



News from the Nest

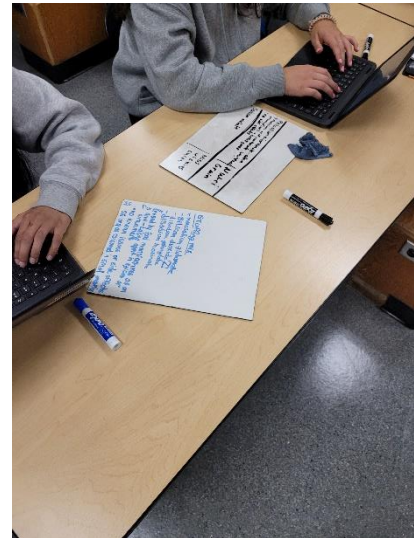
October 3-7 – Parents



Spotlight on Learning: Making Connections in Science 10

School can seem pointless for students sometimes... A common complaint of students of all ages is “why do we have to learn this?” followed by “this won’t ever help me in real life”.

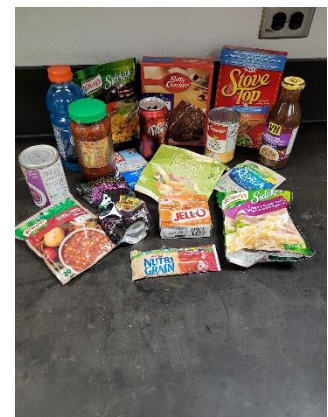
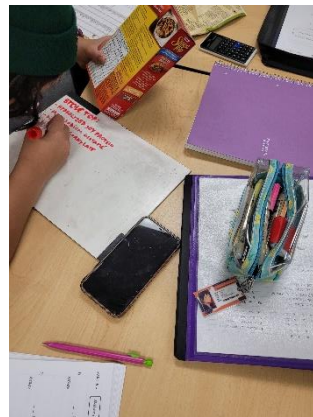
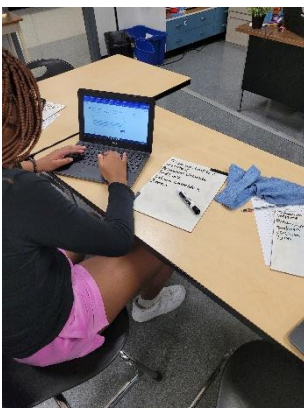
With his lesson on chemical naming for science 10, Mr. Gait sought to help his students make personal connections to the science content in order to increase student engagement and performance in the chemistry section of the course. He used what is called a lesson “hook” in the form of an interesting, provocative question to get students thinking and create some excitement about the learning to come. The lesson begins with a discussion of chemical naming, where students are asked what they remember about naming from previous science classes, followed by a short lesson on different types of chemical names. A short narrative about Mr. Gait’s fictional friend John comes next.



This friend has a bad diet of mostly processed foods and is currently experiencing the symptoms of inflammation and high blood pressure issues. Mr. Gait then shows students a selection of junk food that he “took from John’s apartment”, telling them that their job is to collect a list of chemical names, research them and propose to John a change in diet based on the evidence they find.

During this process students work in groups to categorize chemical names they find and use computers to research the various chemicals found in food, often finding ones ending in “-ate” and “-ite” - known as polyatomic ions. These types of chemicals can sometimes be harmless, though some can lead to bad side effects when consumed in large amounts. The lesson closes with letters titled “Dear John” where students summarize the results of their group research, will be delivered to John so that he might improve his health. Keen students will have discovered that nitrates are the problematic chemical group, which contributes to John's ailments.

