



News from the Nest

February 5 - February 9, 2024 – Parent Edition



ABBOTSFORD
SCHOOL DISTRICT

Spotlight on Learning:

VICTORIAN TEA WITH A MULTICULTURAL TWIST

Presented by: Adrienne Leclerc and Ranbir Mangat
Course: Food Studies 12 and Learning Commons

TEACHER REFLECTION:

The goal of this project was to research the way traditional foods are used and consumed in a modern society and why those traditional foods are still meaningful to people today. Students collaboratively chose to narrow the focus of their project to tea consumption from different cultures. They researched how tea is prepared and consumed in these cultures and respectfully represented the experiences of people in whose cultures these tea traditions arose. The project connects to curricular competencies and content learning standards for Food Studies 12.



STUDENT REFLECTION:



Student Reflection by Jaskirat Cheema (far left):

All cultures have distinct cuisines that set them apart from the rest, yet tea manages to become a connecting point. Everyone has their own unique ways of enjoying tea and that's what makes us so different, yet similar. This project helped us to determine in just how many ways tea is consumed all over the world. It was a fun experience researching and putting together all the information. Also, it was nice to see that many cultures still give importance to utilizing old methods of cooking and making their tea. Moreover, all this prior research made organizing the tea party even more engaging and fun.

Course Planning 2024-2025

Counsellors will be holding course planning sessions with grade 9-11 students next week. Students will attend a session on either Feb. 12 or 13 in the theatre to learn about the different course options as well as graduation and post-secondary requirements.

Students will need to enter their choices on the MyEducation portal by Feb. 20.

Course planning sheets, the course selection guide, and the powerpoint presentations can all be found here.



<https://wj mouat.abbyschools.ca/parentsstudents/studentservices/coursetimetableinformation/wj mouat>

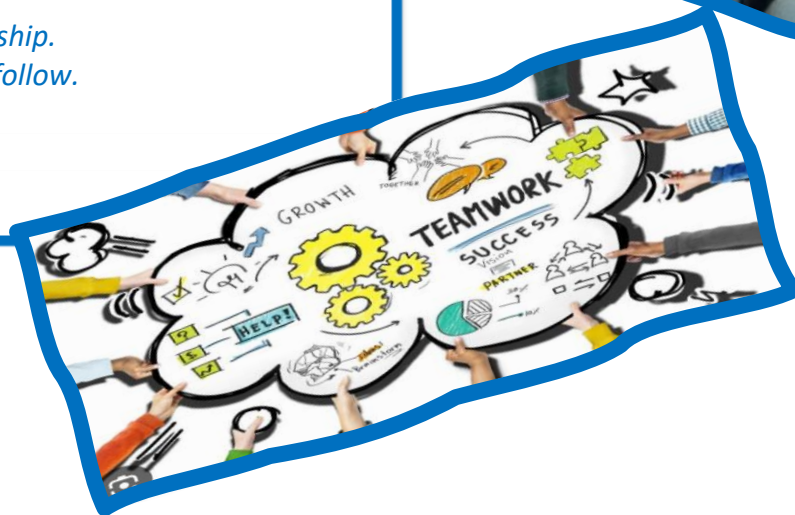
Character Word of the Week

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

February 12th: This week's self-care tip is about:

THE BENEFITS of chair stretching

As students, you probably spend a lot of time hunched over a desk and seated. Remaining in such a position for such a long time isn't beneficial for your physical or mental health. To combat issues such as back pains, headaches, and lowered productivity, there are simple seated stretching

exercises you can do anywhere! So give chair stretching a try!

Information:

<https://www.fitday.com/fitness-articles/fitness/stretching/sitting-in-a-chair-all-day-6-reasons-why-you-should-utilize-office-stretching-exercises.html>

Activity:

https://www.youtube.com/watch?v=xRH1To_xyr8



Free Virtual Sessions on Youth Substance Use for Parents

We are pleased to share the following information with you. The Ministry of Education and Child Care, in partnership with adolescent Clinical Psychologist, Dr. Hayley Watson, will be hosting free virtual sessions on youth substance use for parents/guardians, caregivers and caring adults. Dr. Watson will provide valuable insights, practical tips, and resources to equip participants with the tools needed to guide their children and youth toward making positive choices when it comes to substance use.

Key Takeaways for Participants:

- Learn why children/teenagers are drawn to substances.
- Understand what causes and maintains substance use disorder and needs.
- Increase your child's ability to make positive choices about substances.
- Acquire practical conversation tools for discussing substances in the home.

Participants must register in advance due to limited capacity. Session dates are:

- February 20, 6:00 – 7:30 pm PST - [Click here to Register](#)
- February 22, 6:00 – 7:30 pm PST – [Click here to Register](#)
- February 24, 6:00 – 7:30 pm PST - [Click here to Register](#)

erase/ EXPECT RESPECT &
A SAFE EDUCATION

Coming Up Next Week February 12th – February 16th BLACK HISTORY MONTH

Monday, February 12th

- ABCD
- Course planning as per schedule (see above)
- SBBB EVAA Seeding Game host Chilliwack @ Moutat 8:00



Tuesday, February 13th -Happy Birthday Ryan Dobos

- CDBA
- Course planning as per schedule (see above)
- SBT @ 2:45pm in Library Lab
- SBBB host Sardis at 8:00

Wednesday, February 14th- HAPPY VALENTINE'S DAY

- BADC
- Lockdown and Fire Drill @ 10:15am
- Indigenous Movie Night

Thursday, February 15th

- DCAB
- The Maple Man (Core French and FI students) in the Small Gym
- SBBB host GW Graham 8:00

Friday, February 16th

- Pro-D Day
- A Night to Remember (Dry Grad Event) 6:00pm



Today's Black Brilliance is Elijah McCoy, engineer, inventor (born 2 May 1843 or 1844 in Colchester, Canada West; died 10 October 1929 in Wayne County, Michigan.) McCoy was an African-Canadian mechanical engineer and inventor best known for his groundbreaking innovations in industrial lubrication. By the end of his career, he had registered over 50 patents.



Information session on Travel For Credit is February 21st. Please use the link below.

<https://www.eftours.ca/travelforcredit/abbotsford#info>

NIGHT TO REMEMBER-DRY GRAD Feb 16



LAST CHANCE TO GET TICKETS TO A NIGHT TO REMEMBER (Dry Grad Event). Please get your ticket NOW on school cashonline.

<https://www.schoolcashonline.com/>

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

HAWKS

THE BINS ACCEPT

- Clothing
- Shoes
- Purses
- Stuffies
- Linens

in good clean condition