



News from the Nest

September 19-23 - Parents



Spotlight on Learning: Student Voice - Self-Care Mondays

In May this year, six Grade 11 WJ Mouat students participated in a Mental Health Forum hosted by the Abbotsford School District. They were tasked with reviewing the YDI (Youth Development Index) survey results for WJ Mouat and to come up with an actionable plan to help improve student well-being and mental health at their school.

From this forum, Self-care Mondays are now being embedded in the WJ Mouat school calendar. Every month showcases a specific theme around wellness (September is Hydrate for Good health, October is Vitamins for Vitality, etc.) and, specifically, every Monday staff and students are provided with an activity or a focus for the week that promotes positive mental health and wellness. This activity is shared via email to staff, in daily announcements and is also included in the weekly "News from the Nest" bulletin for staff, students and parents.



Additionally, the students who participated in this Mental Health Forum felt it was important that the school and staff offer self-care moments in the classroom that are flexible and supportive of different learners. For example, if a Self-Care Monday focused on nature, some students may be permitted to go for a short walk during class time or to sit outside for a few minutes to breathe in fresh air. This activity or focus would be showcased all week providing students with opportunities to refresh their minds so that they may return to class more prepared to take on new learning. Forum students also felt it was imperative that staff model these self-care moments and that, as a school, the value of self-care and wellness for all become pivotal.



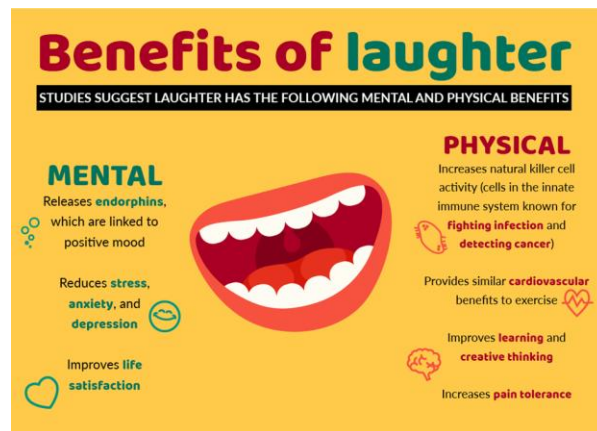
To further support this plan of action, Team Leaders at WJ Mouat have also been tasked, as part of the school plan, to show how they will address with more intentionality, Social Emotional Learning, in their classrooms. Each department or team has come up with a specific action that they will embed into their lessons weekly or daily.

Self-Care Laughter

This week's self-care tip is about **LAUGHTER**.

When it comes to relieving stress, more giggles are just what the doctor ordered. When you start to laugh, it doesn't simply lighten your load mentally, it also does several things to you on a physical level including increasing your intake of oxygen which stimulates your heart, lungs and muscles and increases the release of endorphins (the feel-good hormone). All of that to say that a good laugh can help relax you and reduce some of the physical symptoms of stress.

So, watch that sitcom and tell that joke because it will do the mind and body good!



<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relief/art-20044456>

CHARACTER WORD OF THE WEEK: SOCIAL AWARENESS

Key Actions for Social Awareness:

- I know how to show concern for others' well-being.
- I can act compassionately and with empathy.
- I am willing to show mercy and forgiveness.
- I realize that my reputation is on display when I interact with others.

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



Your WJ Mouat Admin Team

Coming Up Next Week

Spirit Week

- Mellow Monday
- Tip-Top Tuesday - tiaras, top hats and monocles
- Wednesday is our Club Fair and the corresponding spirit day is High-School Stereotypes (Jocks, Nerds, Artsy....)
- Thursday is grade colours: 9s - blue, 10s-green, 11s-pink, 12s-purple , staff - rainbow
- Friday - Mouat colours (red and gold)

Monday, September 19

- No School
- National Day of Mourning

Tuesday, September 20

- CDBA
- Self-Care - Laughter

Wednesday, September 21

- BADC
- Club Fair – LUNCH
- Meet the Teacher 6pm

Thursday, September 22

- DCAB
- JV Football Game 5pm

Friday, September 23

- BADC
- Structured Learning Opportunities for Staff
- First Block starts at 9:24am
- School Open for Students at 8am with Supervision
- Girls Volleyball Tournament

OCTOBER 21, 2022
CHARACTER CONFERENCE 2022
HOMELESSNESS



MORNING KEYNOTE

Hear the inspiring story of how Joe Roberts went from being an addict living on the streets in Vancouver to working with Fortune 500 companies, professional associations and organizations internationally.