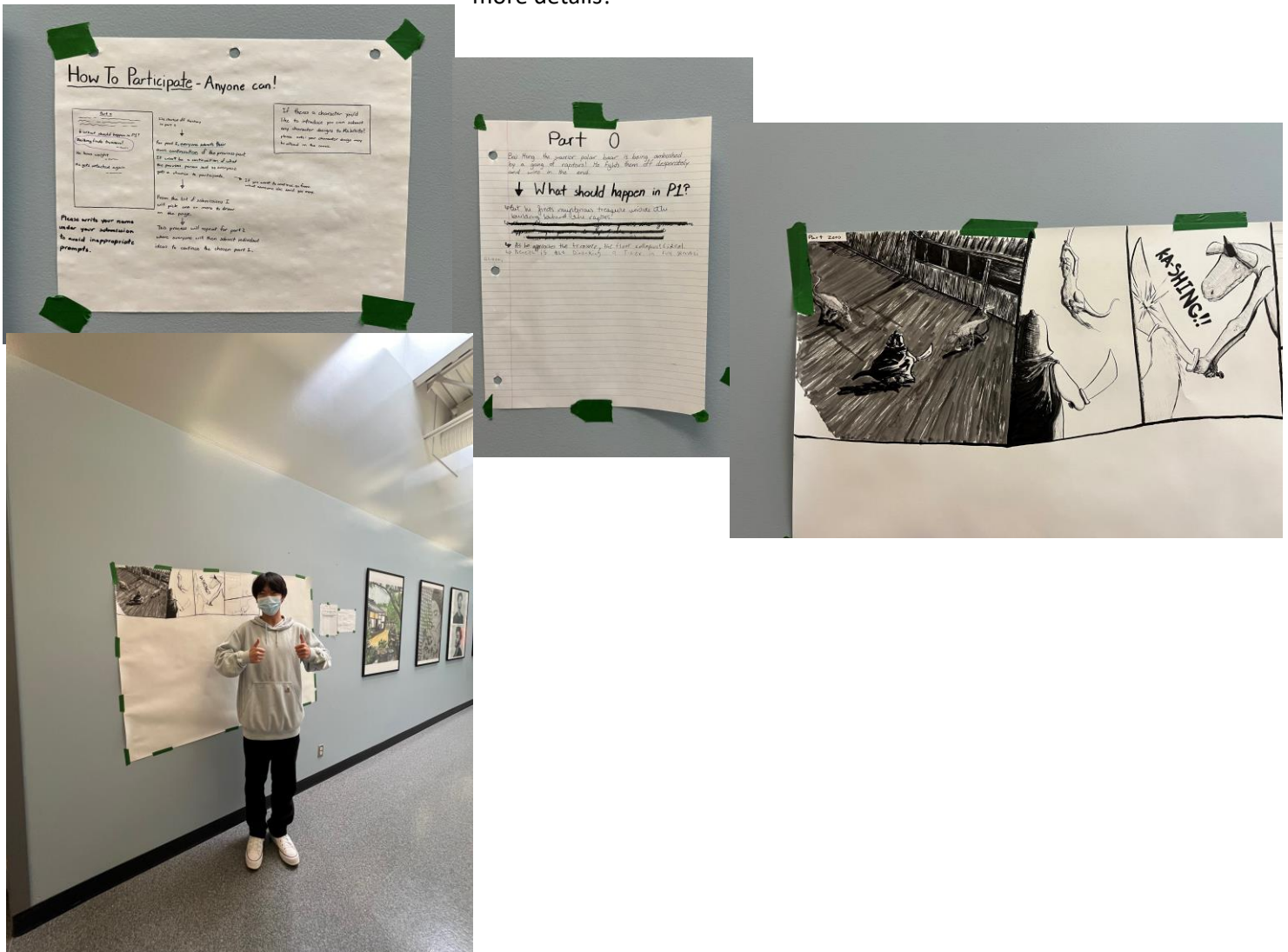
The next time you’re looking at a food label, check what’s in it. You might be surprised :)



Art Studio Collaboration with UFV

With the support of Ms. White and Mr. Turner, Extended Day Art students are collaborating with UFV to create artwork in response to the flood last fall. Lead by Dr. Michelle Superle, Aidan van Deft, a UFV Visual Arts student spoke with the Extended Day Art group about this initiative. Students from all over the Fraser Valley have been invited to create written, spoken, performative or visual art that responds to the complexity of the impact of this flood. Their art may celebrate how our community came together in this time of need; lament the losses of livestock, crops, property; draw attention to the historical and ongoing draining of the Sumas Lake, climate change, or to nature’s powerful ability to transform our lives. The selected art works will be featured at UFV in November.

Grade 12 Art student Cyrus Siew recently began his District Scholarship Project. He is creating a large storyboard/comic strip and is inviting anyone and everyone from the school to direct the outcome of the story. Please be sure to encourage our imaginative students to contribute to this project. See photos for more details!



Your WJ Mouat Admin Team

Photo – How to Order, How to Schedule a Retake or Missed Photo

See the attachment for the instructions on how to order your student's photos.

[Vibrant Photo Ordering Online.pdf](#)

Vibrant Photo has introduced, new this year, anyone needing their photo redone will pay a \$5 fee at the time they register on the online sign up. This fee will then be deducted when they go to buy their package. All students that were absent on the first photo day do not need to pay.

