



News from the Nest

April 22nd - April 26th, 2024 – Parent Edition

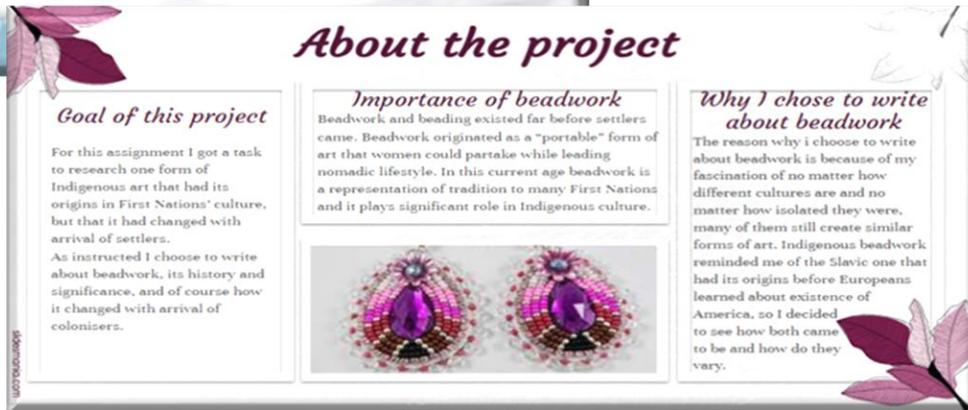
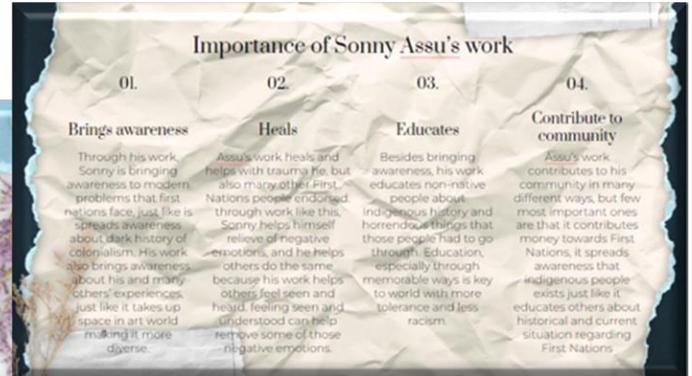


Spotlight on Learning:

Why is First Nation's art important to the richness, diversity, and resiliency of BC First Peoples?

Presented by: Ms. Carissa Monds

Course: Contemporary Indigenous Studies 12



TEACHER REFLECTION: This inquiry assignment aims to explore the importance of First Nations' art in enhancing the richness, diversity, and resiliency of British Columbia's (B.C.) First Peoples. First Nations' art holds immense cultural and historical significance, representing a unique and profound artistic expression that is deeply connected to the identity, heritage, and spirituality of Indigenous communities. Through this assignment, we will delve into the various aspects of First Nations' art and investigate how it contributes to the cultural fabric, diversity, and resilience of B.C.'s First Peoples.

STUDENT REFLECTION: This inquiry assignment, I had the opportunity to look into the significance of First Nations' art and realize how important it was to the Indigenous community. It was a really interesting process and it allowed me to gain a deeper understanding of the cultural and historical importance attached to Indigenous art. It also forced me to look at my own understanding of what the Indigenous people are going through and have gone through. I liked that we worked in steps so that it was not so overwhelming.

CHARACTER WORD OF THE WEEK

RESPECT:

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



- 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

Monday, April 22, 2024

This week's self-care tip is about: THE BENEFITS OF COLOURING on MENTAL HEALTH

Coloring is a healthy way to relieve stress. It calms the brain and helps your body relax. This can improve sleep and fatigue while decreasing body aches, heart rate, respiration, and feelings of depression and anxiety. So, if you haven't already tried it, give colouring a try!

Information:

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/coloring-is-good-for-your-health#:~:text=Coloring%20is%20a%20healthy%20way,feelings%20of%20depression%20and%20anxiety>

Activity: Either print up this page to colour it with pencil crayons OR do online colouring.

<https://www.mombooks.com/dp-online-activity/art-therapy-adult-colouring-book/?imprint=1>



Your WJ Mouat Admin Team

JUST DANCE

Come for a night filled with games, smores, a bbq, karaoke, and more, all while supporting a good cause!

WJM GRAD LOCK OUT

April 25, 8pm-12:30am

Cost : 30\$
Proceeds go towards youth homelessness prevention

Wear cozy clothes and bring a lawn chair and blanket!

Purchase tickets by April 17th!!