Joe Roberts (The Skid Row CEO)

The most effective leaders in society are those rare individuals who can inspire their audience with a passion that can only come from personal experience. As the former President and CEO of an extremely successful multimedia company, Joe Roberts has faced and overcome key business challenges, which confront every modern organization.

With a track record of proven business success, Joe formed his own multimedia company, Mindware Design Communications, and in less than four years led the company to a phenomenal 800% increase in business.

Joe's business solutions have made millions of dollars for his clients, across a variety of business sectors. It is from this experience that Joe draws when addressing Fortune 500 companies, professional associations and organizations internationally.

What is most amazing about Joe is that in 1989 he was living on the streets of Vancouver as a homeless skid row addict. Through perseverance, determination and his resilient human spirit, Joe pulled himself out of the darkness and despair, to become a highly respected business and community leader.

Today Joe Roberts (aka The Skidrow CEO) is an award-winning Inspirational Keynote Speaker armed with unwavering determination and 20+ years of speaking experience. His mission has been, is, and always will be to instigate a ripple effect of positive change everywhere he goes by reminding people of their unlimited potential.

When Joe was homeless in Vancouver he made a promise if his life was spared he would pay it forward. He did just that in the form of triumphantly pushing a shipping cart a staggering 9,064 kilometers across Canada in the name of youth homelessness prevention. This very act birthed a national awareness campaign called The Push for Change, inspiring fellow Canadians to create ripple effects of transformation in the lives of at-risk youth throughout the country.

Since 1989, Joe has acquired two college diplomas, became the CEO of one of Vancouver's leading multimedia companies, walked across Canada and achieved more success than he could ever have imagined. Joe has been recognized by Maclean's Magazine as one of "32 Canadians who make a difference," won the BC Courage to Come Back Award, received The Ontario Premier's Award for Business, was given an Honorary Doctorate from Laurentian University, was recognized by the Senate of Canada with their Canada 150 Medal, received the Medal of Good Citizenship from the province of BC and the Meritorious Service Medal from the Governor General of Canada.

Ultimately, Joe's deep resonating "WHY" is to empower people to step into a life of infinite possibility, to understand "there is truly more to each and every one of us than what we see"

AFTERNOON KEYNOTES

Learn some proactive solutions for keeping our youth off the streets, safe from addiction, and making meaningful contributions to our community from two inspiring young adults who grew up in Abbotsford.



Jory Smalenberg

Jory Smalenberg graduated from W.J. Mouat Secondary in 2012 as Valedictorian and Governor General's Medalist for top academic standing – two awards that she later received from UBC for her undergraduate degree. Jory is a TEDx speaker, Chair of the 2019 Character Abbotsford Conference, and co-founder of AMS Refugee Relief at UBC, where she helped fundraise more than \$20,000 to privately sponsor a group of refugees to Canada.

Recently, Jory was invited to attend the G20 T20 global summits in Berlin and Tokyo, where she contributed to policy conversations in the company of world leaders. Academically, Yale University selected Jory as the only Canadian representative in the 2021 Yale-Tos Fellowship. American multinational 3M has also recognized Jory among Canada's top ten university students for innovation and leadership. In everything she does, Jory is passionate about directing her energy towards community building and the common good.



Jasmit Singh Phulka

My name is Jasmit Singh Phulka. Born and raised in Abbotsford, BC. On the Canadian National team for the last 12 years. 2021 Olympic trials champion. Multiple time Pan American and Commonwealth medalist. I volunteer with Abbotsford Canucks Place and Abbotsford Police Department. I currently do an annual toy drive which raised more than \$20,000 in 2021. I am pursuing my dream and chasing greatness. I am always trying to give back to the community that has always supported me.

ABBOTSFORD HOMELESSNESS PANEL

Gain a data-based understanding from city leaders who are working hand-in-hand with Abbotsford's more than 400 citizens experiencing homelessness.
Hosted by Vijay Manral

Friday, October 21, 2022 | 8:30am - 2:30pm

Abbotsford Senior Secondary School | Cost: \$25.00

REGISTER ONLINE NOW: www.characterabbotsford.com/conference

CONFERENCE SPONSORS

