



News from the Nest

December 4 - December 8 – Parents

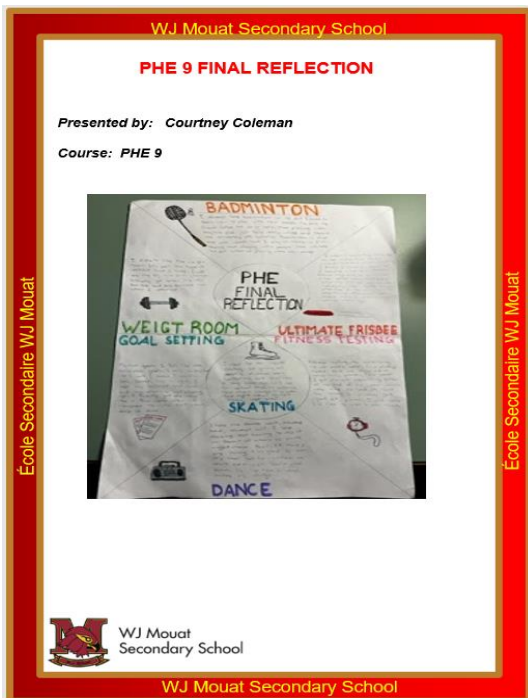


Spotlight on Learning: Final Reflection

PHE 9 Final Reflection

Presented by: Courtney Coleman

Course: PHE 9



TEACHER REFLECTION: At the end of the course, students are given the opportunity to reflect on their semester by creating a poster of their highlights or big takeaways. This is done by creating 6 categories that they can choose to reflect upon. These categories are generated both by the teacher and the students. Students then share their reflection posters with the class in either small groups or a gallery style walk.

STUDENT REFLECTION: “Through this project I was able to talk about what I liked in the class and where I felt I did well. I was nervous to share with my classmates but in the end, everyone learned something about each other.”

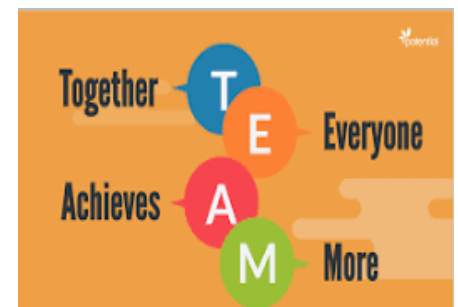
Character Initiative

Teamwork:

Teamwork is working collaboratively and cooperatively to attain a shared goal.

How it can look when put into action:

- Participating in class and school activities.
- Challenging yourself.
- Supporting and encouraging others.
- Considering how to accommodate the needs of others.
- Providing leadership.
- Being willing to follow.
- Taking turns.



Self-Care Mondays

December 11:

This week's self-care tip is about: **THE BENEFITS OF COLOURING on MENTAL HEALTH**

Coloring is a healthy way to relieve stress. It calms the brain and helps your body relax. This can improve sleep and fatigue while decreasing body aches, heart rate, respiration, and feelings of depression and anxiety. So if you haven't already tried it, give colouring a try!

Information:

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/coloring-is-good-for-your-health#:~:text=Coloring%20is%20a%20healthy%20way,feelings%20of%20depression%20and%20anxiety>

Activity:

Either print up this page to colour it with pencil crayons OR do online colouring.

<https://www.mombooks.com/dp-online-activity/art-therapy-adult-colouring-book/?imprint=1>



Winter Pep Rally

The leadership classes put on the winter pep rally on Thursday, November 30. The gym was filled with all four grades and teachers to experience a number of games, singing Christmas carols, contests, cheering and even Santa Claus made an appearance. The fall sports teams and their accomplishments were celebrated through a video highlight package. There was a lot of WJ Mouat Hawk school spirit being shown throughout the pep Rally. A great big thank-you to Mr. Gibson, Mr. McCall and Ms. Bowater and their leadership students for running a very well organized and fun pep rally for the student body. A shout to the Teacher Band (Wade, Billo, Matty, Newton, and Quezada), for a great performance. Also, big thank you to Ms. Terribile for coordinating our cheer team. A great performance from a great group of girls.



CyberSafe Assemblies

The Exploitation Education Institute in partnership with the Ministry of Education, will be conducting two assemblies next Tuesday, December 12. These assemblies will teach our students how to use technology safely.

We will be running a HAWK Day schedule as below (AM transition will happen between period 1 and 2):

Period 1	– Block C	- 8:10-9:14
Period 2/3	– Block D	- 9:20 to 11:24
Gr 9 and 10 Assembly – 9:20-10:20 (bring your class immediately to the gym, no call down)		
Gr 11 and 12 Assembly – 10:24 to 11:24 (wait for call down) – bells for lunch may be delayed.		
Lunch		- 11:24 – 12:04
Period 4	– Block B	– 12:10-1:14
Period 5	– Block A	– 1:20-2:24

Senior Girls Basketball

Last week the Mouat senior girls' basketball team hosted the Cascade Classic. The girls won their first game by a good spread and Jaskeerat Deol earned player of the game. Now the team was set to play provincially ranked A.T.S.S. Due to some injuries, the team wasn't at full force but still put up a hard-fought battle where Lexie Trazona received player of the game. They were now looking to win 3rd place against Hansen. Due to the strong execution of the gameplay and some breakout offensive performances, they pulled off the win capturing 3rd place. Alisha Kaur was rewarded player of the game and Jaskeerat Deol won a 1st team all-star. This was a great start to their season.



Coming Up Next Week

December 11 – December 15

Monday, December 11

- ABCD
- 12 Days of Christmas – Day 3
- Night To Remember meeting – 6 pm
- Grade 9 Boys Basketball at Bateman – 5 pm
- Grade 9 Girls Basketball at Hansen – 5:30
- Junior Girls Basketball at Bateman – 7:30

Tuesday, December 12

- CDBA – Hawk Day
- CyberSafe Assembly – Juniors – 9:30 am
- CyberSafe Assembly – Seniors – 10:30 am
- 12 Days of Christmas – Day 4
- Christmas Music Concert and Artisan Market – 5 – 9 pm.
- Senior Girls Basketball at RE Mountain – 6

Wednesday, December 13

- BADC
- 12 Days of Christmas – Day 5
- Grade 9 Girls Basketball vs Heritage – 5:00
- Grade 9 Boys Basketball vs Heritage – 6:15
- Junior Boys Basketball vs Mission – 7:30

Thursday, December 14

- DCAB
- 12 Days of Christmas – Day 6

Friday, December 15

- DCAB
- Tutorial Day
- 12 Days of Christmas – Day 7
- Junior Girls Basketball Tournament