



News from the Nest

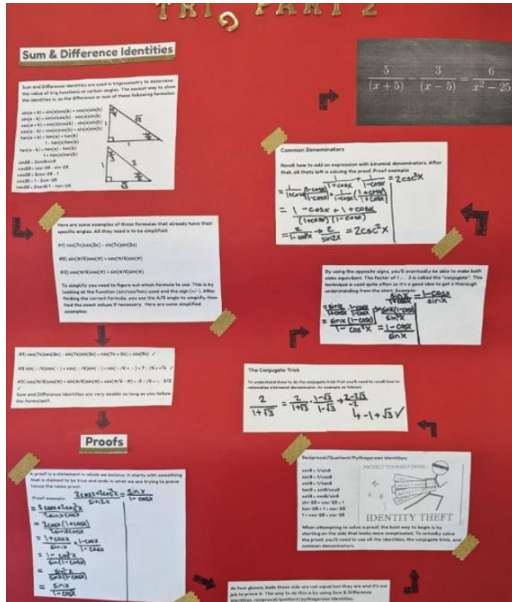
October 30- November 3 – Parent



Spotlight on Learning: Revisiting Topics

Presented by: Oreste Rimaldi

Course: Precalculus 12



Teacher Description: After the final exam, students were asked to pick a unit or a lesson or two of a unit that they felt they struggled in and wanted to improve. Students were to consider that if they could go back in time to their past-self, what advice/notes/suggestions they could give themselves to improve upon the topic/lesson(s). The students took on the task better than I had hoped. Although many felt the time could have been put to better use to prepare for the final exam, they completed the task as it was required of them to do so. Some students who excelled at all topics were given an extending topic which was to learn the basics of geometry. They were given a geometry package from the old grade 9 to 11 course and were to work on it. Those who worked on that, found it difficult, but found it to be useful in applying to other topics of mathematics and physics and wondered why it was now excluded in the curriculum. I agree with their comments. Stronger geometry skills help students in other topics in mathematics and physics where lots of trig is used to analyze and solve problems.

Student Reflection:

- **Critical and reflecting thinking strengths: I think that I am really good at...**

Solving problems on my own then applying what I learned with another person is present. I am able to analyze and interpret questions easily.

- **Here are some specific examples of how I have shown my strengths in critical and reflective thinking:**

When I am stuck on a problem/equation, I find a different way to do it, then use that to figure out the next question.

- **In the area, my goal for moving forward and improvement is:** Questioning my ideas more.
- **To do this, I will challenge myself to:** Reflect on questions I am unable to answer.

Purdy's Fundraiser for the Music Department

Looking for some great Christmas treats and gifts? Please check out this link and help support the WJ Mouat Music department.

<https://fundraising.purdys.com/join.aspx/1804766-112451>



Character Word of the Week

AWARENESS

Having awareness means being informed about school, community and global issues, identifying with the needs of others, and considering all points of view.

How it can look when put into action:

- Learning about other cultures.
- Including everyone.
- Seeking fairness and equity for all
- Having self-control.
- Volunteering to help.
- Sharing.
- Showing gratitude.
- Finding your passion.
- Taking initiative.



Your WJ Mouat Admin Team

Self-Care Mondays

November 6:

Self-Care Mondays

November 6:

This week's self-care tip is about:

POSITIVE THINKING and AFFIRMATIONS

Making the effort to think positively can improve both mental and physical health for many. Shaping and framing your thoughts to spark joy and contentment can do wonders for you. An example of this is positive affirmations. A positive affirmation can be defined as positive phrase or statement that we repeat to ourselves such as: "I am a nice person." "I work hard." Even something like "I love sunshine." So take a moment today to say 10 positive statements about yourself!

Information:

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/positive-thinking/art-20043950#:~:text=The%20health%20benefits%20of%20positive%20thinking&text=Lower%20rates%20of%20depression,psychological%20and%20physical%20well%20being>

<https://www.webmd.com/mental-health/positive-thinking-overview>

<https://www.bettersleep.com/blog/how-positive-thinking-can-improve-your-mental-health/>

Activity:

On a piece of scrap paper, write down at least 10 positive affirmations (10 positive statements about yourself). Read the list at least 10 times. You are amazing and don't you forget it.



Coming Up Next Week
 November 6- November 10
 November is Hindu Heritage
 month



Monday, November 6

- ABCD
- Pop up Remembrance Day Clothing (LLC)
- Jr Boys Soccer Playoffs TBA
- Janelle Dick's Birthday

Tuesday, November 7

- CDBA
- Pop up Remembrance Day Clothing (LLC)
- Boys Soccer Final TBA

Wednesday, November 8

- BADC
- Indigenous Veterans Day
- Pop up Remembrance Day Clothing (LLC)
- Jr Boys Soccer Playoffs TBA

Thursday, November 9

- DCAB
- **Remembrance Day Assembly- Hawk Day**
 (students to dress formally to show respect to our veterans)

Friday, November 10

- Pro-D Day
- No School



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
- Stuffedies
- Linens

in good clean condition

