



News from the Nest

Sept 27-Oct 1 – For Staff



Spotlight on Learning: PE in the Fall

As the weather is starting to change, PHE classes go outside as much as possible to get fresh air! On this day we also did some community clean-up by collecting garbage along the way. Our learning targets are:

- reducing stress and/or anxiety levels in activities where you can participate outside and/or elevate the heart rate
- Create strategies for promoting the health and well-being of the school and community



Covid Notice

The province has announced that they will continue to trace Covid exposures in schools. Exposures can occur at three levels: Level 1, limited to close contacts of the case and their contacts may receive either self-isolation or self-monitor letters; Level 2 there was close contact suspected or confirmed between the case and the entire class; Level 3 there is transmission between the class. Parents will be notified via email as exposures happen that impact their child.

Truth and Reconciliation Week

We are looking forward to honouring the Truth and Reconciliation process with activities happening in every class throughout the week. Teachers have signed up for virtual assemblies and have been provided approved resources through our Indigenous Education centre. Please take some time next week to chat with your child about Truth and Reconciliation.

- Most importantly, our Thrive Program under Ms. Dyck and Ms. Dasaska have put together a week long event:
 - Monday: Play the Stolo anthem and ask: What does reconciliation mean to you?
 - Tuesday: QR Code scavenger hunt. Pick up your game card in the Thrive room 113 – Complete your card and return for a prize. Happy hunting!
 - Wednesday: Wear your Orange shirt, we will be handing out stickers as well to show your allyship.
 - Thursday: Meet Phyllis Webstad at Heritage Park in Mission and hear her story, info posted in Thrive and around the school.
 - Friday: Books and Bannock, get a fresh slice of Bannock and explore Indigenous literature available right here in the Learning Commons.
 - Thank you, [ᓄᓐᓂᓐᓂᓐ](#) (Mikwêc)

Club Fair

Kudos to Mr. McCall and Mrs. Bowater and the leadership crew for running our 8th annual Club Fair. As I wandered the 22 different tables, I wanted to sign up for some clubs myself and all had students asking great questions, signing up and choosing to pursue their interests, passions, or opportunities.



Intramurals

Sometimes you don't know what you miss until you see it in action again. It was great to see kids in the gym playing a lively game of Volleyball and the friendly banter of great shots and missed balls all the while music filled the air. The bleacher was full of spectators who celebrated or cheered their peers. I missed this over the past 18 months and am excited to have live events for students.



Cross Country Update

The Cross Country Team had their first meet of the season at Aldergrove Lake Park this past Monday. They made their coaches and school PROUD. Special congratulations goes to Brendon Neufeld and Dakota Dietz for being our first runners to cross the finish line! The next meet is Monday, September 27th at Clearbrook Park at 3:45pm. Come out and watch them run!



Grad Cruise Reminder

ATTENTION all grads going on the grad cruise! Vaccine passports will be checked by the CruiseLine upon arrival. Please ensure to have it either printed out or ready on your phone. You WILL not be permitted to board the boat without this proof of vaccination. As well, please be aware that no liquids, vapes, cigars or gum are permitted on the cruise. There will be a security check prior to boarding.

**Calling All Parents:
PAC Meeting, Monday, September 27th, 2021
in the WJM Library Learning Commons at 7pm**

Your WJ Mouat Admin Team

Coming Up Next Week

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Monday, Sept. 27

- ABCD
- International Student Welcome
- Cross Country Meet 3:30
Aldergrove
- PAC Mtg. 7pm in LC

Tuesday, Sept. 28

- CDAB
- Terry Fox Run
- SBT @ 2:45
- Grad Cruise
- Sr. G VB @ Walnut Grove 6:30

Wednesday, Sept. 29

- BADC
- Orange Shirt Day

Thursday, Sept. 30

- Truth and Reconciliation Day
 - No School
- Jr. Boys Football @ Abby 3:30

Friday, Oct. 1

- CDAB
- Books and Bannock
- Girls VB Rally in the Valley
- Sr. Boys Football @ Abby 7pm