

# **News from the Nest**

May 8-12 Mouat Family Edition



## **Spotlight on Learning: Social Studies 10**

This semester in Mr. Porth's Socials 10 classes we analyzed the incident of the SS St. Louis, a ship with over 900 Jewish immigrants that sailed from Nazi Germany in 1939 seeking freedom from persecution only to be turned away from disembarking in Canada. Having been forced to return to Europe, many of the original passengers were later rounded up by the Nazis and killed during the events of the Holocaust. Students studied how anti-Semitism was a potent force in Canada's history, influencing all levels of society, from the Prime Minister on down. We considered whether, by turning away the Jewish refugees, Canada played an indirect role in the attempted genocide of Europe's Jews. Finally, we reflected on if Canadians today have an ethical obligation to remember this dark period of our past, and, if so, then how?

Students who wished to extend their learning were given an additional question to answer: How would you convince the Halifax Port Authority, the organization that manages the current memorial to the victims of the SS St. Louis incident, to replace the current memorial with one of your own creation instead? Students' proposals needed to be typed and presented in class and needed to include a 3-D prototype of their proposal.

The results were remarkable! Students that opted to create a prototype and a proposal put their creative services to work and made prototypes out of Lego, toothpicks, and art supplies. One student even opted to create a prototype on 3-D software and then screen capture a video "walk through" of his design. Their proposals were thoughtful and creative and demonstrated a high level of engagement with the complex issues around anti-Semitism, memory, loss, and historical judgment.







## Drama: National Theatre School BC Drama Festival

For the first time in years, the Drama Festivals are back up and running. Over the last few years, live theatre has been dormant, and it was great to be finally be back face-to-face. In early December, we entered the Upper Fraser Valley Drama Festival being held at Imagine High in CHilliwack, and we were chosen "Best Play"--meaning we would represent our zone at the National Theatre School BC Drama Festival.

This last weekend was a whirlwind of events. We had to load the set up in my van (Mr. Billo), Ms Gibson got the kids on the bus, and away we were off to Douglas College in New West. After getting there, we had to unload the set, go to Festival Orientation where we all got loot bags, schedules, and all the important info for the festival. Immediately after, we had a 90 minute tech time were we organized our set, and the tech folks had to learn how to use a new lighting and sound setup-significantly different than the one in our theatre.

But, through all the hustle and bustle, we were the first show of the night, and the play went brilliantly. Laughter and tears were both abound as the audience were reminded of the absurdity and tragedy of Covid lockdown for students and parents alike. Being able to perfom for anorher 250 keen drama students is an experience of a lifetime

The rest of the fest we could relax, taking 6 workshops over the Friday and Saturday, having lunch at food trucks and watching the other best plays in BC. Late evenings were spent with Open Mics and a Star Wars theme Dance on Saturday at the Inn at the Quay. Our students, being great representatives of the school, had other kids seek them out for congratulations on a great play. Some students had never been away from home, so an experience to say the least. It was so good to be back face-to-face instead of an online zoom festival.

Those non grade 12s can't wait for next year! Here is some annotated feed back:

- a phenomenal festival, filled with excitement every step of the way. Was the greatest experience of my life to be honest
- -an opportunity to have a great experience with our ensemble. Learned a lot from the workshops and met peers that were passionate about the same things as me. I loved it overall.

Met so many amazing people and learned many new skills for future theatre projects. I'm never gonna forget this experience...

- -AN amazing weekend filled with many awesome memories..
- such an incredible experience to put on this play at a festival. I met so many amazing people an had the time of my life...
- everyone was so supportive of each other and we all learned so much together...
- -This past weekend was an absolute blast. It was filled with some truly crazy events and we made some incredible memories







## **Grad French Immersion Banquet**

We are delighted to invite all graduating 2023 French Immersion students to our year-end banquet. It will take place on Thursday, June 8th, from 530-730pm in the gym. It is a semi-formal dinner and all students may attend free of charge. Each student who is attending is permitted to bring up to 2 family members to celebrate their accomplishments as French Immersion students (parents/guardians/family). Each guest must purchase a ticket at a charge of \$20 each.

So to recap: French Immersion grad (no charge) + 2 guests (family) (\$20 per guest).

Please sign up via schoolcashonline and the deadline is Friday, May19th.

https://abbotsford.schoolcashonline.com/

Even if a student is NOT bringing a guest, they must still sign up via schoolcashonline.

Merci and we look forward to celebrating with you all.



