



News from the Nest

November 27 - December 1 – Parent



Spotlight on Learning: Final Reflection

Start Where They Are At

Presented by: Pat Beck

Course: Drafting and Design 11

WJ Mouat Secondary School

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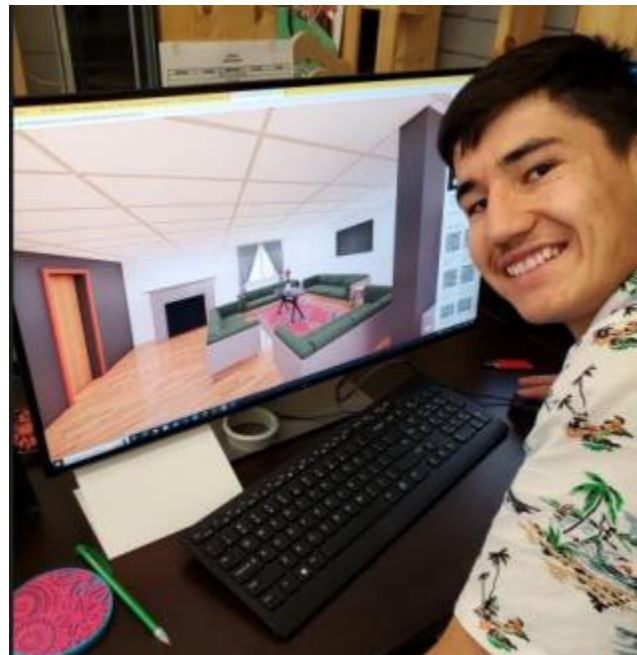
École Secondaire WJ Mouat

École Secondaire WJ Mouat

Teacher Reflection: Mortaza and Fatima, new to Canada for only 8 months, joined my class with 6 weeks left in the semester. Despite language barriers, I opted to let them explore Revit architectural software instead of catching up on missed coursework. "Just play with it" With several short hands-on demonstrations of how the software worked Mortaza was soon building a simple house and then on to his own design. He was then able to coach his sister who spoke only a few words of English. He was increasing his English vocabulary, looking for doors, window, toilets etc. They could walk through their projects in VR. They were truly a delight to have in class and to see them grow in such a short time, struggle, gain confidence and do it all with a smile and enthusiasm. The true **celebration** was to see how proud they were to show their parents what they were doing.

Student Reflection: The pictures say it all.

Mortaza: I really liked drafting. I learned the English words for parts of houses. It was fun to use the computers and the VR. Fatima really enjoyed it also. My parents were happy to see what I was doing.



Character Initiative

Caring

Caring is both an action and a state of mind that demonstrates kindness and sensitivity to others.

How it can look when put into action:

- Paying it forward
- Being sensitive to other people's points of view
- Sharing.
- Listening.
- Volunteering to help.
- Being generous.
- Encouraging others.
- Protecting vulnerable members of the community.



Self-Care Mondays

December 4:

This week's self-care tip is about: **BRAIN BOOSTING
HAND EXERCISES**

After 20 minutes of being seated, brain ability to focus decreases. By using a brain break, we can encourage the brain to become more engaged by using small bouts of mind/body challenges. Brain breaks have been proven to improve cognitive skills, increase brain activity and encourage social and emotional growth. So, on that note, try a brain boosting hand exercise activity today!



Information:

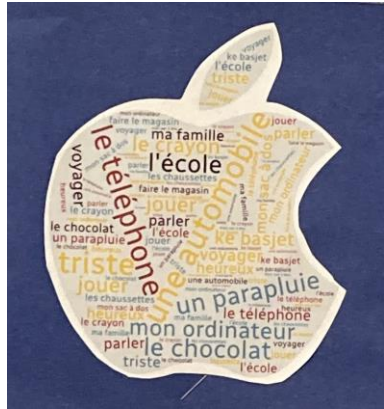
<https://extension.sdstate.edu/brain-breaks-classroom>

Activity: Hand coordination

<https://www.youtube.com/watch?v=DJt6ORwxKmE>

An Attitude of Gratitude

For Self-Care Monday, FSL 9 students focused on the benefit of expressing gratitude. Students made a list of the things they were grateful for and used Wordclouds.com to express those words of gratitude. Drop by the bulletin board in the 400 wing to get some inspiration for your own mood boosting gratitude list!



Junior Boys Football

Congratulations to the junior boy's football team for having a great season and losing a close game in the provincial semi-final game. The team went for the win and came a point short. Was one of the most exciting f



Physics Olympics

Dedicated Physics students showcased their passion for learning at our first fall semester Physics Olympics this past Monday, November 27, after school. This event was titled "Competencies on Display". With only 30 minutes 39 students showed up for a challenge question to demonstrate effective group communication, collaboration, and processing / analyzing skills on one single challenging question. One group came close to the correct answer with a unique iterative solution...but ALL participants demonstrated and extending skillset beyond that expected in class.

Congratulations to Everyone..... I know who you are 😊 And your efforts will not go unrecognized. GOOD WORK.



Your WJ Mouat Admin Team

Coming Up Next Week

December 4 – December 8

Monday, December 4

- ABCD
- Badminton - Small Gym @ Lunch
- Grade 9 Girls Basketball vs Dasmesh 3 pm
- Senior Boys Basketball vs RE Mountain 8 pm

Tuesday, December 5

- CDBA
- SBT – 2:45 pm
- APD City Basketball Tournament (All Teams)
- Public Board Meeting at 7 pm.

Wednesday, December 6

- BADC
- APD City Basketball Tournament (All Teams)
- Department Head meeting – 2:45 pm

Thursday, December 7

- DCAB
- 12 Days of Christmas starts.
- Superintendent's Meeting – 7 am
- APD City Basketball Tournament (All Teams)

Friday, December 8

- BADC
- SLO Day
- 12 Days of Christmas – Day 2
- Grad Breakfast – 8:30 am