



News from the Nest

September 12-16- Parent(s)



Spotlight on Learning: Welcome to the 2022-23 school year!

It was very exciting to have each and every one of our students back in the building this year and even better to have a regular school start-up without the top priority of ensuring masks were on, hands were sanitized, and cohorts were maintained.

New this year, was our morning with our grade 9 class. Our hope was that coming together without the worry of 1000 other students would alleviate some of the stress our new Hawks experience on their first day of high school.

Our grade 9s gathered in their homerooms to start the day and then we brought the entire grade down to the gym for an informative, welcome to Mouat Secondary assembly. This was a first for us, and we kind of LOVED it. Not only was it a great opportunity for students to reconnect, but it also provided staff and students to connect over a longer period of time, in what we hoped was a meaningful way. We talked about what success is, how to be successful at Mouat, different rules, and expectations, and all the different teams and clubs for students to watch, join and participate in. It was a very proud moment for staff to



see the unity within the grade 9 cohort as a whole. Your kids, our students, were engaged, friendly, polite, and by the time the assembly ended, seemingly ready to meet their four teachers for this semester.

Our feedback from staff that day and the following day was positive and when the bell rang on Wednesday there were many more confident, school-ready grade 9s than we had ever seen.

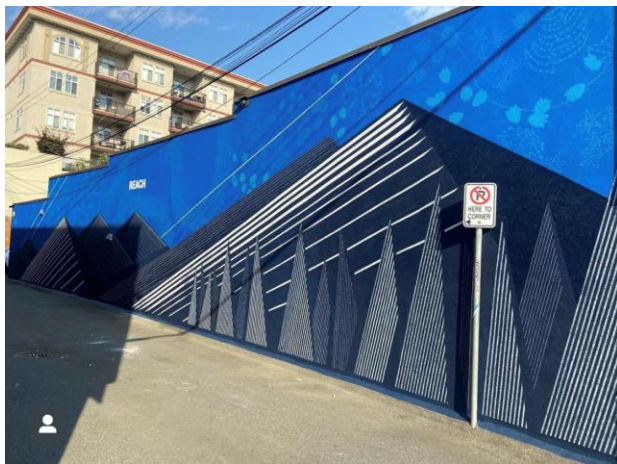
We are keen to hear your feedback as parents and students. Please take a moment to complete this short survey to help us improve and grow.

<https://forms.office.com/r/HrCkHdn0kE>

Mouat Artist Leaves Their Print on the World

This summer Kaia Bath, 2022 Mouat graduate, was selected to join a team of artists lead by well-known print maker and muralist Kari Kristensen. The Reach Gallery organized the mural project as a mentorship program. Together this team painted the





mural right now on Burrard and 4th in Vancouver.

most recent mural in downtown Abbotsford. In Kaia's words "So endlessly happy about this opportunity! I had the absolute best time and am so happy with the mural, can't wait for you to see it!"

You may also have seen the mural Kaia completed this past school year right outside of the ELL room. Please make sure to check them both out. The most recent mural is in the alley beside Yes Chef!

Side note: She's the fourth Art student from Mouat to be on an Abbotsford mural painting team! It's such a cool opportunity. Also, Kari Kristensen is working on a massive



SEPTEMBER: HYDRATE FOR GOOD HEALTH!

Did you know that water is essential to maintain a normal body temperature, to cushion your joints and to help remove waste and other toxins from the body? Additionally, dehydration stresses the body and can increase feelings of depression and anxiety. SO, DRINK YOUR WATER TO FEEL BETTER BOTH MENTALLY AND PHYSICALLY. It is recommended that we drink at least half our body weight in pounds in ounces of water each day.

Thank you to Ripples for donating 2 water dispensers and 10 water jugs for us for the month of September.

CHARACTER WORD OF THE WEEK: CARING

Let's take this week to display kindness to others.

Here are a few ways to show kindness every day:

1. Focus on others. Kindness puts others at the center. ...
2. Offer a helping hand. ...
3. Be there to listen. ...
4. Send care packages—no matter how small. ...
5. Stay connected. ...
6. Expect good things to happen and be a positive light. ...
7. Smile at others. ...
8. Compliment others.



Lockers, Lockers, Lockers

If you would like a locker, you can sign up for one as of 4pm Monday. If you have already selected one, your selection will be wiped out and reset with correct combo information. Set your alarms – first in first selected. More information is available at: <https://wjmouat.abbyschools.ca/lockers>



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, Felafels, Basket of
Tofu Fries, Veggie Wraps, Calzones \$4-5

Beverages

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



FUNDING ALLOCATION CONSULTATION

2022 - 2023

Share your voice!

The Ministry of Education and Child Care announced that it would be allocating \$60 million in one-time funding to school districts to increase food security for students and their families, and to support students, parents, and guardians with affordability concerns. The Abbotsford School District has received \$1.9 million in one-time funding to make the return to school more affordable for students and families.

We are looking for feedback on how this money can best support the specific needs of families in the community.

Consultation closes Thursday, September 8th.



Visit our consultation portal
bit.ly/SEP2022FundingConsultation



Coming Up Next Week

Monday, September 12

- ABCD
- Self-Care Moment
- Grade 12 Assembly
- Locker Selection Opens 4pm

Tuesday, September 13

- CDBA
- Self-Care Moment
- Grade 11 Assembly

Wednesday, September 14

- BADC
- Self-Care Moment
- Grade 10 Assembly
- Photo Day
- Grad Parent Meeting 6:30pm

Thursday, September 15

- DCAB
- Self-Care Moment
- Jr. Football @ Sullivan Heights

Friday, September 16

- Tutorial Time 8-9:30
- 9:30- CDBA
- Self-Care Moment
- Sr. Varsity Football @ North Delta

Ways You Can Support PAC



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

No sorting or lineups!

Account Number:
956-682-8722
WJMOUTPAC

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

