



News from the Nest

April 3 to 7



Spotlight on Learning: Science 9 Building a Sustainable City

In Science 9 students, worked in small groups to collaboratively build a sustainable city.

Teacher Reflection:

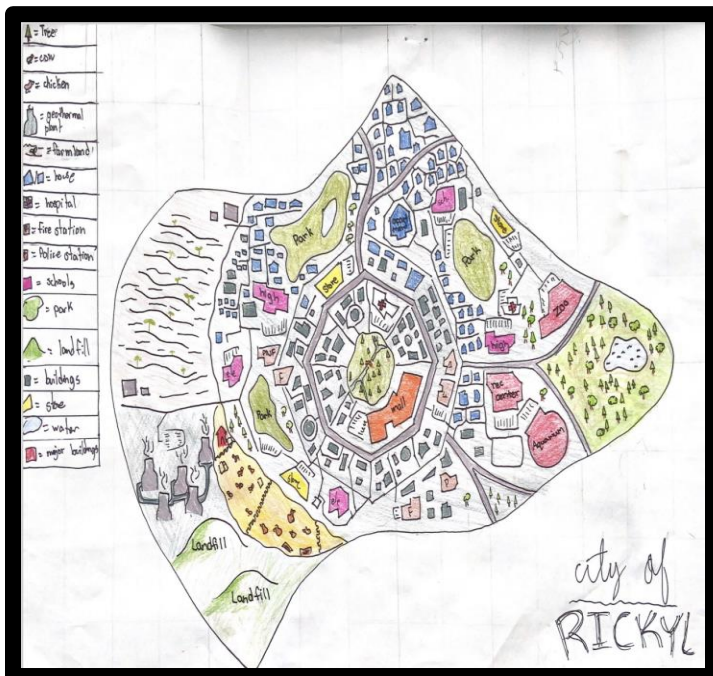
Mr. Sung Oh

Each member of the group chose a sector of the city to be responsible for (director of energy, agriculture, interior, transportation and waste management). Groups began their planning with brainstorming definitions of sustainability, basic elements of a city and developing a common vision and philosophy. Students were expected to incorporate the concepts we learned through the course, with emphasis on the ecology unit. Students were provided with a limited budget with constraints and restraints on city design; and as such, collaboration and cooperation were key to city development. Lance's group presented a city with a vision centred on sustainability and they carefully managed the city budget to provide the best services possible. The city layout was well-designed and demonstrated the group's consideration for city's happiness, convenience and comfort all while minimizing unnecessary pollution.

Student Reflection:

Lance Gecalao

We envisioned an environmentally sustainable city that was unique in design that maximizes happiness while minimizing pollution. We first chose the essential services like electricity, food source, transportation and waste management. We had limited money to spend so our team brainstormed on options that had minimal pollution. Then we added services with the remaining money to boost our city's happiness, like adding parks around the city, recreation centre, aquarium and zoo. This was also to increase tourism to our city. The city layout was designed to separate residential areas and industrial areas so that harmful particles from industrial zone and landfills didn't affect people's homes. When we had a disagreement between team members, we discussed options that fit our vision of creating a sustainable city, to increase happiness and reduce pollution.



Dress for Your Rights Art Exhibit



On Saturday, April 1st at The Reach Gallery, a group of students from W.J. Mouat Art courses participated in the Dress for Your Rights Art Exhibit and Fashion Show in collaboration with UFV. The event was lead by Dr. Michelle Superle, English professor at UFV. Mouat Art students spoke to a large group that gathered at the gallery about their art work AND participated in the Fashion Show! Two of the goals of the event were to raise awareness for sustainable fashion and human rights.

Special thanks to Desiree Hilton, Caelan MacKenzie and Derek Mora who showed up to support their peers and as hype people during the Fashion Show!

The following Mouat students placed in the high school art competition: A tie for 1st place - Jae Ross (grade 12) and Xauni de Figueiroa (gr. 10), for their incredible hand made dresses and second place to Simone Tran (Gr. 10) who reworked an outfit by hand painting and adorning it with a chain made with repurposed aluminum can tabs.

