

News from the Nest – November 14 to 18, 2022

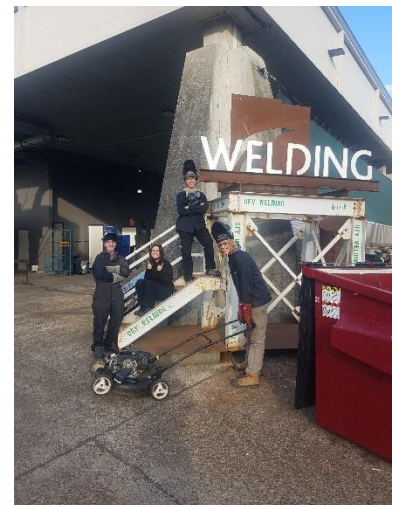
Spotlight on Learning – Get Started In a Career Today!

Many of our WJM students have been getting a head start in their careers by participating in the Abbotsford School District Career Programs. Students are not only getting early admission but are also taking advantage of tuition-free post-secondary education. The spotlight this week is on the trade programs in partnership with UFV Chilliwack Campus. Students will earn dual credits (high school and Industry) towards their high school diploma and in the trade.



WJM has six students participating in the Level 1 Electrical program, four in the Welding program and one in the Auto Service Technology program. The students are engaged in their learning and many plan on getting their Red Seal certification with the Industry Training Authority (ITA). After finishing the trade programs, our students are offered well-paid employment opportunities with some of the local businesses.

Our students are also enrolled in district career programs at Abby Senior. We have nine students participating in the Carpentry program, three in the Professional Cook Level 1 and Level 2, and three in the Hairstylist program.



For more information about the amazing opportunities please view the Abbotsford District Career website www.careers.abbyschools.ca or contact Mr. P Gill paul.gill@abbyschools.ca

Mini-Series on Race, Racism, and Anti-Racism: Part 4

Depending on who you are your experience could be vastly different from your friend, neighbour, teammate, or colleague. You could have grown up in a different neighbourhood, gone to different schools, and had different rules and expectations at different values, different sets of different holidays or may have



home. You might have had religious beliefs, celebrated spoken a different language. All of

these influences, lessons, and opportunities, plus dozens of others you see, hear, and are exposed to over the course of a lifetime, make up your personal experience. In addition, if you are male your experience is different from that of a female. If you are white, your experience is different from a Black, Indigenous, people of colour. And if you are straight, your experience is different from those in the LGBTQ community.

Our most marginalized, racialized, and neglected communities do not need us to speak for them, they need a space to speak and be heard. When you speak to the experience of others, or on behalf of others, or share an opinion with the assumption that everyone has had the same experience or shares the same opinion, we enter into dangerous territory denying a voice and a space for others to share what they have experienced because of what they look like, or what they believe.

You see, depending on who you are, where you grow up, the colour of your skin, your religious affiliation, or your gender identity all come together to create an experience that is yours and yours alone. Also depending on who you are, your experience may come with immense privilege that has been woven into the fabric of society so tightly, it is only with deep reflection, sincere engagement, and a critical eye can we begin to see and understand what privileged experience looks like, sounds like, and how by having it, you have an advantage of opportunity that cannot be taken away from you.

In his controversial article, since revoked, once-popular journalist Rex Murphy, authored an article declared that "Canada is not a racist country." In that same article, he asked readers, "how much are racism and discrimination actually a part of Canadian reality" and "where does racism and discrimination manifest it?" If you talked to any minority in any school, workplace, or public space, it would be extremely difficult to find someone that did not have an experience in which they were ridiculed, denied opportunity, or called a racial slur. Their experience is much different from that of Rex Murphy and every other person of privilege.

In a powerful response to Rex Murphy's questions on Racism in Canada, Deputy Minister Daniel Quan-Watson shares his personal experiences of racism, including as a public servant representing Canada on the world stage. While sharing his experiences, he reflects on some of those questions posed by Murphy in his article. Towards the end, he states, I take no quarrel whatsoever with the statement that Canada is a "mature, welcoming, open-minded and generous country". In fact, I am staking everything on it being proven true. My question, Rex Murphy, is can we be mature, welcoming, open-minded, and generous enough to recognize that I haven't invented what I have said, I haven't invented the impact that I have felt, and that at least the essence of my experience may well be shared by even millions of Canadians?

