



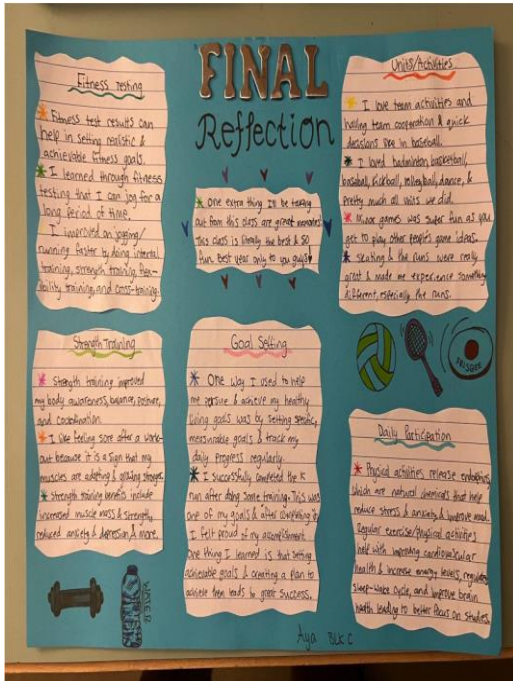
# News from the Nest

November 13 - November 17 – Parent



## Spotlight on Learning: Final Reflection

Presented by: Gina Vanderheide  
Course: PHE 10



### TEACHER REFLECTION:

Students were given some guiding questions to reflect on their growth each unit throughout the course (like a journal) and at the end of the semester they created a "Reflection Poster" to highlight their key areas of growth. They could choose from 20-30 questions to use as a prompt to reflect on the big ideas/curricular competencies. Students were also given the freedom and encouraged to create their own question or highlight an area of growth and personal development outside of these major buckets if they wanted to. A safe space was then created where students put up their posters and did a gallery walk to read each other's celebrations. Student's then high-fived 3 students in the class a "positively affirmed their growth" in a classroom share. Students were also asked to put anything they didn't want to share on the back of their poster.

### STUDENT REFLECTION:

This project showed me some of the ways I've grown that I didn't realize through the course. I was nervous to share my thoughts but then I was excited to see everyone else's thoughts. It made me feel good about myself and proud of the other girls in my class.

## RESPECT

Self-discipline, courtesy and upholding the dignity of others are qualities that define respectful people.

How it can look when put into action:

- Being patient
- Caring for yourself.
- Standing up for what you believe is right.
- Saying please, thank you and excuse me; showing good manners
- Showing good sportsmanship.
- Allowing others to go first.
- Following school code of conduct.
- Considering the safety and well being of others.
- Showing appreciation for the opportunities and privileges you are offered.



## Self-Care Mondays

November :

### Self-Care Mondays

November 13:

This week's self-care tip is about: Meditation and Finding your Happy Place

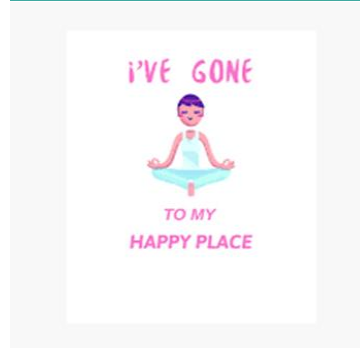
Thinking about and visualizing a place where you feel happy and safe can have tremendous benefits to your health. It can be an imagined or real place. Doing this can help you to reduce stress and can help improve your performance. So, before that next job interview, sports game or exam, think about your happy place and focus on all the details such as sounds/smells/people/sensations that make it happy. You'll feel an immediate calmness. Give it a try!

<https://www.psychologytoday.com/intl/blog/presence-mind/202209/your-happy-place>

<https://www.youtube.com/watch?v=Aw71zanwMnY>

Happy Place Meditation link:

<https://www.youtube.com/watch?v=WlhneFCTD6o>



### Fine Arts Presenter

This week Aliza Amarshi, a presenter from Vancouver Film School presented to the Visual Arts Students in Ms. Bisgaard's Art 9 and Photography 11-12 classes and Ms. White's Art Studio 10-12 and Drawing and Painting 10-12 classes. They learned about Art careers and educational opportunities in the Arts. They learned more about the Animation, Video Gaming and Film Industries and what local opportunities there are for their grade level and portfolio development as well as post-secondary school. I've included a photo below 😊

Your WJ Mouat Admin Team

## Multi-Cultural Week.

Tuesday we'll be celebrating Diwali. Sweets and chai available at lunch. Everyone is encouraged to dress up.

Wednesday and Thursday the food trucks will be here at lunch.

Wednesday is Cultural Attire. Dress to represent your culture.

Thursday is the Cultural Fair. Come have your name written in different languages, place a pin on the map to show where you're from, enjoy international sweets and much more.

Friday is dance tutorials in the small gym. Come by to try bhangra, salsa, the Irish jig and more.



My dream would be a multicultural society, one that is diverse and where every man, woman and child are treated equally. I dream of a world where all people of all races work together in harmony.

— Nelson Mandela —

AZ QUOTES





# Coming Up Next Week

## November 13- November 17

### November is Hindu Heritage Month

Monday, November 13

- ABCD
- No School in lieu of Remembrance Day
- Andrew Matty's Birthday

Tuesday, November 14

- CDBA
- Celebration of Diwali
- Girls Volleyball Large Gym 3-5 pm

Wednesday, November 15

- BADC
- Fire Drill – 1:30 pm
- Cultural Attire & Food Trucks
- Staff Meeting – 2:45 pm
- Girls Volleyball Large Gym 3 - 7 pm

Thursday, November 16

- DCAB
- Cultural Fair & Food Trucks
- Girls Volleyball Large Gym – 3 – 5 pm

Friday, November 17

- DCAB
- Provincial Swim Meet
- Tutorial Friday
- Rock Your Mocks Day
- Cultural Dance Showcase in Small Gym