Vibrant Photo would like to try enforcing that anyone who wants a **redo on the final photo day MUST sign up** This will avoid students coming down to the camera unnecessarily and this list allows them not to miss anyone. If an absent person from the first day does not sign up, they still are aware due to the camera cards being used. Vibrant Photo of course want to be flexible but fair but hoping your staff can help in making this final photo day successful for everyone.

Here is your sign-up link.

https://www.signupgenius.com/go/2022WJM_Final_Photo_Day_Sign-up

Self-Care Monday – Compassion

This week's self-care tip is about: **COMPASSION**

We often talk about being kind and compassionate to others which is very important, but you must also practice self-compassion and being kind to yourself. For some, this comes easily, but for others it takes work. Just know that you're worth the effort! Take the time today to say one kind thing about yourself or do something kind for yourself. **YOU ARE WORTH IT!**



ORDER YOUR PHOTOS

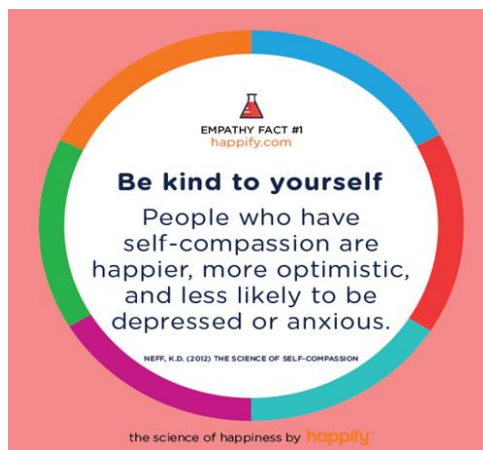
ALL YOU NEED IS YOUR STUDENT ID

SCAN ME

<https://vibrantphotos.ca/order-forms/>

Vibrant PHOTOS

info@vibrantphotos.ca
604.380.3388
877.764.7928



EMPATHY FACT #1
happily.com

Be kind to yourself

People who have self-compassion are happier, more optimistic, and less likely to be depressed or anxious.

NEFF, K.D. (2012) THE SCIENCE OF SELF-COMPASSION

the science of happiness by happily

October – Vitamins for Vitality

You probably know that the food you eat affects your body. Many studies have shown the connection between your food choices and your overall health. Proper nutrition keeps skin, teeth, and eyes healthy, supports muscles, boosts immunity, strengthens bones and helps reduce the risk of diabetes, heart disease and other chronic illnesses. New research finds that your food choices may also affect your mood and mental health. You should eat foods that contain vitamins and minerals. This includes fruits, vegetables, whole grains, dairy, and a source of protein. It's not easy for everyone to eat healthy but you CAN make better choices for yourself!



Grad Cruise

Our Grad 2023 cruise was a great success. Beautiful weather, beautiful scenery and beautiful WJ Mouat grads made for a fantastic evening of fun.



Your WJ Mouat Admin Team

Post-Secondary Night – Save the Date

October 19 is our Post-Secondary Evening at Mouat from 6-8:30pm with 16 different institutions presenting. The event is open to any grade 11 or 12 student and their parent!

Truth and Reconciliation Week Reflection

Thank you to our Thrive Leadership team and the mentorship of Ms. Dyck and Ms. Daraska, for an educational and fun week of activities, for the orange hue on Wednesday and for helping us to learn more, understand and demonstrate compassion.



PSBC night at W.J.Mouat October 19, 6:00-8:15

Format: 6:05-6:40: Individual presentation

6:45-7:20: Individual presentation

7:25-8:15: Mini Fair in CAFETERIA

Room designations:

BCIT: Janice Pontes	Room 122
Canadian Armed Forces-Royal Military College (CAF-RMC): Shane Rolleston	Room 113
Capilano University: Darya Wei	Room 142
Corpus Christi College (CCC): Vania Forsyth & Antonio Daling	Room 149
Farleigh Dickinson University (FDU): Jesmin Subba	Room 149
Kwantlen Polytechnic University (KPU): Hannah Cenaiko	Room 124
Langara College: Jennifer Paige	Room 140
Nicola Valley Institute of Technology (NVIT): Dale Calder	Room 150 (THRIVE)
Simon Fraser University (SFU): Madison Chad	Library (Room 115)
Thompson Rivers University: Meghan Hayre	Room 119
Trinity Western University: Beth Palmer	Room 144
University of the Fraser Valley: Chelan Scott & Brayden Thielmann (Room 125)	Theatre
University of Northern BC: Angela Gallant	Room 141
University of Victoria (UVic): Richard Belton	Library Lab (Room 115B)
Vancouver Island University (VIU): Francesca Palladino	Room 138
Quest University: James Blumhagen	Room 149

Your WJ Mouat Admin Team

CHARACTER WORD OF THE Week: INTEGRITY

Integrity is one of the most character-defining attributes a person can have.