Honorable mentions go to Ganelle Poso, Amira Uppal, Shanna Beukes, Mankeerat Kaur, Kaelyn Caney, Abi Faber, and Crystal Rinke.

Thanks for coming out to support your friends and family Reagan Moore, Robin Neuriter, Gourika Sharma, and the Petrie family!

Thank you to Ms. Janelle Dick for coming out to show support and to Mr. Mike Perry for wearing the shorts I created in the fashion show



~Ms. White

Your WJ Mouat Admin Team

Abby Canucks Night for Families



We are excited to announce the first-ever Abby Canucks Grad Night coming up on Wednesday, April 12. Join us as the Abby Canucks take on the Calgary starting at 7pm. Tickets are \$28 with \$5 from each ticket sold going towards scholarships for our grads. Hawk families grades 9 to 12 can purchase unlimited tickets through school cash online until Monday, April 10th at 11am.

This special night for grads includes:

- hard copy commemorative tickets
- early entry starting at 5pm with photo booth, pre-game social with DJ, popcorn and drink
- tickets will be blocked off by school (hang out with your friends)
- for each ticket sold, grads will be entered into a prize draw for signed jerseys, Canucks tickets, and concert tickets

[Check out the flyer](#), scan the QR code and click on "BUY TICKETS." - GO CANUCKS!

Convocation Update

Mark your calendars for this year's Convocation in celebration of the achievements of our 2023 grad class. This year's ceremony will take place on Saturday, June 24th at 5:30pm at the Abbotsford Entertainment Center. We are asking grads to arrive at 4:00pm rehearsal. There will be more details closer to the date. Additional tickets will be made available for purchase through school cash online.



Cap and Gown Fees



A reminder that cap and gown fees are overdue and will not be ordered until fees are paid. Please check school cash online for mandatory and optional payments for all school, sports, and grad related fees. If finances are a tight, please contact a counsellor or VP.

Self-Care Theme for April: The Benefits of Nature



Nature is an important need for many life forms. Did you know that it plays a vital role in keeping us emotionally, psychologically, and physically healthy? Nature has a very wide definition. It can mean green spaces like parks, woodlands, or forests and blue spaces like rivers, wetlands, beaches, or canals. It also includes trees on an urban street, private gardens, and even indoor plants or window boxes. Surprisingly, even watching nature documentaries is good for our mental health. This is great news as it means the mental health benefits of nature can be made

available to nearly every one of us, no matter where we live. Check out this link to learn more about the positive impacts of nature.

<https://www.youtube.com/watch?v=L4z4-rhGrWY&t=26s>

Self-Care Mondays



April 10th:

This week's self-care tip is about: THE BENEFITS OF NATURE—yoga-style!

We know that being in nature helps to reduce stress and improves mental health. Going for walks and any form of exercise outside is not only improves our mood but it also improves our physical health. So, why not try some yoga outside or inside for that matter.

Information:

<https://yoganowchicago.com/why-you-should-try-outdoor-yoga/>

Activity:

<https://www.youtube.com/watch?v=4AELzGcD9So>

(The sound on this video is quite low so feel free to have these relaxing nature sounds on in the background <https://www.youtube.com/watch?v=eKFTSSKCzWA>).

Ways You Can Support PAC



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*



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*

Please help us keep our GREEN BINS in use
as they generate monthly income for
Mouat PAC!

**THE BINS
ACCEPT**

- Clothing
- Shoes
- Purses
- Stuffies
- Linens

in good clean condition



Coming Up Next Week

April: Dodgeball Intramurals
Autism Awareness Month
Sikh Heritage Month

Monday, April 10th

- Easter Monday-No School

Tuesday, April 11th

- CDBA
- Hunt for the Golden Hawk (PE Leadership event)

Wednesday, April 12th

- BADC
- Girls Rugby @ LSS 330
- Hunt for the Golden Hawk (PE Leadership event)
- Café Jazz 730pm (Caf)

Thursday, April 13th

- DCAB
- Hunt for the Golden Hawk (PE Leadership event)
- Junior Boys Rugby vs Mountain @ 3:30

Friday, April 14th

- CDBA
- Vaisakhi
- Tutrial Day
- Hunt for the Golden Hawk (PE Leadership event)

