



News from the Nest

June 12-16 - Mouat Family Edition

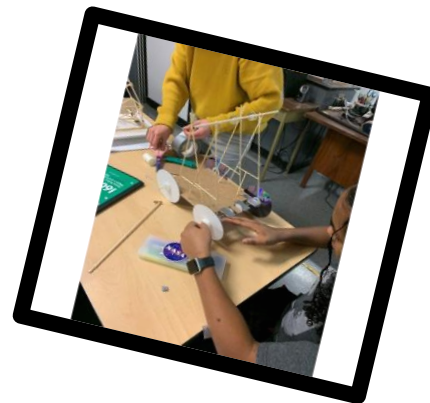
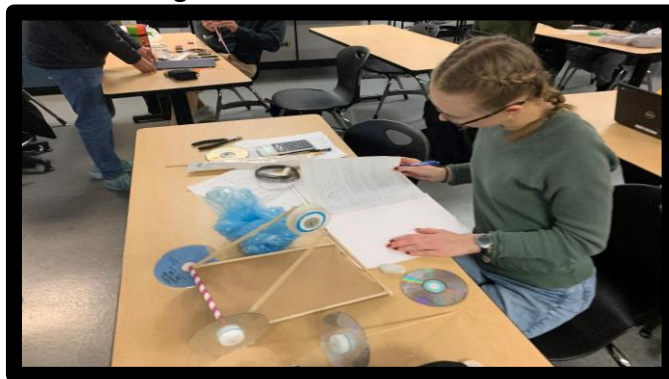


Spotlight on Learning: Physics 11 with Mr. Newton **Do you understand the gravity of the situations?**

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 8th 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



Coming Up Next Week

Month of June Filipino Heritage Month

NON-Interruption WEEK

Monday, June 19th

- ABCD

Tuesday, June 20th

- CDBA
- Locker clean out

Wednesday, June 21st

- BADC
- National Indigenous Peoples Day

Thursday, June 22nd

- DDCC

Friday, June 23rd

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



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
WJMOUTPAC

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

