



# News from the Nest

May 2-6– For Parent



## Spotlight on Learning: Outdoor Education

Outdoor Education at Mouat has been growing consistently over the past few years and now encompasses nine classes and over 250 students. While the pandemic presented challenges in terms of what trips were allowed, the increased participation on trips showed the importance of outdoor education to the mental health of our students. The program consists of students participating in leisure days such as bowling and golfing at the driving range, as well as extreme trips such as paintballing, which was attended by fifty-five students (a trip record), and skills night, an overnight campout that recently took place for the first time since the start of the pandemic. As a teacher I, Mr. Rahe, am blessed to be able to be able to run this program, and I know my students and I appreciate the flexibility that teachers give to allow them to increase their capacity, develop skills, and create memories. As my website states this is the “I’ve always wanted to do that” program where we push out limits, get out of our comfort zones, and discover confidence that students did not even know they had. I hope this gives you a little idea of what Outdoor Ed is about and if you want to know more please visit [www.commrecrextreme.com](http://www.commrecrextreme.com) to see what we’re about, ask one of the students who ask to miss your class from time to time, or better yet come out and join as a chaperone on an upcoming trip!



**Anonymously Answered TikTok Questions**

**Q: What do you use TikTok for?**  
A: Entertainment purposes during my down time! Dance videos on there are great.

**Q: Do you understand the guidelines to TikTok?**  
A: I have a grasp of the basic concept. But, I do not know what all the terms exactly mean to its users.

**Q: What are some cons for you?**  
A: There are multiple times where I have gotten graphic content on my feed, which has been disturbing.

**Q: Are you familiar with the settings?**  
A: I am quite familiar with TikTok settings. I make sure my account and likes are private.

**Q: Any weird interactions?**  
A: Most of my interactions have been completely normal, besides one explicit picture I have been sent.

**Anonymously Answered TikTok Questions**

**Q: How is TikTok different from other social media apps?**  
A: It is quick and easy to use for short breaks (or accidental long ones)

**Q: What do you think is the suitable age for TikTok users?**  
A: 12 & above is the base for most apps, despite this there should still be some restrictions to protect the younger generations

**Q: What intrigued you to download this app?**  
A: I decided to download this app during quarantine; when most people were. There was also a lot of peer pressure, due to being "with the trend"

**Q: What would you change about TikTok?**  
A: I would change how the atmosphere of TikTok can be very toxic; this is the cause of many young users being allowed to be on the app.

**Q: Do you find TikTok beneficial?**  
A: Tiktok can be extremely beneficial from helping you being aware of your community and learning new useful things everyday!

**Our Advice To You!**

**Don't Give Out Personal Information**  
Keep your personal information private and be wary of links and out-of-the-blue messages.

**Research the Terms & Conditions**  
Make sure to take a quick glance through the community guidelines to understand what you are agreeing to.

**Be self-aware of your posted content**  
Digital footprints are extremely important and can impact your work/personal lives. Know what you post and understand the consequences!

**Present yourself the way you want to be viewed**  
Show others how you would like to be viewed, not a persona that could attract the wrong people.

**Interact with people who have a positive social media presence**  
Talking to people online can be scary, but interacting with good people that spread positive messages can make your experience much better!

### **Social Media Footprint**

In Career-Life-Connections 12, students have learned that our communications and interactions, both in-person and online, represent who and how we want to be in the world. To ensure we are equipped to succeed in this digital world, students researched their most used social media apps to learn how to use them safely and productively. Students gathered research and conducted interviews to help generate their findings. These findings were then put into infographics in hopes to teach others about the importance of digital footprints and safety. We are super proud of the student outcomes.

### **National Day of Awareness for Missing and Murdered Indigenous Women, Girls, and Two Spirited persons MMIWG2S**

May the 5<sup>th</sup> be the National Day of Awareness for Missing and Murdered Indigenous Women Girls and Two Spirited persons. This is sometimes called "Red Dress Day" due to the Art activism of Jaime Black at University of Winnipeg's Institute for Women's and Gender Studies. You may recall that last year Thrive Leadership set up a memorial in the Learning commons computer lab and invited classes to attend.

This year, thrive leadership has prepared a 25-minute ceremony that will be presented in two school wide assemblies on May 5 (next Thursday).

This ceremony is to honor lives that have been lost. It is a somber event and will require students to conduct themselves respectfully. Thank you for helping the students make good choices before and during this

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event. We are asking that staff and students wear black and or red. Black, because it is the traditional colour of mourning and Red since it is the colour of spirit.

### **Congratulations Navjot Garcha**

We are pleased to share that Navjot Garcha is the recipient of the \$40,000 Cmolik Foundation Undergraduate Scholarship for her community volunteering.

