



News from the Nest

February 20- February 23, 2024 – Parent Edition



Spotlight on Learning:

Science in Me!

Presented by: Mr. Matty

Course: Science 10

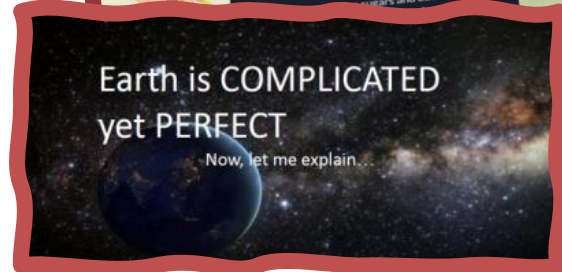
Driving Question: How does science explain why you are alive?

TEACHER REFLECTION: As I have often been with PBL and IBL assignments, I was blown away with some of the presentations from my students. How some “developing” students were able to summarize difficult upper-level concepts in a short and succinct way and even how “extending” students dove into university level concepts was impressive. There were of course the projects in which students were simply reading slides, but I still believe learning was happening, and for that, I

enjoyed giving the project to all students. Overall, I will offer the project again.

STUDENT REFLECTIONS:

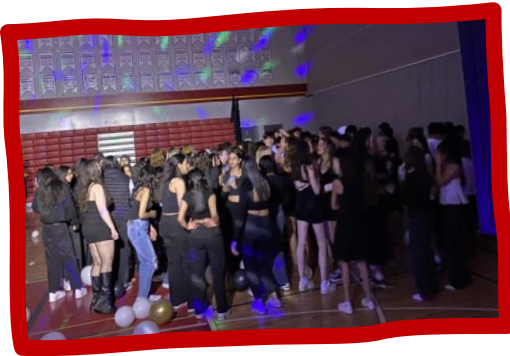
“I liked that we had time extra time to focus on one class. but I think they could've made it one week instead, Instead of projects I would rather it be for catch-up and I'd rather do an exam. Exams are easier and less stressful for me. The project was okay I just didn't feel like I learned or improved much.”



“I loved how we got a long time to learn and work on our projects, the long time didn't feel long at all because we were too focused on studying. I felt great about my project, I also learned that I have a good amount of potential but I just need to show up more.”

“I enjoyed having time to work on ideas and projects I enjoyed learning about. I did not enjoy sitting in chairs for 5 hours every day doing the same thing. Mr. Matty created a good project that explored all the information that we learned about in class. I learned how to create high level projects during 3 hour block and I learned about how complex the Earth is.”

Dry Grad- A Night to Remember



Our annual Dry Grad event "A Night to Remember" was a huge success. We are so grateful to our Grad parents who volunteered countless hours to make this a memorable event for our grads.



Thank you to all the businesses/sponsors who helped us to put on a fabulous event this year. We couldn't do it without you!

<p> ABBY CANUCKS APD AURATAE LIFESTYLES AURORA ROASTERS BRGR BRGR BUCKETS FLOWERS CASTLE FUN PARK CLAY COTTAGE CONFETTI FLORAL DESIGN CO-OP EL COMPANERO'S GEMS & JUNIPER GLASS WORLD GREEK ISLANDS HOME DEPOT HUGS IN A MUG BISTRO HUSBY GROUP SHELL FRASER STATION (KULJEET AND RAMAN SIDHU) </p>	<p> LONG AND MCQUADE OLD HAND COFFEE PANAGO PERFECT TAN POPEYE'S SUPPLEMENTS REAL CANADIAN SUPERSTORE RED SWAN PIZZA REDDY MADE CAKES RICARDO'S PIZZA SAVE-ON FOOD SUMAS WAY SEVENOAKS MALL STARBUCKS TIM HORTON'S (BY THE KEG) UFV BOOKSTORE </p>
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Kudos to a Former Mouat Grad—Brogan Neufeld

Spring 2024 Biological Sciences Merit Scholarship Recipient

We are pleased to announce that Brogan Neufeld has been selected as the recipient of the Spring 2024 Biological Sciences Merit Scholarship. This prestigious award is granted to a student with the highest GPA who has completed at least 90 units at SFU. Please join us in extending heartfelt congratulations to Brogan for this remarkable accomplishment.



We are proud to share the success of a former Mouat Grad, Brogan Neufeld.

He attributes his love of Biology to his time spent with our very own Jules Pryma, who was “a major influence in ‘his’ academic journey” and who’s passion for biology was infectious”.

"I am a fifth-year student completing a Biological Sciences major in the Ecology, Evolution, and Conservation stream. During my time at SFU, I have had the pleasure of working under Professor Nick Dulvy as a research assistant with the Earth to Ocean research group. professor Dulvy and the countless others I connected with through the Earth to Ocean group have allowed me to pursue my passion for conservation work. In addition to academia, I was given the opportunity to help lead the Salmon Habitat Restoration Program (SHaRP) out of Surrey, BC thanks to the SFU co-op program. My time at SHaRP inspired me to continue to advocate for conservation in every facet of my life. In all, I am very grateful for this award and my experiences at SFU!"

Character Word of the Week

RESPECT

Self-discipline, courtesy and upholding the dignity of others are qualities that define respectful people.

How it can look when put into action:

- Being patient
- Caring for yourself.
- Standing up for what you believe is right.
- Saying please, thank you and excuse me; showing good manners.
- Showing good sportsmanship.
- Allowing others to go first.
- Following school code of conduct.
- Considering the safety and well being of others.
- Showing appreciation for the opportunities and privileges you are offered.



Self-Care Mondays

February 26:

This week's self-care tip is about: **The Smartphone or Social Media Diet**

Studies show that a reduction of smartphone use by just one hour per day for one week can result in long-term reduced smartphone use, as well as reduced depression and anxiety, and improved physical activity and life satisfaction. So, why not ditch that phone for just one hour a day. We DARE you to try it, or does your phone CONTROL you? Turn it off right now for one hour and see how it feels.

<https://www.verywellmind.com/reducing-smartphone-use-can-improve-mental-health-5271918>

Strategies to help curb your smartphone addiction:

<https://www.cnbc.com/2018/01/03/how-to-curb-you-smartphone-addiction-in-2018.html>



Today's Black Brilliance info is about **Dr. Alexandra Bastiany**, who is a cardiologist, which means that she specializes in being a doctor that helps people with their hearts. She works at Thunder Bay Regional Health Centre. She was the first Black female Canadian Interventional Cardiologist. She speaks three languages and was born in Montreal. She has won many awards and is a role model for many Black girls and women.

DIVERSITY WEEK



Coming Up Next Week
February 26th – March 1st
BLACK HISTORY MONTH
DIVERSITY WEEK

Monday, February 26th

- ABCD
- Cultural Diversity Day (wear cultural clothing, scavenger hunt, photo booth and face painting)
- PAC Meeting 7pm Library Learning Commons

Tuesday, February 27th

- CDBA
- Neurodiversity Day (wear purple, blue and red, Kahoot in Block C)

Wednesday, February 28th

- BADC
- Pink Shirt Day, photo booth and note cards

Thursday, February 29th

- DCAB
- Indigenous Heritage Day (Gr 12s wear black, Gr 11s wear red, Gr 10s wear yellow, Gr 9s wear white, Indigenous cultural fair in the cafeteria)

Friday, March 1st

- Tutorial Day
- DCAB
- Celebration of Pride (wear the rainbow and join in on the morning celebration by lining up in the front foyer to greet all students, photo booth at lunch)

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

