



# 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.



	<p>Killer whale ...</p> <p>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 developments, causing the creation of diversity among life. The</p>
	Raven

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 30<sup>th</sup> 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!



## Self-Care Mondays

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

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/healthy-lifestyle/stress-management/in-depth/stress-relief/art-20044456>

Here's a bank of jokes for the classroom

☺ <https://www.rd.com/list/short-jokes/>

# Benefits of laughter

STUDIES SUGGEST LAUGHTER HAS THE FOLLOWING MENTAL AND PHYSICAL BENEFITS

## MENTAL

- Releases **endorphins**, which are linked to positive mood
- Reduces **stress, anxiety, and depression**
- Improves **life satisfaction**

## PHYSICAL

- Increases natural killer cell activity (cells in the innate immune system known for **fighting infection and detecting cancer**)
- Provides similar **cardiovascular** benefits to exercise
- Improves **learning and creative thinking**
- Increases **pain tolerance**



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

### 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, 31550 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*



