



News From the Nest – October 17 to 21st

Spotlight on Learning – Exploring our Environment and Communication in Outdoor Education

This was the third year that Mouat Outdoor Education students decided to brave the steep confines of Grouse Mountain and tackle the Grind. While in previous years students were given a choice of what trip option they wanted to attend, this was the first year where the zip lines were available. 35 brave adventurers comprised of Mouat, Hansen, and district international students challenged themselves mentally and physically as they hiked up the difficult Grouse Grind. Once at the top students ate a quick lunch and then proceeded to embark



on their chosen adventures. Some students chose to complete the high ropes course and, while harnessed, traversed through the treetops on the mountain while experiencing small zip lines and challenging obstacles. The remainder of the students braved the five mountain top ziplines soaring over trees and canyons while being treated to some truly spectacular views of the Lower Mainland. Based on the smiles of the participants as they soared through the air I think there will probably be some repeat customers for this adventure as I know I can't wait to try it again! Ms Bell would like to report that even after climbing the grind, her arms were more sore from the ropes course than her legs were from the climb.

Check out our Outdoor Ed website for trip schedule and trip blogs.
<http://www.commrextreme.com/>
See Mr Rahe for questions.





Post Secondary Institution Night – Wednesday October 19 from 6pm to 8:15pm

Welcome to senior students across the district! Plan to join us and meet the representatives of dozens of post secondary institutions from BC including BCIT, Royal Military College, Capilano, Corpus Christie College, Kwatelen, Langara, NVIT, SFU, TRU, TWU, UFV, UNBC, UofVic, VIU and Quest. This is a great opportunity to find out more about programs, requirements, scholarships, and bursaries and have your questions answered.

The format of the night is as follows:

6:05 to 6:40 – Individual Presentations rotation 1 in assigned rooms (pick up a room locator and map on your way in)

6:45 to 7:20 - Individual Presentations rotation 2 in assigned rooms

7:25 to 8:15 Mini Fair for all institutions in the Cafeteria

Hawks Volleyball Trip and Tournament to San Deigo



This past week our Sr Girls volleyball had the amazing opportunity to travel San Deigo to compete in the SoCal Volleyball tournament that hosts dozens of teams from across California and the Pacific Northwest.



The girls not only got to compete on the international stage, they also had opportunities to take in some Division 1 volleyball action, visit the world-famous San Deigo zoo where they went on a safari, and had some time to enjoy some of the amazing tourist spots San Deigo has to offer. The girls have been fundraising for the past year to make this trip possible. The girls would like



to thank their parents for their support, their trip supervisors, and of course Mr Rahe. Check out some of the pictures from their trip.

Early Dismissal Bell Schedule for Wednesday and Thursday

Block 1 - 8:10 to 9:00

Block 2 – 9:06 to 10:06

Block 3 – 10:02 to 10:52

Block 4 – 10:58 to 11:48

Character Word of the Week



Teamwork is working collaboratively and cooperatively to attain a shared goal.

How it can look when put into action:

- Participating in class and school activities.
- Challenging yourself.
- Supporting and encouraging others.
- Considering how to accommodate the needs of others.
- Providing leadership.
- Being willing to follow.
- Taking turns.

Self-Care Mondays

October 17:

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

Now how can chair yoga benefit you?

By focusing on your movement, your breathing, and how your body is reacting to the exercise creates a kind of moving meditation that promotes relaxation, reduces stress, and improves mental clarity. Like other forms of exercise,

seated yoga may also help improve mood, your confidence and relieve anxiety and depression. As a bonus, it can help clear your mind so that you're ready for new learning! So teachers, give it a try today in class!

<https://globalhealthaging.org/2021/03/04/chair-yoga-for-strength-balance-and-mental-health/>

A short chair yoga video to do in class or at

home: <https://drive.google.com/file/d/15B0WZuO2VO2mDPaa-kug9JSWFNRgrDbH/view?usp=sharing>



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!

COMING UP THIS WEEK

Monday October 17 – ABCD

- *Sr Girls Volleyball @5pm*
- *PAC meeting @7pm in the library*

Tuesday October 18 - CDBA

- *Admin/Counsellor Meeting*
- *School Based Team Meeting*
- *Boys Soccer @Chilliwack @3:30pm*
- *Sr Girls T1 Volleyball @5pm*

Wednesday October 19 -BADC

- *Thrive Leadership Meeting*
- *Gr 9 Girls Volleyball home game @3pm*
- *Jr Girls Volleyball @Yale @3pm*
- *Sr Girls Volleyball*
- *Swim Team Practice @MRC @3-4pm*
- *Early Dismissal – see bell schedule*
- *Parent Teacher Conferences 12:40 to 2:30*
- *Staff Meeting*
- *Post Secondary Institution Night @6 to 8pm*

Thursday October 20 - DCAB

- *Secondary PVP Meeting @3:30*
- *Boys Soccer @GW Graham @ 3:30pm*
- *Jr Football Game @Kelowna*
- *Early Dismissal – see bell schedule*
- *Parent Teacher Conferences 12:40 to 2:30*

Friday October 21 – Pro D Day

- *No school*
- *Jr Girls Volleyball Tournament @Grandview*
- *Sr Girls Volleyball @Peace Arch*
- *Sr Football @Howe*