### **Congrats**

So proud to honor these two Mouat Grads as Indigenous Role Models for 2022.



Congratulations to Blaise Morin and Sasha Lambert!

### **Grad 2022**

We are pleased to update you about our Grad Ceremonies and Prom.

#### ***Grad Ceremonies – Friday, June 17***

Its that time of year when friends, families, and the Hawk community come together to recognize the achievements of the class of 2022. This year we are returning to the Abbotsford Entertainment Center on Friday June 17th at 5pm. Grads you will need to be onsite and inside ready to line up at 4:15. Do not bring anything with you to cross the stage as your hands will be full when you exit the stage. The ceremony will begin promptly at 5pm with seating on a first come first seated basis.

Additional tickets will go on sale on May 1st for \$5 each through schoolcash online. Max of ten additional tickets per graduate will be available, with the possibility of more tickets opening closer to the date.

#### ***Prom 2022 – Monday, June 27***

Its finally back! We are super excited to bring back a fantastic evening of dinner, dancing, and fun with this year's Prom. Its all happening on Monday June 27th starting at 3pm here at Mouat. Pull up looking your best with your best, pop out and head inside the school for our traditional Hawk Walk. We will be loading the buses at 4:30pm sharp and be on our way to Newlands Golf and Country Club for a formal sit-down dinner, which is going to be delicious. There will be ample time for pictures inside and out before the dance floor opens and things really get going. We will be leaving Newlands at 9:45pm and will be back at school by 10:30pm.

Tickets are available for purchase through schoolcash online starting May 1st. Tickets are \$95 each and must be paid in advance.

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Guest Request Form are will also be available for pick up in the office. Guests must be nineteen or under to attend and are subject to admin approval

## **Mouat PAC:**

### **Seeking Raffle Donations for Staff Appreciation:**

PAC is holding the final Staff Appreciation of the school year on May 13th. We are looking for donations for the raffle table – items like chocolate, wine, coffee, tea, gift cards, business promo items, etc. We have 120 staff and would love to have a great assortment of items for them to win! Please email [wjmouatpac@gmail.com](mailto:wjmouatpac@gmail.com) by May 6th, if you have anything to donate and we will arrange pick-up of your item(s).

### **PAC AGM:**

May 16th will be the final PAC meeting of the year and our AGM where we will elect the executive board for the 2022-23 school year. We are looking for someone to fill the Secretary position. Anyone who is interested in joining the board, please email PAC @ [wjmouatpac@gmail.com](mailto:wjmouatpac@gmail.com). PAC will also be presenting a proposed updated Bylaws & Constitution at the AGM. A copy of the proposed Bylaws & Constitution will be made available for download and review on the PAC page of Mouat's website this coming week.

### **Speaking your Truth**

In the last week of April, Superintendent Godden visited the school and engage in conversation with an group of students representing a cross-section of students at Mouat. Check out their thoughts at: <https://www.abbyschools.ca/blog/speaking-your-truth-student-voices-wj-mouat>

### **Cafeteria Mondays**

Hey Mouat, our Culinary Arts class will be offering Special Meals on Monday. This past Monday was the Mouat Burger (yes, our Hawk twist on a classic). Looks yummy. And, after a much-deserved weekend, Monday will feature Linguine Carbonara with Chicken.



### **E-Sports Update**

Mouat esports team had a good week featuring the first two round of the playoffs. The rocket League team won the Quarter Finals and semifinal best of 7 series 4-0 and 4-1 respectively. Next week is the grand final of the BC Rocket League against Nanaimo. This match will be in played in person and broadcast live with sportscasters.



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## Coming Up Next Week

Monday, May 2

- ABCD
- Mental Health Awareness Week
- 3:30 Sr Girls Soccer vs Sardis

Tuesday, May 3

- CDAB
- Mental Health Awareness Week

Wednesday, May 4

- BADC
- Mental Health Awareness Week
- 3.30 Sr. Girls Soccer vs Brookwood

Thursday, May 5

- DCBA
- Mental Health Awareness Week
- MMHIW/26 Assembly

Friday, May 6

- ABCD
- Mental Health Awareness Week
- Student Mental Health Forum

Upcoming

- May 19 – Grad vs Staff Hockey Game



### Congrats

The Girls Rugby team took home their first every win versus Yale on Tuesday with a score of 21-10.

*Spring clean your closet!*

# MOUAT PAC GREEN BINS

**BINS ACCEPT**

- Clothing
- Shoes
- Purses
- Stuffies
- Linens

in good clean condition

NOW AVAILABLE for your items in Mouat's parking lot!

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