



# News from the Nest

April 10 to 14- PARENT



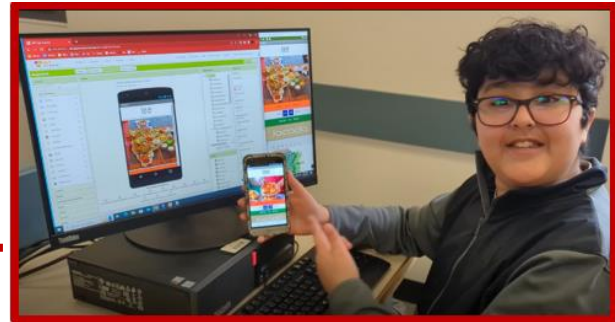
## Spotlight on Learning:

### Computer Coding 9: Android App Development

<https://youtu.be/5QgcArIq3AE>

Click on the links to watch the videos.

<https://youtu.be/l5SCReezMn8>



#### Computer Coding 9: Android App Development

Using MIT's App Inventor software, students in Computer Coding 9 develop a fun interactive translate app for Android devices. Many students choose to learn words from the Halq'eme'y'lem language of our local BC Stolo First People, while others link to their own unique cultural heritage. Learning to program mobile devices with a visual language brings coding to life for students in fun and empowering ways.

The BC Applied Design Skills and Technologies (ADST) curriculum includes the processes of creativity, application, and problem-solving, where students build on what they already know and in turn discover new knowledge themselves. Understanding cultural context; ideating; prototyping; testing; making and sharing (not all necessarily in that order) are the design stages our students work through in pulling their ideas together and learning in this innovative and creative format.

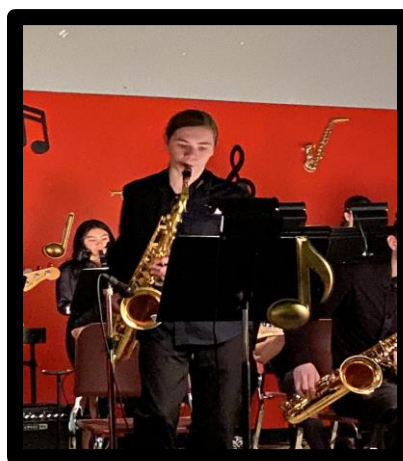
How it works: Students begin by visiting <https://www.firstvoices.com/> to understand how important language is for cultural identity. Also reflecting on their personal cultural identity, they map out ideas for their app. Some use words provided by the First Voices site; others choose to profile their own language by recording their own voices to add to their app. They experiment, design, develop and test component properties, such as x, y, z positioning of images. Components behaviors are programmed in a separate interface. The app appears on the simulator step-by-step as pieces are added to it, so students test their work as they build. The final product is an apk file which can be installed, viewed, and shared on a functioning device. Although this is an individual project, students are so eager to showcase their learning with one another, it quickly becomes a team effort!



## Cafe Jazz



Cafe Jazz was a huge success on Wednesday evening. Tremendous musical talent combined with a chill dessert and coffee/tea jazz vibe lead to dazzled audience members enjoying a sensational performance by jazz band students. Well done Ms. Wade and students!



## Track & Field EVAA League Meet#1



Mouat's Track & Field team participated in their very first meet of the season on Thursday! 60 athletes competed in 8 different events. All athletes should be super proud of themselves for being patient with long event wait times, weather, and overcoming nerves to successfully complete their events!

Congratulations goes out to the Senior Boys 4x100m Relay Team and Sam May in the Junior Boys 1500m for their first place finishes! The 4x100m Senior Girls Relay Team and Matias Cheny in Sr B High Jump battled their way to 2nd place, and 3<sup>rd</sup> place finishes were nabbed by Adalina Hendricks and Michael Fraser in discus as well as Armaan Sharma in long jump! Special shout out goes to

*Your WJ Mouat Admin Team*

400m runners who didn't finish until almost 8pm and ran in the absolute POURING rain. That's dedication! What an AWESOME start to the season!



Next meet is 3pm Wednesday, April 19 at Rotary Stadium. Everyone is welcome to come down and cheer on the team!

## **Poetry by our very own Nimrat Johal, in honour of Sikh Heritage Month**

Familiarised upon sacrifices

I embrace the familiarisation of the sacrifices we encounter upon.

I embrace the empty parts of me.

I embrace the full parts of me.

I embrace being alone on earth's playground,

Walking on dirt we compress beneath our feet,

We are nothing but air and fire and water and soil

I embrace standing on the weary world,

Which is not mundane but magic.

We are a people who forgot the sacrifices.

As if oceans aren't holy water

As if the sky's not a vision

As if animals aren't our siblings

As if the universe isn't God

As if rain isn't God's tears

As if we aren't God's children

*Your WJ Mouat Admin Team*

Guru Gobind Singh Ji sacrificed 4 sons  
 And claimed  
 "So what if my 4 sons are dead,  
 thousands are alive".  
 How can I not embrace the sacrifices  
 When you gave up 4 diamonds and  
 Felt no loss because you still had us.  
 I embrace the familiarisation of the sacrifices you encountered.

