you've all been waiting for! <https://www.facebook.com/watch/?v=1163482974460949>

Diversity Week

Kudos to our leadership crew for their efforts leading Diversity Week. We were honoured to celebrate the things that make us unique. From the stop bullying messages, to standing together in pride or acknowledging the vast spaces and places that we have all immigrated from – we, Mouat, came together to support and lift each other up.

Course Planning Grade 12's and 8's into 9

This week counsellors lead our grade 11's in planning their final year at Mouat and at the same time prepared for the next group of Hawks to walk through the door. In preparation, our elective teachers took the opportunity to celebrate some of the awesomeness that happens each day in our building. Peek: https://www.youtube.com/watch?v=h_GPgzmmups



Your WJ Mouat Admin Team

Coming Up Next Week

All February:

- ✓ Black History Month

All March:

- ✓ UFV, SFU, UBC Student Teachers in the Building

Monday, February 28

- ABCD
- Student Voice
- PAC Mtg. 7pm

Tuesday, March 1

- CDAB
- Grade 8 into 9 Course Planning
 - Howe Middle
 - CDG Middle

Wednesday, March 2

- BADC

Thursday, March 3

- DCBA

Friday, March 4

- SLO Day – ABCD

Join the PAC Meeting on Monday, Feb. 28.

All Mouat parents are invited this Monday, February 28th at 7:00pm to our school's PAC meeting – held virtually on Zoom.

Please use the following link to attend the meeting

<https://us02web.zoom.us/j/82854898893?pwd=M1Mvb01McXpQL1pzVU5oR1JjWHBsZz09>

Mouat PAC Fundraisers



Drop off your empties to any Return-It Express location.

No sorting or lineups!

Account Number:
956-682-8722
WJMOUATPAC

Bag labels can be picked up from the school office or printed at R&T Depot:
Unit 23, 31550 South Fraser Way



Get all your Easter gift-shopping done while supporting our school!

Do something awesome
(for yourself & us, too!)

Visit: www.fundraising.purdys.com
Click: **Join a Campaign**
Enter Number: **62477** (and your info)

Order Deadline: **March 23, 2022**
Orders Ready for Pick-up: **April 8-14**
(from the school office)



Shop at Cobs on Gladwin Road
Mention you're Raising Dough for WJ Mouat.

5% of your purchase will be donated back to Mouat PAC!



Located at Gladwin Crossing
Unit 111, 2777 Gladwin Road