Mouat Men's Basketball Alumni Event

Hello Hawk Nation! On **May 24+25** WJ Mouat Secondary School will be celebrating its **Golden Jubilee**: That's right...the school has been around for **50 years**! To add to the celebration Mouat Basketball will be putting on an alumni event. Not a tournament exactly but there will be games, socializing, and events for adults and kids. Highlights include:

Friday May 24	3-6:30pm	Registration and Open Gym for adults and kids
	5-6:30pm	Current Varsity team vs Abby Senior
	6:30-8:00pm	Girls alumni event.
	7:00-11pm	Social at the Abbotsford Rugby Club
Saturday May 25	9am-2pm:	Alumni Basketball Games. Schedule will be posted on a Facebook page (TBA) by 7pm
	Friday May 24	
	11am-3pm	Tours of the school. BBQ hotdogs available for a small fee.
	7-11pm	Dinner and Dance

More details about the alumni event and the rest of the Golden Jubilee Celebration can be found on Facebook:
<https://www.facebook.com/Commrextreme>
 Questions: Email Mark.Loewen@abbyschools.ca

Ms. Bisgaard's Photography Class: Anti-Vape Posters



Your WJ Mouat Admin Team

CALLING ALL MOUAT ALUMNI AND STAFF

Please share Mouat's 50th Anniversary information on your social media and tell people who are Mouat alumnae about the event. **Tickets available until May 18. Merchandise orders must be in by April 24.**

**Join us for
W. J. Mouat Secondary School's
Golden Jubilee Celebrations!
Saturday, May 25, 2024
All events to be held at
W. J. Mouat Secondary School
32355 Mouat Drive
Abbotsford, B.C.**



**Open House
11:00 am to 3:00 pm
Alumni Basketball Tournament
(Friday, May 24 -time TBA to
Saturday, May 25 - 2:00)
Student guided tours
\$5 hot dog/chips/pop barbecue
All ages welcome.**



**Social/Dance/Live Band/DJ
7:00 pm – 11:00 pm
Ages 19+
Tickets \$25 each
Tickets will include refreshments
and one beverage of your choice
A cash bar will be available
Proceeds go to a
Golden Jubilee Student Scholarship.**

**Tickets, merchandise, and details
available on school website.
<https://wjmouat.abbyschools.ca>
under News Hub in Announcements.**

**Mouat grads, please complete the
Class Representation Form
if you are attending any of the events.**



Mouat's Track & Field Season Starts with a Bang!

Mouat's Track & Field team participated in their very first meet of the season on Thursday, April 11! 56 athletes competed in 7 different events. All athletes should be super proud of themselves for being patient with long event wait times, weather, and overcoming nerves to successfully complete their events!

Special congratulations goes out to all of the top 3 finishers who are already putting themselves in a great position to qualify for BCHS Championships. Letting their competitors know they are serious competition are **1st place finishers** Senior Girl Ariel Jose in the 1500m, Junior Boys 4x100m Relay Team A, Junior Boy High Jumper Harveer Nigah, Junior Girl Long Jumper Leah Waddell, and Senior Boy Discus Thrower Michael Fraser!

2nd place finishes were nabbed by Senior Girl Long Jumper Aillie Gray and Junior Girl Discus Thrower Adalia Hendricks. Battling their way to **3rd place finishes** were the Senior Girls 4x100 Relay Team A, Senior Boy Discus Thrower Maxim Khramav and Senior Boy Shot Put Thrower Jacob Martyn. Special shout out goes to Michael and Maxim who didn't finish until almost 7pm and threw in the absolute POURING rain. That's dedication! What an AWESOME start to the season!

Next meet is 2pm Thursday, May 2 at Rotary Stadium. Everyone is welcome to come down and cheer on the team!

Your WJ Mouat Admin Team

COMING UP NEXT WEEK April 22nd – April 26th

Monday, April 22nd

- ABCD
- MMIW Bake Sale at Lunch.
- Girls Soccer @ Mission at 3:30

Tuesday, April 23rd

- CDBA
- MMIW Bake Sale at Lunch.

Wednesday, April 24th

- BADC
- MMIW Bake Sale at Lunch.
- Girls Soccer @ home vs ACS at 3:30
- Jr Boys @ home vs Mountain at 3:00
- Girls' Rugby @ home vs Bateman at 4:30

Thursday, April 25th

- DCAB
- MMIW Bake Sale at Lunch.
- Sr Boys Rugby @ home vs GWG at 4:00
- Grad Lock Out 8:00 - 12:30 AM

Friday, April 26th

- Pro-D Day
- Girls Soccer Tournament @ Chilliwack Secondary School

April is Sikh Heritage Month



GRADUATES: Convocation is quickly approaching! Mrs. Nyberg has ordered a cap & gown for all grade 12s according to the height indicated by students in a google form at the beginning of the year. **If you have decided that you do not want to attend the convocation ceremony on June 24, you must contact Mrs. Nyberg by May 1, 2024 or you will be charged the \$25 fee.**

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