It defines who you are and what you stand up for, and whether you can brave through conflict and hardship while sticking to your guns.

People with integrity all share a specific set of positive character traits. These 12 shared traits include:

Integrity

Integrity is the quality of being honest and having strong moral principles. It is one of the most character-defining attributes a person can have. It defines who you are and what you stand up for, and whether or not you can brave through conflict and hardship while sticking to your guns.

12 awesome traits of people with true integrity

- They are humble
- They find joy in enriching the lives of those around them
- They are their true selves. They do not live under a set of lies or any masks
- They don't lie
- They have patience
- They give credit where credit is due
- They don't argue rudely
- They stick to deadlines, schedules and arranged set-ups
- They do what they say, and say what they do
- They give second chances
- They don't name call
- They own up to their own mistakes

CheckMyProgress is NOW MyGradebook

Parent and students, we have moved our gradebook from CheckMyProgress to MyGradebook in MyED BC Family Portal. The portal will include the following information:

- Student schedules (timetable)
- School information
- Contact information (ensure your email address is correct)
- Some classroom assessment information
- Published report cards
- Class attendance information (updated at 3pm daily)
- Student course request for next year
- Teacher assignments and grades (if your teacher is using the Gradebook)

Parent you can access the portal with your child's pupil number (on their school ID, if they "forgot") which is their user ID and then your child's password

– every child created their own password. If they have forgotten their password, please us this link for supporting documents: <https://wjmouat.abbyschools.ca/MyED/password>

MyEducation BC

One Student.
One Record.
All of British Columbia.

Record Activity

Search

- 01/19/2022 - Assignment Grade (SCIENCE 10) Grade: Assignment: Mutations & Natural Selection
- 01/19/2022 - Assignment Grade (SCIENCE 10) Grade: Assignment: Rearrangement of Atoms in Chain Reactions
- 01/19/2022 - Assignment Grade (SCIENCE 10) Grade: Assignment: Applied Genetics
- 01/19/2022 - Assignment Grade (SCIENCE 10) Grade: Assignment: Patterns of Inheritance
- 01/19/2022 - Assignment Grade (ENGLISH 10 COMPOSITION) Grade: Assignment: 803 Character Development
- 01/19/2022 - Assignment Grade (ENGLISH 10 COMPOSITION) Grade: Assignment: Le Circle Discussion Short Story 1 - oral
- 01/19/2022 - Assignment Grade (ENGLISH 10 COMPOSITION) Grade: Assignment: Responses in Le Circle - written
- 01/16/2022 - Assessment Grade (MATH 10) (TBMVYN171K) Grade: Assessment: Fractions Mixed with

To Do

Overdue Online Assignments Tomorrow Today/Week View

Today: Wednesday, January 19

Course Assignment Category Completed

Published Reports

Filename	Date Uploaded	Creator	Description
No published reports			

Protecting Personal Information

Protecting personal information is critical to everyone using MyEducation BC. While school districts are responsible for the protection of their students and staff's personal information, the Ministry of Education ensures personal information is secure within MyEducation BC. An administrator will verify that information and determine what privacy requirements apply to the data.

In order to support parents and students in understanding the new layout and a wealth of different functions available to see how your child is doing in their classes we've included a video – please check it out at <https://www.youtube.com/watch?v=XkiGmnsCmo8>

Your WJ Mouat Admin Team

Coming Up Next Week

Monday, October 3

- ABCD
- Fr 11/12 Vancouver Film Festival Field Trip 9-3pm
- Self-Care Monday – Sunsets
- Sr. Girls Volleyball

Tuesday, October 4

- CDBA
- Sr. Girls Volleyball T1
- Student Voice Presentation to SBO 7pm

Wednesday, October 5

- BADC
- Photo Retake Day
- Scholarship Meeting @ Lunch
- Gr 9 G Volleyball
- Juniors @ Home
- Jr. Football @ Holy Cross
- Sr. Girls T1 @ San Diego (to Oct. 10)

Thursday, October 6

- DCAB
- Cross Country Meet @ Island 22
- Jr. Football in Kelowna

Friday, October 7

- DCAB
- SLO School Open at 8am Classes Begin 9:24
- Grad Council Meeting @ Lunch
- Sr. Football @ Home 4pm

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

Beverages

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

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