



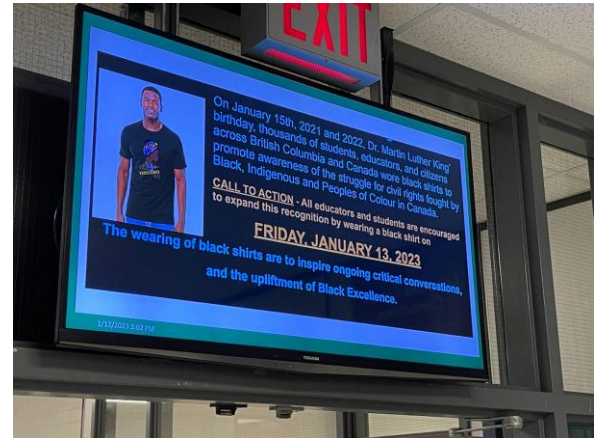
News from the Nest

January 30 – Feb 3 - Families



Spotlight on Learning: Social Justice 12 Black Excellence Day

Standing in solidarity with Black Excellence Day, held on Friday, January 13, 2023, Ms. Esau's Social Justice 12 classes organized a series of events for Mouat. Black Excellence Day honours the rich history, art, and stories of Black Canadians and coincides with the American national commemoration of Dr. Martin Luther King Jr.'s birthday. At Mouat, Ms. Esau's classes organized a school wide initiative of wearing of black shirts, presented a Kahoot, and hosted in the Library Learning Commons a viewing of a virtual event put on by the Ninandotoo Society and the Burnaby School District. This presentation featured prominent Black Canadians such as a former member of the B.C. Lions football team, a representative from the N.B.A., motivational speakers, historians speaking about Black history in British Columbia, including raising awareness about topics like Vancouver's Hogan's Alley, as well as high school students from around the province. All of the presenters spoke passionately on a diverse selection of topics important to Black Canadians in particular, and, of course, all Canadians more broadly. Ms. Esau's students also created posters advertising a presentation by journalist and author Harrison Mooney, who wrote *Invisible Boy*. This event, held at Yale Secondary on January 17, was hosted by Abbotsford's Black Connections organization. Mouat was proud to support such a worthy and affirming cause – nice work Social Justice 12!



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Affordability Fund

Families/ students who are in need a support – we can help cover costs associated with school fees, clothing, school supplies and transportation – email linda.pollastretti@abbyschools.ca

Have you moved, or changed phone numbers or email addresses?

Do we have accurate demographic (student) information? If you have moved or changed address, changed or updated cellphone or home phone numbers, changed your email address or had an update in custodial or court orders please email sherri.draayers@abbyschools.ca



Report Cards

Report cards will be available on February 9, 2023, at 3pm. Teachers will be updating and posting into MyEd.

Marks posted are not complete until the 9th. Parents you will notice a couple of changes in how we (the school) are reporting information to you. One or more of your child's course will have comments that contain the following information: what curricular competencies (skills) were assessed in the course, what was the focus, a comment on your child's strength and growth area in that course, and where you can find their (your child's) self-assessment (also called a self-reflection) of the core competencies (skills that are foundational to all courses). A new reporting order has been announced and Mouat is pleased to be a leader as teachers' implement the revised requirements.

How To Accessing Report Cards/Timetables

1. Log into The MyEdBC website
<https://www.myeducation.gov.bc.ca/aspden/logon.do>
 - a. Enter your **Login ID** and **Password**
 - i. Login ID is the student's pupil number which will be 6 or 7 numbers in length)
 - ii. use the password you used the last time you logged on.

Please remember if we have created a temporary password for you, you will be prompted to reset your password and set a security question

Password Requirements

- Minimum length is 8 characters
- At least one number and one symbol that isn't a letter or number
- At least one capital and lowercase letter
- Password cannot contain login name, first name, middle name, last name, date of birth, personal id, or only sequential letters or numbers

Forgot your Password, see the Cheat Sheet Help, I Forgot My Password

2. Report Cards

- a. Report cards will be available to download on February 10, 2022.
- b. Your report card will appear under the Published Reports heading.
- c. A hyperlink will connect you to a PDF of your report card.
- d. You can view, print or save your report card.
- e. We recommend you print and save a copy of the PDF for future reference.
- f. Report cards will only be available for 3 weeks for viewing, downloading or printing.
- g. We recommend creating a folder in your google drive with each report card from gr 9-12.
- h. You will receive an email that it has been published to the portal.



3. Timetables

- a. Click on the MyInfo tab
- b. Click Current Schedule on the side tab.



Your WJ Mouat Admin Team

Character Word of the Week – Integrity

Integrity is standing up for what you believe is right. It is being honest, and sincere with others and yourself. You are integrous when your words and actions match.

What would integrity look like if . . .

- All your friends are going to the movie and you are not invited . . .
- You promise to keep a secret and then share it with others . . .
- The teacher steps outside the classroom on exam day . . .
- Someone copies your assignment and submits it . . .
- You agree to help around the house and then do not . . .

Self-Care Mondays

This week’s self-care tip is about: STRETCHING FOR A BRAIN BREAKS

A brain break is an opportunity to recharge before continuing with new learning. It permits you to refresh and rejuvenate so that your focus improves as you continue with an existing task or take on a new task. So, after that 30-minute intense lesson on “whatever”, taking a short brain break can help you be ready for whatever may be coming next. Whether it be a game or some stretching, take a brain break today!

<https://www.educationworld.com/teachers/giving-students-brain-breaks-can-help-their-mental-health>

Activity: Brain break- stretch

<https://www.youtube.com/watch?v=0L3W0pcHU50>

Student Safety at Drop Off

A quick reminder to parents, please DO NOT drop your child off on Tretheway. For example, stopping at the curb and letting them out. Student safety is more important than a few seconds or minutes. Thanks for keeping our students safe.



Un-Birthday Celebration

Thrive celebrated UNBIRTHDAY this past Thursday with over 60 students in attendance. This annual event is an opportunity to celebrate everyone's birthday and was well received with students enjoying comradery and all sorts of delicious treats.



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

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 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



Cafeteria Menu

Daily Entrees \$6

Monday – Fish and Chips

Tuesday – Beef, Fish or Tofu Tacos

Wednesday – Cheeseburger or Veggie Burger

Thursday – Chicken Strips and Fries

Friday – Carved Meat Hot Sandwiches (Beef, Turkey or Pastrami)

Every Day Items

Desserts

Pie, Brownie, Cookies or Pudding \$2-\$3

Grab and Go

Soup, Hot Dogs, Salads, Sandwiches, Wraps, or Pasta \$3-4

Vegetarian Options

Samosa, Spring Rolls, Falafels, Basket of Tofu Fries, Veggie Wraps, Calzones \$4-5

Beverages

Juice, Water, Starbucks \$1-\$3.50

Your WJ Mouat Admin Team

Coming Up Next Week

Monday, January 30

- CCDD
- Self-Care Monday
- Jr. Girls BBall @ SJB
- Sr. Boys BBall @ Mission

Tuesday, January 31

- BBAA
- Gr 9 Boys BBall vs Dasmesh
- Sr. Girls BBall vs GW Graham
- Sr. Boys BBall vs GW Graham

Wednesday, February 1

- DDCC
- Sr. Girls BBall vs Chilliwack
- Sr. Boys BBall vs Chilliwack

Thursday, February 2

- ABCD
- Sr. Girls BBall
- Dry Grad Parent Meeting

Friday, February 3

- No School for Students
 - Turn Around Day