



## News from the Nest

June 12-16 - Mouat GRAD Edition with  
Important Grad Information

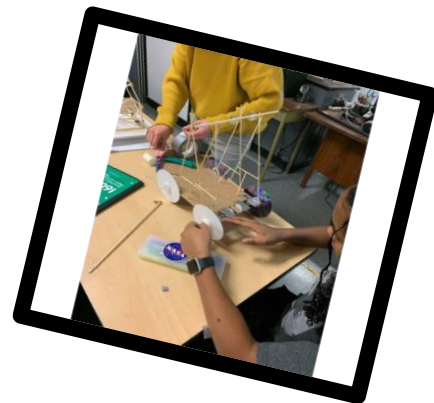
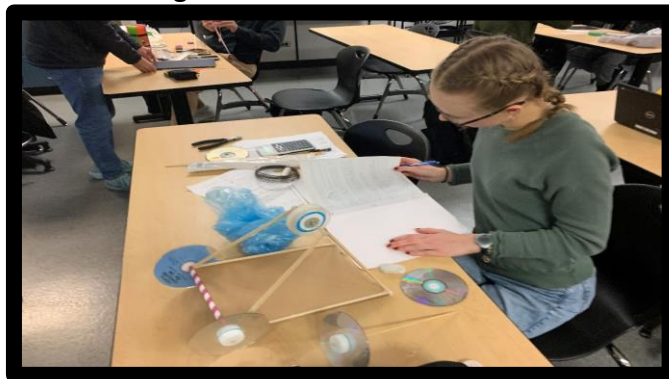


### **Spotlight on Learning: Physics 11 with Mr. Newton** **Do you understand the gravity of the situations?**

A final assessment in Physics 11 this year involved a multi-day (during and after school), design, prototype construction, test and rebuild of a “Gravity” powered car. The engineering involved had students meeting a minimum design requirement to drop a loonie coin on target and proceed past a minimum distance. A bonus option of a 90degree turn was also provided; however, this is not an easy task.

The data and observations of the project, including a chronologically ordered logbook of design decisions are to be used to create a formal “Engineering Report” which will be used to demonstrate student understanding of the principles of physics taught in Physics 11. Student engagement in the project inevitably drives learning into Physics 12 principles thereby creating an extended passion for deeper learning.

After the Engineering Report is finished each student provides a self-assessment of their work. Students may be further asked for an interview to determine a deeper level of understanding.



## French Immersion Grad Banquet!

On Thursday, June 8<sup>th</sup> French Immersion grads, with some parents/guardians attended a celebration banquet to celebrate their years spent studying French. A great time was had that included singing, dancing and even a conga line 😊



## Literacy Assessments:

	Monday	Tuesday	Wednesday	Thursday	Friday
Time	19-Jun	20-Jun	21-Jun	22-Jun	23-Jun
AM (8:15 - 11:15)			Written French Immersion	Monds (D)	Mennear (A) Roy (A)
PM (11:50 - 2:50)				Powell (C)	Powell (B) Roy (B)

Your WJ Mouat Admin Team

## Awesome Season End- Track and field

Despite being in a very competitive zone where only the top 3 in every event get to move on, **14 athletes** qualified for last weekend's BC High School Track and Field Championships in **11 individual events** and on **3 relay teams!** The competition was intimidating, but these athletes didn't back down from the challenge!

Special mentions go to

- Sam May for breaking not one but 2 BCHS Championship records in middle distance!
- Flora Vieweg for finishing just off the podium in the JrG 1500m and achieving a new PB by 11 seconds!
- Jacob Martyn for finishing 9th in SrB Hammer Throw after only picking up the hammer for the first time a month ago!

On behalf of the athletes and myself, I would like to thank all of their teachers for understanding when athletes had to leave early to get to their events, parents for attending meets, and all of the school and community coaches who gave up their time to make sure athletes had the opportunity to participate in this super fun sport!

Coaches are so proud of everyone on this year's team for their dedication to constant improvement as well as the overwhelming



## 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 Mondays

June 19th:

This week's self-care tip is about: THE BENEFITS of chair stretching.

As students, you probably spend a lot of time hunched over a desk and seated. Remaining in such a position for such a long time isn't beneficial for your physical or mental health. To combat issues such as back pains, headaches, and lowered productivity, there are simple seated stretching exercises you can do anywhere! So give chair stretching a try!

Information:

<https://www.fitday.com/fitness-articles/fitness/stretching/sitting-in-a-chair-all-day-6-reasons-why-you-should-utilize-office-stretching-exercises.html>

Activity:

[https://www.youtube.com/watch?v=xRH1To\\_xyr8](https://www.youtube.com/watch?v=xRH1To_xyr8)



## IMPORTANT GRAD INFORMATION



Hello Parents of Grade 12's

You/we have just a few more days of your child's learning journey to share together. These days will be filled with many firsts and lasts.

All the information was shared with your child at the Grad Assembly on May 16 and is available in the Grad Classroom (online).

