



News from the Nest

October 16-20 – Parent



Spotlight on Learning: Youth Philanthropy Initiative

Presented by: Teagan Gibson

FCLE 10



TEACHER DESCRIPTION/ REFLECTION

Through this structured inquiry project, students have the opportunity to explore various social issues and their impact on our local community. They then work in groups to choose a local charity, contact the charity, and if they receive a response, visit the charity and interview an employee. The final presentation in front of the class demonstrates their learning around the social issue, the charity, and its impact on people living locally.

I encourage students to add creative elements to their presentation. This year I had students include Kahoots to engage their classmates, show videos and photos from their charity visits, and even had one group create a rap music video about their chosen social issue. I love watching students use practical skills (research, writing professional

emails, contacting charities via phone, group collaboration, etc.) as they dig into issues that matter to them. One group of students even told me that they plan to volunteer at their chosen charity! Students really enjoy engaging in work that is focused on real life and that can apply to their everyday experience.

STUDENT REFLECTION:

“In our careers 10 class, we participated in the YPI project. In this project, we had the opportunity to research different social injustices, and make contact with non-profit organisations to learn how we can better the community. This was a very rewarding project that allowed us to go outside of our comfort zones in order to talk with representatives of different organizations. Overall, it was a very fun project, where we were able to work together in a group to analyze different ways we can enrich our community.

Junior Varsity takes the win



A huge shout out to our Jr Boys Varsity Football Team for CRUSHING their opponents with a 38-0 win. Great job team and coach!

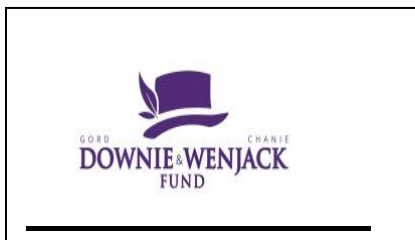
Grad Cruise

The skies opened and the sun came out to welcome our grads this past Thursday! The grad cruise was a success with smooth sailing, lots of dancing and fun! Thank you to the students who attended and were responsible WJ Mouat citizens. We appreciate you all.



Your WJ Mouat Admin Team

Walk for Wenjack



Connect 11 in partnership with Thrive Leadership will be participating in the Walk for Wenjack Campaign from October 25 to November 1. In 1966, Chanie Wenjack attempted to walk 600km home from Cecilia Jeffrey Indian Residential School. Tragically, he died of hunger and exposure at Farlane, Ontario, while trying to walk 600 km back to his home, Ogoki Post. Students will have a table in the main hall and will be collecting new or gently used shoes or a donation of \$2. The shoes will be used for students in our community and the funds will be donated to the Downie-Wenjack Foundation. Anyone who donates will receive entry into a raffle to win a gift basket.

Our goal for this campaign is to raise awareness of Chanie Wenjack's story and to provide resources and remove barriers to students and their families. Our group will be tracking our daily step count with a goal of reaching 600km over the course of a week. The goal for individual team members is 10,000 steps or 8km a day.

If you would like to join our team, please visit <https://walk-for-wenjack-2023.raisely.com/en/signup> You must sign up as an individual and look for the WJ Mouat Connect team. If you would like to learn more about Chanie's story please visit <https://downiewenjack.ca/our-story/> or view Gord Downie's beautiful film The Secret Path: <https://www.youtube.com/live/yGd764YU9yc?si=6d5OBwAvYmGHupsM>

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

October 23:

This week's self-care tip is about: Meditation and Deep Breathing

Research has found that meditation has many benefits that can improve a person's mental and physical well-being. It may ease pain, improve sleep quality, and reduce stress.

A key benefit of meditation is that it is simple to begin and requires no special equipment. When starting, it is important to be consistent and patient. With time and practice, it becomes easier and will help with focus and just provide a general sense of wellbeing.



