



# News from the Nest

March 11- March 15, 2024 –Parent Edition



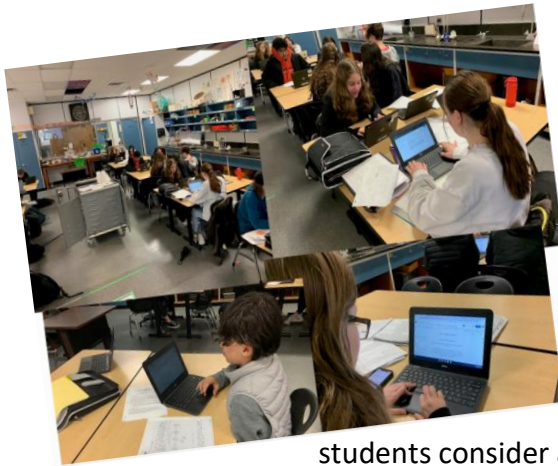
## **Spotlight on Learning:**

### **BALANCE OF THINGS**

*Presented by: Mr. Ian Newton*

*Course: Science 9*

**TEACHER REFLECTION:** The recurring theme of “Balance” is prevalent throughout Science 9, and Science 10. It is the one word that can be used to express content in all areas of the curriculum. When students discover this connection, the reaction resembles an epiphany of deeper understanding. The last two weeks of “Deeper Learning” provides the opportunity to explore these connections.



Students are assigned the task to analyse the phrase **“Too much of anything is a bad thing”** and use the concepts covered in science 9 and their own traditional knowledge to describe how this sentence impacts them and the world in which we all live.

This question is intentionally open ended to have students consider all their study, independent learning and notes in Science 9. To assist students understanding we watched the movie “Supersize me” which documents the accounts of a person eating only McDonalds food for an entire month. The results of this experiment were devastating. With this information and students' own portfolios, which contain milestones of specific learning outcomes in Science, they are now able to create their final demonstration of understanding which can be in the form of:

- Research Paper
- Graphic Organizer
- Research Video/Documentary
- Research PowerPoint Presentation (Live or Pre-recorded)
- Research Poster & Model with presentation & demonstration (Live or Pre-recorded)



## **Congratulations to the Gr 9 Girls Basketball Team**

Congratulations to the grade 9 Girls basketball team for finishing 9th at the Provincial Championship Tournament. They lost a tough one in the first round but finished strong, winning the next 3 games to win the consolation round. It was a great effort by the entire team. A big thank you to coaches Priya Alamwala and Madison Draayers. Congratulations girls!! Thanks for representing Mouat well!

## 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.



Integrity

## **Self-Care Mondays**

March 11th:

This week's self-care tip is about:

### **POSITIVE THINKING and AFFIRMATIONS**

Making the effort to think positively can improve both mental and physical health for many. Shaping and framing your thoughts to spark joy and contentment can do wonders for you. An example of this is positive affirmations. A positive affirmation can be defined as positive phrase or statement that we repeat to ourselves such as: "I am a nice person." "I work hard." Even something like "I love sunshine." So take a moment today to say 10 positive statements about yourself!



Positive Mind  
Good Vibes  
Great Life

### **Activity:**

On a piece of scrap paper, write down at least 10 positive affirmations (10 positive statements about yourself). Read the list at least 10 times. You are amazing and don't you forget it.

Coming Up Next Week  
 March 11<sup>th</sup>- March 15<sup>th</sup>  
**SPIRIT WEEK**

**Monday, March 11<sup>th</sup>**

- ABCD
- Level 1- Wear a Black Top

**Tuesday, March 12<sup>th</sup>**

- CDBA
- Level 2- Wear Black top and eye wear

**Wednesday, March 13<sup>th</sup>**

- BADC
- Girls Rugby Sardis vs Mouat in Sardis @ 3:30pm
- Jr Boys Rugby Langley vs Mouat in Langley @ 3:30pm
- Level 3- Wear black top, eye wear and BLING

**Thursday, March 14<sup>th</sup>**

- DCAB
- Sr Boys Rugby vs Bateman @ Mouat @ 330pm
- Level 4- Wear black top, eye wear, BLING and a cape

**Friday, March 15<sup>th</sup>**

- Tutorial Day
- CDBA
- Level 5- BOSS LEVEL

**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!



**SPIRIT WEEK DRESS UP**