- Here is what to expect:
  - Between now and June 19 - students should go online and pay all outstanding school fees (past fees due, athletics, and upcoming events not paid including grad fee, non-returned textbooks, library books etc.)
  - June 19, 20 or 21 students are to go to the Learning Commons (Library) at lunch and pick up their cap, gown, stole, tassel, convocation tickets, extra guest tickets (if purchased), and pick their prom table (groups of 10) with Mrs. Bowater, Mrs. Nyberg and Ms. Mangat
  - June 23 students are to go to the Abbotsford Entertainment Centre for 3pm for our rehearsal. A bus will be available from the school to the venue and back to the school leaving at 2:45pm from Mouat for students who need transportation
  - June 24 - THE DAY of CONVOCATION
    - Students arrive 4:45, Doors open for Guests at 5pm (tickets required), Ceremonies start at 5:30pm (no airhorns permitted)
  - June 26 - THE DAY of PROM
    - Red Carpet & Photos Arrival 3-4pm; Hawk Walk 4:15pm, Bus Boarding 4:45pm and return home at 10:30/11pm
    - Any dangerous driving, revving of engines will not be permitted as discussed on May 16 with your child. The APD applaud our Prom last year and the conduct of our students.

If a financial hardship exists please reach out to your child's VP or myself (our emails are available on the school website).

Thanks for sending us fabulous students - we look forward to spending the next 8 days celebrating their journey.

Your Mouat Admin Team

*Your WJ Mouat Admin Team*

## Grad Season Violations—A message from APD



### Abbotsford Police Department Traffic Bulletin Grad Season Violations Youth Squad

Issued: June 2023

**Oh Graduates: Be safe and respectful drivers as you Graduate. Congratulations.**

**Drive without Consideration: \$196 + 6 points + Vehicle Impound 7 days**

**Stunt:** means circumstances in which, taking into account the conditions of the highway, traffic, visibility and weather, the driver or operator of a motor vehicle is driving or operating the motor vehicle without reasonable consideration for other persons using the highway or in a manner that is likely to cause harm to an individual or likely to distract, startle or interfere with users of the highway by doing any of the following:

- (a) Causing any or all of the motor vehicle's tires to lift from the road surface; (wheelie)
- (b) Causing the motor vehicle to lose traction while turning the motor vehicle,
- (c) Driving the motor vehicle in a manner to cause the motor vehicle to spin
- (d) Driving the motor vehicle in a lane intended for on-coming traffic for longer than necessary to pass another vehicle;
- (e) Slowing or stopping the motor vehicle in a manner that blocks or impedes other motor vehicles;
- (f) Without justification, driving as close as possible to another motor vehicle, a pedestrian, or a fixed object;



**Unnecessary noise s.7A.01 MVAR \$109.00 + 3 points and/or Inspection**

**7A.01 MVAR:** No person shall start, *drive*, turn or stop any motor vehicle, or accelerate the vehicle engine while the vehicle is stationary, *in a manner which causes any loud and unnecessary noise in or from the engine, exhaust system or the braking system, or from the contact of the tires with the roadway.*

**Novice "N" Drivers:**

**Drive Contrary to Restrictions: \$109 + 3 points: 0mg% Blood Alcohol Content/One passenger:**

Only 1 passenger unless +25 yrs or immediate family: means your parents, children, spouse, brothers, sisters and grandparents, including step and foster). NOTE: Cousins are not included.

**Fail to Display "N": \$109:** You must display the official N (Novice) sign in your back windshield or on the rear of your vehicle when driving and must be visible to drivers behind you.

**No hand-held or hands-free electronic devices: \$368 + 4 points:** You must not use hand-held or hands-free communication devices (eg: cellphones, music, gaming GPS systems) while driving.



**Seatbelt Violations:**

**Passenger**

Fail to remain seated MVAR 39.01(a) \$167

Fail to be only occupant of seat MVAR 39.01(b) \$167

**Driver**

Operate vehicle while person riding on vehicle 39.02(a) \$167

Operate vehicle while more than one person in seat 39.02(b) \$167

Operate vehicle while person not seated 39.02(c) \$167

Operate vehicle with too many seats 39.02(d) \$167

Operate vehicle with too many persons in vehicle 39.02(e) \$311

# Coming Up Next Week

## Month of June Filipino Heritage Month

### NON-Interruption WEEK Monday, June 19<sup>th</sup>

- ABCD

### Tuesday, June 20<sup>th</sup>

- CDBA
- Locker clean out

### Wednesday, June 21<sup>st</sup>

- BADC
- National Indigenous Peoples Day

### Thursday, June 22<sup>nd</sup>

- DDCC

### Friday, June 23<sup>rd</sup>

- LAST DAY OF CLASSES for Secondary Students!!!!
- AABB

### Saturday, June 24<sup>th</sup>

- Convocation Ceremony

### Monday, June 26<sup>th</sup>


- Prom

## Locker Clean-up

All students with lockers are asked to ensure they have their lockers cleaned ASAP. Students currently in Grades 9 to 11 who have lockers will be getting the exact same locker next year with the same combo. If the locker is not cleaned out then a fee will be applied to that student. Please help out your school by being responsible for your locker and cleaning it out!



### 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, 3850 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