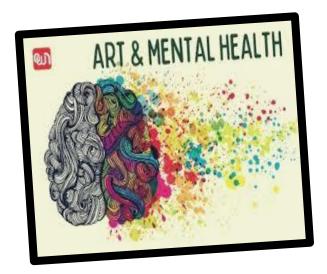
# Character Word of the Week: Respect





# **Self-Care Theme for MAY:**

## The Benefits of Art



Your WJ Mouat Admin Team

Self-discipline, courtesy and upholding the dignity of others are qualities that define respectful people.

How it can look when put into action:

- Being patient
- Caring for yourself.
- Standing up for what you believe is right.
- Saying please, thank you and excuse me; showing good manners
- Showing good sportsmanship.
- Allowing others to go first.
- Following school code of conduct.
- Considering the safety and well being of others.
- Showing appreciation for the opportunities and privileges you are offered.

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 15th:

This week's self-care tip is about: THE BENEFITS OF ART and MUSIC-together.

Sometimes playing just the right song at the right time can improve our mood. We also know that drawing and doodling help with focus and tuning out some of the negative thoughts we might have. ART and MUSIC together are a recipe for improved mental focus and reducing stress. So, combine the two for double the benefits!

Information:

https://www.innerbody.com/health-benefits-of-art-and-music

Activity: Do exactly what is shown in the video

below. (doodle with music)

https://www.youtube.com/watch?v=ZxW35fp3tDY

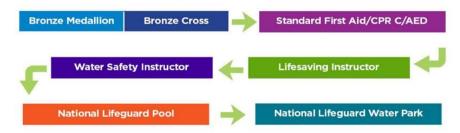


# **Lifeguard Opportunities for Students**

#### Lifeguard Opportunities

Lifeguarding is a rewarding job that you can do right here in your own community! Learn how to assess and respond to emergency situations, how to mitigate accidents, and most importantly, how to save lives.

We offer all training programs and courses that you need become an Aquatics Professional! In order to be a lifeguard in Canada you need to complete a series of certifications. We recommend completing advanced aquatics in the following order:



#### Apply to be a Lifeguard and Aquatic Instructor

As the successful candidate, you will ensure a safe and enjoyable leisure experience for patrons while performing lifeguarding and instructional activities. Your training and keen eye for detail will allow you to actively respond to emergency situations by performing rescue functions and providing assistance to patrons in need. Your strong communication and relationship building skills will be essential as you provide instruction in a variety of aquatic and related programs. In addition, you will conduct regular inspections of rescue and emergency equipment, monitor pool chemistry as required and perform assigned janitorial and maintenance tasks as required.

# Coming Up Next Week

# MONTH OF MAY Asian Heritage Mental Health Awareness

## Monday, May 15<sup>th</sup>

- ABCD
- PAC Meeting @7pm
- Cybersafe from Exploitation online at 7pm (see

#### Tuesday, May 16<sup>th</sup>

- CDBA
- Grad assembly during Block C
- SBT meeting

## Wednesday, May 17<sup>th</sup>

- BADC
- Talent Show HAWK DAY
- International Day Against Homophobia, Transphobia and Biphobia
- Staff Meeting in LLC @245pm
- Jr Boys Rugby TBA

## Thursday, May 18th

- DCAB
- Jr Boys Rugby TBA

#### Friday, May 19<sup>th</sup>

- Pro D day
- Enjoy a fabulous day of learning

## PAC AGM – Monday, May 15th

PAC's last meeting of the school year is this coming Monday, May 15th at 7pm, meeting virtually via Zoom. This is our AGM which we will be electing a new PAC Executive Board for the 2023-24 school year. We have open positions and are looking to welcome new people to the board! Feel free to <a href="mailto:email.wjmouatpac@gmail.com">email.wjmouatpac@gmail.com</a> if you are interested in more information.

PAC Zoom Meeting Link

https://us02web.zoom.us/j/83535997266?pwd=Uzl HeHdsRTNLb3JhMlZDZVBacGp1dz09

Meeting ID: 835 3599 7266

Passcode: 216881

## **CYBERSAFE from Exploitation**

Parent Night, May 15th at 7pm online via Zoom Come learn about all forms of sexual exploitation, the current trends, warning signs, and how they specifically affect Abbotsford school district students. This presentation will provide engaging and relevant information and tangible strategies through games and activities. This online event will be geared toward parents of middle and high school kids. However, all parents are welcome; it is never too soon to be prepared.

Presented by Exploitation Education Institute.

https://us02web.zoom.us/j/84772635596?pwd =MkllOXR0eVUyZVZ2Y0Zyakd2UjdiQT09#succe <u>ss</u>

Meeting ID: 847 7263 5596

**Passcode:** 662562