



Spotlight on Learning: WJM PHE Community Runs

“What loop are we doing?”
“It’s raining, can we do it tomorrow instead?”
“Madame WHYYYYYYYYYY?”

Just a few of the little conversations that happen during our famous PHE Community Runs. This 6 week program started back in 2010, with the idea that teaching running would give all students a skill that they could carry with them throughout their lives. Aerobic running is a great way to increase overall mental and physical health, can be modified and personalized, and is FREE. Students begin with an introductory run of 1km, then 1.8km, 2.5km and the unit culminates with a 3 km loop. The runs are named with the HAWK acronym, and students quickly become accustomed to knowing what each loop run requires. There are standard times to use as reference points, however the actual marks for the unit come from goal setting, reflection and self-evaluation.

Just like in any course, not all units are popular, however there is no doubt that the skills gained in these runs, and the feedback from the kids, show time and time again that this unit is valuable for PHE.



Injured? Walk the loop, timing yourself.



Big finish!



Peer tutors keeping track of times and stats.



Mr. Radons takes the bike out to make sure everyone! is ok!

STUDENT VOICE

Kudos to 7 of our grade 11 students who had the honour of kicking off the BC School Trustees Conference in Vancouver on Friday (April 28) presenting to 400 plus adults from across the province and the Minister of Education and Child Care. The 7 students (Jada, Fabiola, Harshan, CJ, Lukas, Jasleen and Alisha) spoke to their experience in the educational system. They were asked to use their student voice to describe a

school system that is supportive and encouraging (“be supportive and caring while seeing students as individuals who have lives above and beyond school”); what identities students hold, feel supported in and/or what barriers do students face (“see students as individuals beyond their skin colour, ethnicity, or stereotypes”); what opportunities have students had to learn, connect and embrace our Indigenous ways of knowing and being (“appreciate teachers that bring in my culture, and I would like to see more teachers who represent me – an Indigenous teacher who has the knowledge and stories”); what does student/school success mean to you, how do I know that teachers care about me, and describe a school experience that was successful in engaging you (“I have learned that success means that I have tried my absolute, sometimes my best is not always enough. I appreciate when teachers notice my effort and see me as an individual and show me their care – it makes me feel seen”).



MMIW Assembly—THRIVE

A very big and heart-felt thank you to Ms D and Sam and their fantastic crew of students who put on a very powerful and informative assembly in memory of Murdered and Missing Indigenous Women.



Your WJ Mouat Admin Team

Character Word of the Week: 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.



Self-Care Theme for MAY:

The Benefits of Art



Studies have shown that expression through art can help people with depression, anxiety, and stress. Art has also been linked to improved memory, reasoning, and resilience. The best part is art is something everyone can participate in. It does not prescribe to any particular set of norms and is unique to each and every one of us. So why not give it a try? It may be the best trick for health yet!

Self-Care Mondays

May 8th:

This week's self-care tip is about:

THE BENEFITS OF COLOURING on MENTAL HEALTH

Coloring is a healthy way to relieve stress. It calms the brain and helps your body relax. This can improve sleep and fatigue while decreasing body aches, heart rate, respiration, and feelings of depression and anxiety. So if you haven't already tried it, give colouring a try!

Information:

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/coloring-is-good-for-your-health#:~:text=Coloring%20is%20a%20healthy%20way,feelings%20of%20depression%20and%20anxiety>

Activity:

Either print up this page to colour it with pencil crayons OR do online colouring.

<https://www.mombooks.com/dp-online-activity/art-therapy-adult-colouring-book/?imprint=1>



Sheldon Guy All school assembly Monday, May 8th:

HAWK DAY SCHEDULE	
Block 1 8:10-9:15 (65 min)	
EVENT/ASSEMBLY 9:15-10:15 (60min)	
Block 2 10:21-11:26 (65 min)	
LUNCH 11:26-12:06 (40 min)	
Block 3 12:12-1:17 (65 min)	
Block 4 1:23-2:28 (65 min)	

BC Adolescent Health Surveys Schedule May 8,9,10

Monday			Tuesday			Wednesday		
08-May-23			09-May-23			10-May-23		
ABC D			C D BA			BAD C		
1:23-2:28pm		Total	9:36-10:56am		Total	1:02-2:28pm		Total
Teagan Gibson	Gr 9	30	Dustin Hemminger	Gr 10	30	Courtney Ihop	Gr 12	30
Ian Newton	Gr 9	28	Ahsley Mennear	Gr 11	30	Carissa Monds	Gr 12	30
Carissa Monds	Gr 10	29	Sheena Powell	Gr 11	30	Mark Thiessen	Gr 12	26
Sonny Gill	Gr 10	30			90			86

Coming Up Next Week

MONTH OF MAY
Asian Heritage
Mental Health Awareness

Monday, May 8th

- ABCD
- HAWK Day (Sheldon Guy-Wellness Week Guest Speaker-all grade assembly)
- BC Adolescent Health Survey

Tuesday, May 9th

- CDBA
- BC Adolescent Health Survey

Wednesday, May 10th

- BADC
- Thrive is closed
- BC Adolescent Health Survey
- Jr Boys Rugby Playoffs TBA
- Girls Rugby vs RE Mountain

Thursday, May 11th

- DCAB
- Jr Boys Rugby Playoffs TBA

Friday, May 12th

- ABCD
- SLO Day

A MESSAGE FROM PAC



Staff Appreciation Week

Mouat Staff Appreciation Donations Needed

Please help us celebrate our amazing staff here at Mouat! PAC is hosting a Staff Appreciation on May 12th, and is looking for help with donations of door prizes, baking and fruit.

► **Door Prizes:** Gift cards, chocolate, plants, wine or any other gift items you may have! Please text 778-808-6205 to arrange pick-up.

► **Food Items:** Donuts, scones, muffins, fruit etc. (store bought is welcome). To sign up for food please use this link: <https://signup.com/go/SRwNWAj>