



News from the Nest

January 29 - February 2, 2024 – Parents

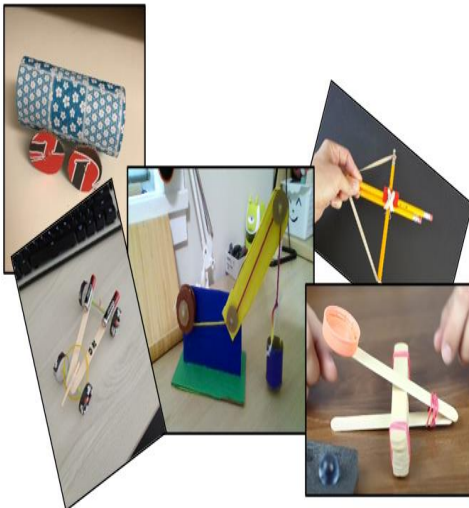


Spotlight on Learning:

ENERGY TRANSFORMATION MACHINE

Presented by: Andrew Gait
Course: Science 10

Energy is conserved, and its transformation can affect living things and the environment.



TEACHER REFLECTION:

In this project students needed to demonstrate their understanding of energy transformations using a machine that they designed, built, and tested for success using the scientific method. As part of the application competency, students were asked to make connections between the structure/function of the machine, and it's benefit for society.

I like this project because students get to focus on physics with less focus on calculations and formulas, which can turn students off of an interest in physics. Next time I will explore ways to encourage more creativity in the design stage and try to facilitate some building and innovation time in the classroom, rather than having them mostly build at home.

STUDENT REFLECTION: Bicycle Generator

For my physics final assessment, I was assigned to build a simple machine. I opted to build an electromagnetic generator powered by the bike I ride everyday.

The physics behind the energy changes to generate power were simple. Chemical energy, generated by food, is transformed by our muscles into mechanical energy. Our leg muscles, using our mechanical energy, spin a bike pedal, the mechanical energy travelling through the series of chains and wheels to spin a bike wheel. That wheel, which propels the bike forward, also ends up spinning the shaft of my generator.

A small wheel connected to a shaft spins an electric motor that was pulled from an old radio I found at a thrift store. The motor is currently held to the seat stay by strips of duct tape and epoxy glue on the contact areas. The mechanical rotation of the shaft inside the stator, a middle component lined with magnets or coil windings, generates a current that can then be harnessed to supply power to an external circuit. The motor's ground and power are soldered to a micro-USB, which can be used to power compatible devices and batteries. Currently, though the project has been graded, I am continuing to develop and improve this generator. There are always ways to innovate this project. The physics project that sparked this creation enhanced my learning of the various energy changes that operate within our world to sustain our world and way of life. Beyond that, I learned about the applications of the physics concepts learned in class in our world, the research behind the simple machines that take part in our everyday life, the process of developing and testing a hypothesis, and the global, local, and personal impact that these machines make in our society. <https://youtu.be/vnFXWVeSldI>

Important Date Reminders and Information for Semester 2:

- **Friday, January 26** – Last day for course changes.
- **Monday, January 29** – **First day of semester 2**
- **Friday, February 2** – Report cards are available on MyEd.
- **As Monday is the start of a new semester**, it is imperative that students sign in to their MyEducation account to check their timetable. Here is how to do that: [How to Access My Report Card and Timetable.pdf](#). Do not assume that their schedule is the same as in September—there have been several teacher changes, room changes and course changes.
- If you are having problems signing in to your account because you have forgotten your password here is how to reset: [Help, I Forgot my MyEd Password.pdf](#)

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

January 29th: *This week's self-care tip is about: THE BENEFITS OF CHAIR ZUMBA*

Seated exercises are good for posture, strengthen your core and your shoulders and help improve your flexibility. Adding music and some choreography just makes it more fun. So, give chair Zumba a try!

Information:

<https://www.webmd.com/fitness-exercise/features/4-benefits-chair-exercises-senior>

Activity: Chair Zumba

<https://www.youtube.com/watch?v=6ahcosaMblk>



Final Week Finales!!!

Specialized Science 12 -

Students were tasked with growing lemongrass plants and then extracting the oil. The oil was then used to compare how well it worked as an antibiotic against bacteria growing on a petri dish.



Stay tuned for the results in semester 2....

Foods Studies 9 & 10 -
students created vanilla buttercream 3-layer cakes.

Culinary Arts 11 and 12 -
students had a potluck! Each group of students prepared a different recipe from the Metis Cookbook (2nd edition) using wild game meat brought in from Sam Daraska from Thrive!