***From 84***

- |  |   |
|--|---|
| <p>1. <i>Death to all Sikhs</i><br/>           tales from our ascendants<br/>           reaping rigid words coming<br/>           from their mouths<br/>           hearing<br/>           my people died<br/>           so i could live<br/>           be free</p> | <p>5. <i>Perilous</i><br/>           no place to hide<br/>           a mass genocide</p>  |
| <p>2. <i>Durability</i><br/>           their resilience<br/>           for me<br/>           sticks<br/>           like a<br/>           forlorn hope</p>  | <p>6. <i>Disconnected</i><br/>           our men were slaughtered<br/>           our women were raped<br/>           our children<br/>           disappeared limb by limb</p>   |
| <p>3. <i>Virtues</i><br/>           the congress cup of tolerance<br/>           had reached<br/>           the peak</p>   | <p>7. <i>Generational Trauma</i><br/>           thousands murdered<br/>           on those very own streets<br/>           where we roam<br/>           calling it home<br/>           many unaware<br/>           thousands murdered</p> |
| <p>4. <i>Revenge</i><br/>           "teach the sikhs a lesson"<br/>           sprawling lanes<br/>           of sins<br/>           laying<br/>           on the cold red bloody tiles<br/>           of the Sri Harmandir Sahib</p>                               | <p>8. <i>Domicile</i><br/>           you may have broken us<br/>           but could not destroy us<br/>           this can't be erased<br/>           and we won't bow down<br/>           to your disgrace</p>                          |

**Students in Grades 9-12 need to move their files** from Google Drive and any files linked to Google Drive in myBlueprint so they will be saved. You will LOSE anything that you DO NOT move over.

INSTRUCTIONS on how are here:

**[Students Saving Files from Google Drive and myBlueprint .pdf](#)**



## **Convocation Update**

Mark your calendars for this year's Convocation in celebration of the achievements of our 2023 grad class. This year's ceremony will take place on Saturday, June 24th at 5:30pm at the Abbotsford Entertainment Center. We are asking grads to arrive at 4:00pm rehearsal. There will be more details closer to the date. Additional tickets will be made available for purchase through school cash online.



## **Cap and Gown Fees**



A reminder that cap and gown fees are overdue and will not be ordered until fees are paid. Please check school cash online for mandatory and optional payments for all school, sports, and grad related fees. If finances are a tight, please contact a counsellor or VP.

## Prom



This year's prom and hawk walk will take place on Monday June 26th starting at 3:00pm. Busses will depart for Newlands Golf and Country Club at 4:30pm sharp and will return by 10:30pm.

## Character Word of the Week: Caring

Caring is both an action and a state of mind that demonstrates kindness and sensitivity to others.



How it can look when put into action:

- Paying it forward
- Being sensitive to other people's points of view
- Sharing.
- Listening.
- Volunteering to help.
- Being generous.
- Encouraging others.
- Protecting vulnerable members of the community.



## Self-Care Theme for April: The Benefits of Nature



Nature is an important need for many life forms. Did you know that it plays a vital role in keeping us emotionally, psychologically, and physically healthy? Nature has a very wide definition. It can mean green spaces like parks, woodlands, or forests and blue spaces like rivers, wetlands, beaches, or canals. It also includes trees on an urban street, private gardens, and even indoor plants or window boxes. Surprisingly, even watching nature documentaries is good for our mental health. This is great news as it means the mental health benefits of nature can be made

available to nearly every one of us, no matter where we live. Check out this link to learn more about the positive impacts of nature.

### Self-Care Mondays

April 17th:

This week's self-care tip is about: THE BENEFITS OF NATURE—mindfulness activity

Mindfulness, in a nutshell, means to focus your awareness on the present. For example, if you're outside: What do you see? Hear? Smell? How do you feel? Etc. An increasing number of studies attest to the fact that combining the outdoors with mindfulness may lead to better concentration, reduced stress, increased performance, and an overall sense of wellbeing. So, give it a try.

Information:

<https://www.merrithew.com/blog/post/2016-05-26/8-benefits-of-being-mindful-outdoors>

Activity:

Go for a walk and/or sit outside. Or look out the window. Take a moment to think about what you see? Describe it in detail (for ex. I see a tree with small green leaves. The wind is blowing a bit and the leaves are moving., etc.) What do you hear? What do you smell? Pick up a leaf, if you can, and describe how it feels in your hand. Take 5-10 minutes to just focus on your senses (What you see, hear, smell, touch, taste, etc.?) Keep your focus on what is happening in the moment. Set your timer for 5-10 minutes and see if you can fill the time by just describing what you see, feel, hear, smell etc. in that moment. Every detail counts (colours, sounds, sensations, etc.).

# 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*





## Coming Up Next Week

April: Dodgeball Intramurals  
Autism Awareness Month  
Sikh Heritage Month  
Ramadan

April 10-17- Living Land Week (Thrive Leadership and Green Team)

Monday, April 17th

- ABCD
- PAC meeting @ 7pm on Zoom

Tuesday, April 18th

- CDBA

Wednesday, April 19th

- BADC
- Track and Field League Meet #2 at Rotary
- Jr Boys Rugby @ GW Graham at 3:30pm
- Girls Rugby @ GW Graham at 4:00pm

Thursday, April 20th

- DCAB
- Jr Boys Rugby @ GW Graham at 3:30pm
- Eid (end of Ramadan in the evening)

Friday, April 21st

- BADC
- SLO Day
- Earth Day
- Eid (end of Ramadan)

### April PAC Meeting

Parents and guardians of Mouat students are invited to our upcoming PAC meeting this Monday, April 17 at 7pm, meeting virtually via Zoom.

PAC Zoom Meeting Link

<https://us02web.zoom.us/j/83795941431?pwd=Rk9Lb0dKQ0RDaUdLQUY5WWFOTUd0QT09>

Meeting ID: 837 9594 1431

Passcode: 322798

