



News from the Nest

February 12 - February 16, 2024 – Parent



Spotlight on Learning:

Life in the Back Country: A Food Edition

Presented by: Mr. Mark Loewen

Course: Outdoor Education 9 and 1

During Deeper Learning Week we learned about life in the backcountry through...FOOD! First, we went on a hike around Downes Bowl to immerse ourselves in the environment we wanted to simulate. Then we organized into groups where group members shared what they already knew about the backcountry, and what they needed more information on. Next was a trip to the internet where students researched what they didn't know, searched for meal ideas, and familiarized themselves with the seven Leave No Trace Principles. Students then put a meal plan together that had to account for all aspects of organizing, packing, unpacking, preparing, cooking, and clean-up in the backcountry. The next class we gathered in the cafeteria, which we transformed into a backcountry simulation. Students had access to water...and that's it! After making sure their food could survive a backpack, they got to work. When done they presented their meals to myself and Chef Gerry who evaluated their meals. The last thing we did, after a self-assessment of their performance, was watch observe me cook for them using my tried-and-true backcountry system. Student Comments. Our only issue was with packing the food, as we had various boxes and cans, and the added weight made it difficult to fit in the backpack. In the future it might be a better idea to reduce cans by using dried chickpeas rather than canned. We also could have put the rice we needed in a bag instead of bringing the whole box.



STUDENT REFLECTION: Our biggest challenge was getting organized. Our first big challenge was that someone forgot to bring stuff for our appy. We solved that problem by making something with the supplies we already had. Our biggest reward was getting told it was tasty...I'm still so surprised! The biggest challenge in the whole process was coming up with a plan to figure out what to do with the garbage. During this project we learned how to start a burner using propane and a lighter. We now have a deeper understanding of the outdoors. Waste disposal was a big challenge. □ A huge reward at the end was seeing the food we created/put together and knowing that food would be and look the same if we were in the middle of nowhere. □ Cooking the food was a whole group effort. We think that the most important thing we learned was to be prepared for whatever the items we bring might go through...this includes weather/temperature/expiry date/surviving a backpack. □ It was a fun and enjoyable process to go through as a group and we learned many new things. □ Our group made trail fries for an appy.

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.



Self-Care Mondays

February 19:

This week’s self-care tip is about: **COMPASSION**

We often talk about being kind and compassionate to others which is very important, but you must also practice self-compassion and being kind to yourself. For some, this comes easily, but for others it takes work. Just know that you’re worth the effort! Take the time today to say one kind thing about yourself or do something kind for yourself. **YOU ARE WORTH IT!**

<https://www.health.harvard.edu/healthbeat/the-power-of-self-compassion>

Activities to boost self-compassion:

<https://www.health.harvard.edu/mental-health/4-ways-to-boost-your-self-compassion>



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

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!

HAWKS

THE BINS ACCEPT

- Clothing
- Shoes
- Purses
- Stuffies
- Linens

In good clean condition



Coming Up Next Week
February 19th – February 23rd
BLACK HISTORY MONTH

Monday, February 19th Mr. Skelton’s Birthday

- FAMILY DAY- NO SCHOOL

Tuesday, February 20th

- CDBA

Wednesday, February 21st -

- BADC

Thursday, February 22nd

- DCAB
- GRAD PHOTO RETAKES

Friday, February 16th

- Tutorial Day
- BADC
- A Night to Remember (Dry Grad Event) 6:00pm



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

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

GRAD PHOTO RETAKES

Grad retakes are happening on February 22 in the Library Learning Commons. This is your last chance to take a grad photo. This is your

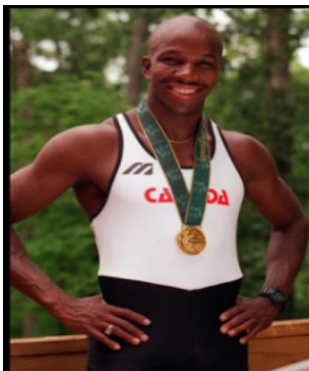


picture that pops up on the big screen at convocation so you MUST take a photo ASAP if you haven't already. It is also your yearbook picture so even if you are NOT getting

a package from Vibrant photos, **you still need to get your picture taken.** Please take care of this business ASAP.

The link can also be found on the grad page.

https://www.signupgenius.com/go/2024_WJM_Grad_RETAKESign-Up



Today's **Black Brilliance** info is about Donovan Bailey, one of the greatest sprinters of all time. He has held the world record for the 100-metre dash, and the title of World Champion and Olympic Champion. Many people around the world called him "The World's Fastest Man." Canadians were proud when this Jamaican-born athlete dominated the field at the 1996 Olympic Games, winning gold in the 100 metre and the 4 x 100-metre relay. After retiring from competitive racing in 2001, he began a successful career in the business world.