I think that the answer is yes. In fact, I have great confidence that the answer is yes. If there is one country on the face of this planet that can do it, it is Canada. We have more than 153 years of experience confronting very difficult questions and coming out the better for having done so.

We have the values and the abilities to address this one too and to do it better than anyone else from what I have seen around the world.”

Make some space and listen to Minister Daniel Quan-Watson’s story, to his experience, and perhaps reflect on your sphere of influence and how you can contribute to a better Canada starting tomorrow. <https://www.csps-efpc.gc.ca/video/questions-on-racism-eng.aspx>

Remembrance Day

On Wednesday, Mouat Secondary School had their Remembrance Day assembly where we honored Indigenous veterans in addition to three local veterans: Harnom Singh, David Thiessen, and John Molnar. Mr Singh resided in Chilliwack, BC and served in the 143rd Railway Construction Battalion during the first World War; he served in Britain and France. Mr Thiessen was a World



War II veteran who resided in Abbotsford, BC and served in the Royal Canadian Artillery; his unit was shipped to England and then to Algiers, North Africa. Mr Molnar is a Korean War veteran and Abbotsford Resident; he served in the Navy aboard the HMCS Cayuga as a part of crews that were sent to help push back the North Korean Military.

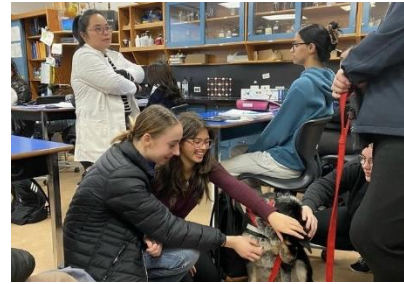
Mouat staff and students also took time to be thankful for the 500 soldiers that came to our community a year ago to help with flood relief. The soldiers helped to strengthen dikes, delivered supplies to flood-ravaged communities and helped to build a 2.5-kilometre-long levee to divert water from the Nooksack River.

Thank you all for your service.

St John’s Ambulance Therapy



This past week, we had some furry friends in the building as part of our mental health initiatives and work with The Foundry.



The Foundry is a community health organization here in Abbotsford, located within walking distance from the school on Simon Ave. The Foundry focuses on five core services including mental health care, substance use services, physical and sexual health care, youth, and family peer supports, and social services. The services there are free for youth to access. Today the Foundry has partnered with St John's Ambulance therapy dog program. This program takes a volunteer and their dog

to nursing homes, hospitals, and senior centers to share the unconditional love of dogs. Dogs have the ability to lower heart rate and blood pressure, reduce anxiety, and help release endorphins and oxytocin. The dogs were enjoyed by staff and students alike. Thank you Foundry Ambassadors.

PAC Fundraising

Ways You Can Support PAC



Drop off your empties to any Return-It Express location.

No sorting or lineups!

Account Number:
956-682-8722
WJMOUATPAC

Rag 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 Gladwin Road
Mention you're Raising Dough for WJ Mouat.

5% of your purchase will be donated back to Mouat PAC!



Located at Gladwin Crossing Unit 111, 2777 Gladwin 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



Don't forget to support your PAC (and our school's arts, athletics, and clubs) with your empties, purchases from Cobs Bread, and a donation of your gently used clothing, shoes, stuffed animals, and linens. We appreciate your support.

Character Word of the Week: Awareness

COMING UP THIS WEEK

Monday Nov 14 – ABCD

- Multi-Cultural Week – International Conference in the Café at lunch
- Art Showcase in the LLC Lab

Tuesday Nov 15 – CDBA

- Art Showcase in the LLC Lab
- Evacuation Drill (Weather permitting)
- Counsellor/Admin Meeting
- SBT@2:45

Wednesday Nov 16 – BADC

- Cultural Dress Day – International Showcase in theater
- Thrive Leadership meeting
- Staff Meeting

Thursday Nov 17 – DCAB

- Superintendents Monthly Meeting
- International food truck festival at lunch
- Monthly Safety Meeting

Friday Nov 18 - DCAB

- SLO Day
- International Short Films in the theater at lunch
- Swimming Provincials Meet

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.