<https://www.mayoclinic.org/tests-procedures/meditation/about/pac-20385120#:~:text=Meditation%20can%20also%20reduce%20the,consumption%2C%20decreased%20carbon%20dioxide%20expired>

<https://www.medicalnewstoday.com/articles/benefits-of-meditation>

A short activity to try: Mini Meditation by Headspace

<https://www.youtube.com/watch?v=uNHLhHyjbd0&t=114s>

Upcoming Literacy and Numeracy:

Monday, October 30 ABCD 8:10-11:10			
Teacher	Class	Block	Assessment
Taylor	Eng 12	B	LIT 12
Drummond	EFP 12	A	LIT 12
11:35-2:35			
Teacher	Class	Block	Assessment
Monds	EFP 10	D	LIT 10
Turner	EFP 12	C	LIT 12
Tuesday, October 31 CDBA 8:10-11:10			
Teacher	Class	Block	Assessment
Taylor	EFP 10	C	LIT 10
Drummond	EFP 12	C	LIT 12
11:35-2:35			
Teacher	Class	Block	Assessment
Dyck	FM 10	A	NUM 10
Homoncik	FM 10	B	NUM 10

Wednesday, November 1 BADC 8:10-11:10			
Teacher	Class	Block	Assessment
Lawrence	EFP 12	A	LIT 12
Taylor	EFP 10	A	LIT 10
11:35-2:35			
Teacher	Class	Block	Assessment
Sidhu	FM 10	C	NUM 10
Sharma	FM 10	D	NUM 10
Thursday, November 2 DCAB 8:10-11:10			
Teacher	Class	Block	Assessment
various	various	various	various
Coan	LIT 10	D	LIT 10
11:35-2:35			
Teacher	Class	Block	Assessment
Drummond	EFP 12	B	LIT 12
I-Hop	Comp 10	B	LIT 10

Friday, November 3 BADC 8:10-11:10			
Teacher	Class	Block	Assessment
Jaswal	WM 10	A	NUM 10
Jaswal	WM 10	B	NUM 10
11:35-2:35			
Teacher	Class	Block	Assessment
Coan	LIT 10	A	LIT 10
Finch	ELL 10	B	LIT 10

HAWK DAY

On October 25th we are having a school-wide assembly with our Guest Presenter Ian Tyson (<https://www.iantyson.ca/schools>).

We will follow our HAWK DAY Schedule:

B: 8:10

Loading of the gym around 9:10

A: 10:26-11:30

Lunch: 11:30-12:10

D: 12:16-1:20

C: 1:26-2:30



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



Your WJ Mouat Admin Team

Coming Up Next Week October 23-27

Monday, October 23

- ABCD
- Japanese Cultural Visit with Leadership
- Walk for Wenjack information available (Connect 12 & Thrive)
- Jr Boys Soccer vs SJB @3:00pm
- Sr Girls T2 VB vs Walnut Grove @ SJB 6:00pm
- PAC meeting 7pm (zoom link attached)

Tuesday, October 24

- CDBA
- Grad Council Meeting 11am LLC
- Boys Soccer in Chilliwack 3:30pm
- Sr Girls VB vs Sardis @ Chilliwack 6 :00pm
- Karen Bowater's birthday

Wednesday, October 25

- HAWK DAY for Ian Tyson Presentation BADC
- Walk for Wenjacks begins
- Cross Country Provincials
- Gr 9 Girls VB at Heritage 3:00pm
- Senior Night for Volleyball 500pm

Thursday, October 26

- DCAB
- Transcript Verifications for Grade 12s
- Post Secondary Information Night 6:00-8:00pm
- Jr. Football vs GW at Exhibition Stadium @ 2:30pm
- Boys soccer vs GW Graham 3:30pm
- Senior Night Soccer 500pm
- Sr Girls VB vs Langley at WJM 7:30pm

Friday, October 27

- CDBA Tutorial Day
- Get Carded- Library Event with FVRL 930am
- Gr 9 VB Tournament- Riverside
- Gr 10 Girls VB Tournament- South Delta
- Sr Girls T2 VB Tournament at Chilliwack
- Sr Football vs GW Graham at Rotary

PAC MEETING

Please find below our zoom link for Monday's (October 23) PAC budget meeting.

[\[https://us02web.zoom.us/j/89080934574?pwd=c090eGk4SG1aMDVaaEtrNHdJcFRLZz09\]\(https://us02web.zoom.us/j/89080934574?pwd=c090eGk4SG1aMDVaaEtrNHdJcFRLZz09\)](https://us02web.zoom.us/j/89080934574?pwd=c090eGk4SG1aMDVaaEtrNHdJcFRLZz09)

Meeting ID 890 8093 4574 Passcode 392967

