

News from the Nest

September 11-15 – Parent

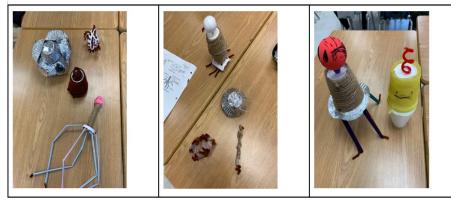


Spotlight on Learning: Connect 11 – Life Science 11

Presented by: J. Dick

Every class I hope to see students lean into the learning and take risks to present their new knowledge in new and creative ways. These are a few examples of lessons that engaged the students in a noticeable way.

Four types of viruses made from a random box of supplies. For this activity, even reluctant learners participated, and the result was a more memorable lesson and relaxing teaching experience. After the models were assembled, I roamed the room and asked each student to verbally name the parts and functions represented in their structure as an on-the-spot assessment for learning. Any errors or omissions in the student's understanding



were quickly corrected by our conversation and I knew if they were ready to move on to the next topic.

Killer whale some vague conceptual relation and more symbolic connections may be made between the two. In the Tlingit tale, Natsilane was able to carve the killer whale "after three tries and much improvement in his carving skills" (Natsilane). The development of his skills and the attempts he made to carve the whale can be reference to the overall process of evolution. The process that is the concept of changes that happen to an organism over time. It could be said that "different attempts" in the evolutionary tree have been made by branching off into different Raven developments, causing the creation of diversity among life. The

Connecting Traditional Ecological Knowledge (TEK) in Indigenous Creation stories with Western Science. Students were given the opportunity to use the organisms represented in an Indigenous Creation story of their choice to show TEK

and connections to Evolution. Students were also allowed to represent their learning in different formats including Essay or Slideshow.

Grade 9 Orientation

August 30th was the Grade 9 Orientation. 314 of 359 incoming Grade 9s were in attendance and participated in activities, discussion and a bbq lead by our Leadership students with the guidance of our very own Mrs. Bowater and Mr. McCall with admin supervision provided by Ms. Rajabally and Mr. Sidhu. We hope we eased some of the new



school anxiety, answered questions, and supported students in finding their way to new classrooms within a new building. On Tuesday, September 5, we had just grade 9's in the building - they were able to find their classes without feeling lost among the 1100 Grade 10-12 students that joined us on Wednesday. WELCOME TO MOUAT!



This week's self-care tip is about LAUGHTER.

When it comes to relieving stress, more giggles are just what the doctor

ordered. When you start to laugh, it doesn't simply lighten your load mentally, it also does several things to you on a physical level including increasing your intake of oxygen which stimulates your heart, lungs and muscles and increases the release of endorphins (the feel-good hormone). All of that

Benefits of laughter

STUDIES SUGGEST LAUGHTER HAS THE FOLLOWING MENTAL AND PHYSICAL BENEFITS



to say that a good laugh can help relax you and reduce some of the physical symptoms of stress.

So, watch that sitcom and tell that joke because it will do the mind and body good!

https://www.mayoclinic.org/healthylifestyle/stress-management/in-depth/stressrelief/art-20044456

Here's a bank of jokes for the classroom https://www.rd.com/list/short-jokes/

Your WJ Mouat Admin Team



Coming Up Next Week

Monday, September 11

• ABCD Tuesday, September 12

CDBA

Wednesday, September 13

• BADC

• Photo Day (AM)

Thursday, September 14

DCAB

Friday, September 15

- CDBA
- SLO Day
 - School Open at 8am for students with supervision in Cafe
 - Staff in Learning Sessions from 8-9:24am
- Block C warning bell at 9:24am



Your WJ Mouat Admin Team