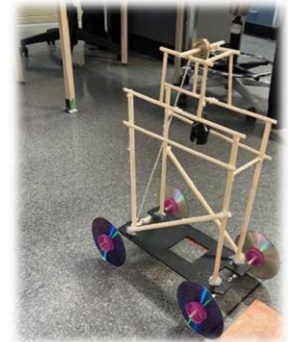


Cool things are happening in Ms. Homoncik's
Science 10 class!



Students in **Science 10** and **Physics 11** have been demonstrating and exhibiting their final exams. Amazing presentations followed up with detailed engineering reports have showcased the depth of student learning that has extended far beyond normal course content.

So impressed with these students and their ability to overcome obstacles and seemingly impossible problems with ingenuity and sheer determination. Great Job!!





Congratulations to Sebastian Gibson's class for being the Zone Team Champions in the Canadian Senior Mathematics Contest!!!!

Escape Room Final Assessment: FSL 9



This semester I wanted to try an escape room concept with my students as their final assessment. I thought it would be a good way for them to demonstrate their language skills as well as their critical thinking and collaboration skills. I provided 8 different puzzles/activities for them to solve and when they did, they were left with a 3-, 4- or 5-digit number as their "code". Once the group had completed their individual puzzle, they entered all their codes onto a master sheet, and I told them how many codes they had correct. Some groups were off by just one number and quickly worked as a group this time to figure out what they needed to fix.



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(once for each member of their group) before their time expired and they were "locked in". I provided 3 different levels of puzzles for each group and asked them to decide which one they wanted to work on (DEV, PRF or EXT).

I was pleased to see that students who finished a DEV puzzle early tried a PRF level one for their next turn!



A Student's Perspective: In our French 9 class, we had an escape room as our final assessment. In my experience, it was a fun and enjoyable assessment. We worked as a group and individually solved puzzles to figure out a code. It was an exciting challenge that tested our language skills and vocabulary. It went very well. We used our critical thinking skills to figure out the codes, which I had some difficulties with at first but then figured it out. Our group was very invested in the assessment and wanted to finish before time. This assessment was much better than a regular final exam because we got to showcase our knowledge in a very fun and interesting way rather than having a lot of stress about it! Jasmin D.

Your WJ Mouat Admin Team

Coming Up Next Week January 29th – February 2nd

Monday, January 29th

- ABCD
- First Day of Semester 2
- JGBB host ATSS at 5:00
- 9BBB host ATSS at 6:15
- JBBB host ATSS at 7:30

Tuesday, January 30th

- CDBA
- JBBB host Hansen at 3:00
- 9BBB host Hansen at 4:30
- JGBB host Hansen at 6:00
- 9GBB host Hansen at 7:30
- SGBB @ Sardis at 6:15
- SBBB @ Sardis at 8:00

Wednesday, January 31st

- BADC
- SGBB host GW Graham at 6:15
- SBBB host Mission at 8:00

Thursday, February 1st

- DCAB
- JGBB at GW Graham Tournament

Friday, February 2nd

- ABCD
- Report Cards Accessible on MyEd
- SLO – Student Start 9:24



Travel for Credit with Abbotsford School District and EF Educational Tours

We are excited to announce that we have partnered with EF Educational Tours once again to offer students interested in taking **Grade 11 Life Sciences, Grade 12 English Studies, Grade 12 Social Justice or Grade 12 Contemporary Indigenous Studies**, the chance to travel while earning summer school credit. Students who register for the program will be able to earn credit by participating in **3 weeks of in-person learning** plus one week of travel with EF Educational Tours.

Where will students be traveling?

Grade 11 Life Sciences students will travel to Costa Rica

Grade 12 English students will travel to England and Scotland

Grade 12 Social Justice and Grade 12 Contemporary Indigenous Studies students will travel to Winnipeg.

Join our upcoming information session to learn more in the Library Learning Commons at lunch Friday, Feb 9.

GRAD 24 CARAT - Dry Grad Event - A Night to Remember

ATTENTION ALL GRADS: Tickets for A Night to Remember are now available on school cashonline. It is on Friday, February 16th, with doors opening at 6pm. Our THEME is GRAD 24 CARAT. Dress in black and white! Don't miss out on this fabulous opportunity to celebrate with your fellow grads. We have great things lined up such as a hypnotist, a casino, a 3d photo booth, lots of snacks and prizes and so much more. Tickets are \$65 and are only available for the next two weeks. Get your ticket now!



Ways You Can Support PAC



Drop-off your empties to any
Return-It Express location.

No sorting or line-ups!

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 either
Gladwin Road or Mt. Lehman Road.

Mention you're
Raising Dough for WJ Mouat.

5% of your purchase
will be donated back to Mouat PAC!

*Cobs Bread Locations:
Unit 111, 2777 Gladwin Road, or
H175-3122 Mt. Lehman 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

