



News from the Nest

March 4- March 8, 2024 – Parent Edition



Spotlight on Learning:

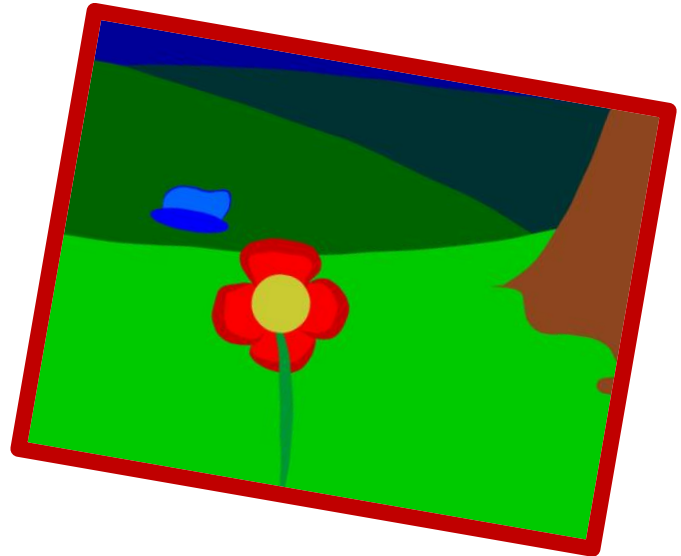
BUTTERFLY

Presented by: Ms. Megan Bocker

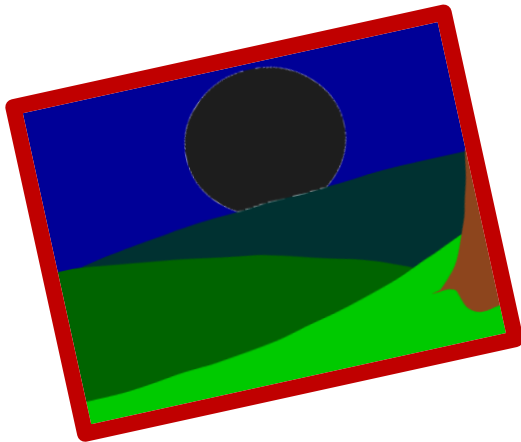
Course: 2D Animation

TEACHER REFLECTION:

This project is an open-ended design process for students. Students generate their own ideas, then explore options by ‘sketching’ on the 2D stage. Students plan for characters, story ideas, and add a time element to their animation. They then begin actually ‘making’ the scene, and adding animation as they go. Their project is then exported into a format that allows them to share and collaborate. The file is in a ready-to-share .gif, .png. or .mp4 file format. Students reflect on the process afterward.



STUDENT REFLECTION: P. Patterson



Butterfly project. For this we used adobe animate and were tasked to make a frame-by-frame animation to create a customizable butterfly animation for this we learned,

- How to Make a project
- How to Use layers to animate
- And how to complete a frame-by-frame animation

In this unit we learned how to animate different objects in either frame by frame or tweening.

I had a hard time with exporting the finished animation.

I think that I deserve a proficient because I was able to complete my work and put in effort.

Important Date Reminder:

- **Tuesday, March 5th—Spring Concert 7:00pm Large Gym -COME ON OUT!!**

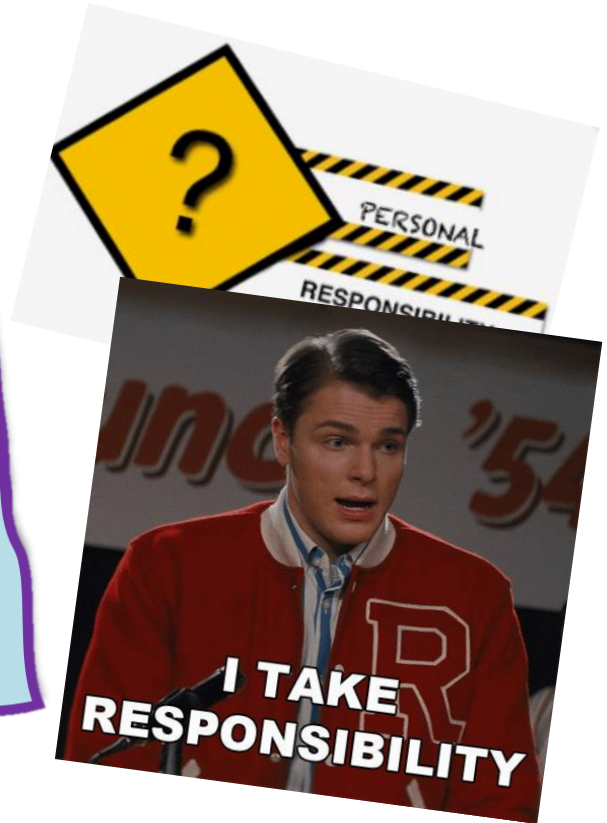


Character Word of the Week

RESPONSIBILITY

Taking responsibility means being accountable for your actions, your words and your obligations.
How it can look when put into action:

- Attending regularly and being on time.
- Admitting mistakes and making amends.
- Setting and pursuing goals; taking initiative for self-improvement
- Working diligently.
- Communicating clearly and honestly; listening carefully.
- Showing courage.
- Being persistent.
- Planning ahead and using time wisely.



Self-Care Mondays

March 4th:

This week's self-care tip is about: **Deep Breathing**

Deep breathing has several benefits to us. It helps to reduce our heartrate after exercise. It helps us digest our food. Deep breathing also helps to calm us and helps improve our focus. Practicing deep breathing can be of tremendous benefit just before writing a test to help sharpen our focus as well as to reduce some anxiety. Give it a try today!



<https://www.healthline.com/health/diaphragmatic-breathing>

<https://www.verywellmind.com/the-benefits-of-deep-breathing-5208001>

A short activity to try: Square breathing activity

<https://drive.google.com/file/d/1szHqOLLGwiEFldLdFS5f6A4CaS0fxMcZ/view?usp=sharing>

Coming Up Next Week March 4th- March 8th

Monday, March 4th

- ABCD
- Raising of the Banner at lunch in the gym- Wrestling Provincial Champions

Tuesday, March 5th

- CDDBA
- *Happy Birthday Paula Sidhu*
- Spring Music Concert 7pm Large Gym

Wednesday, March 6th

- BADC

Thursday, March 7th

- DCAB

Friday, March 8th

- SLO Day
- ABCD
- International Women's Day

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!



