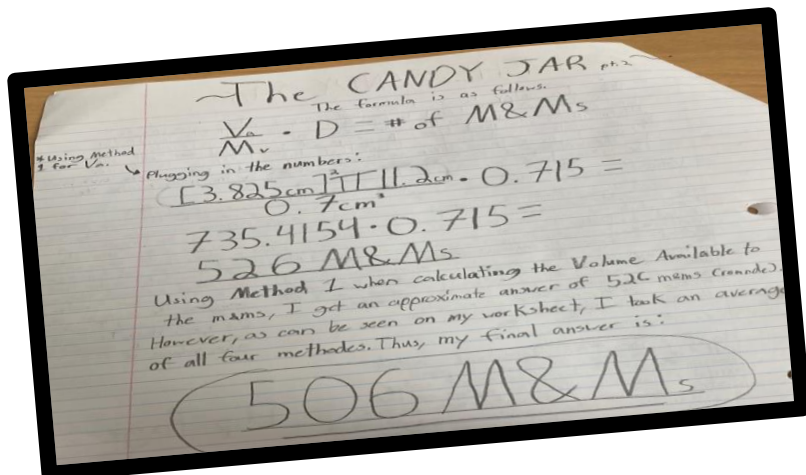
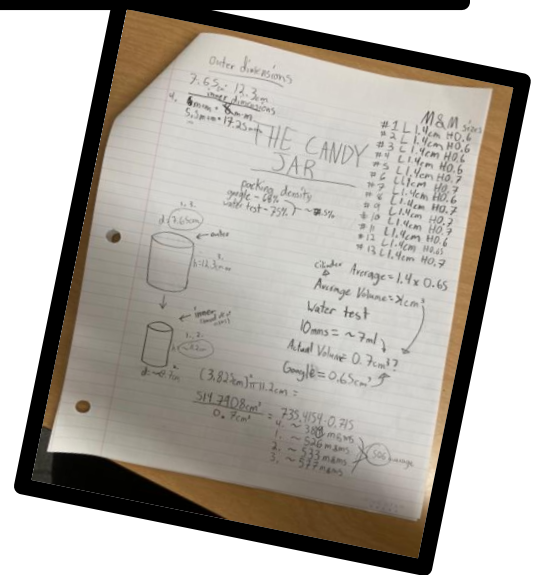
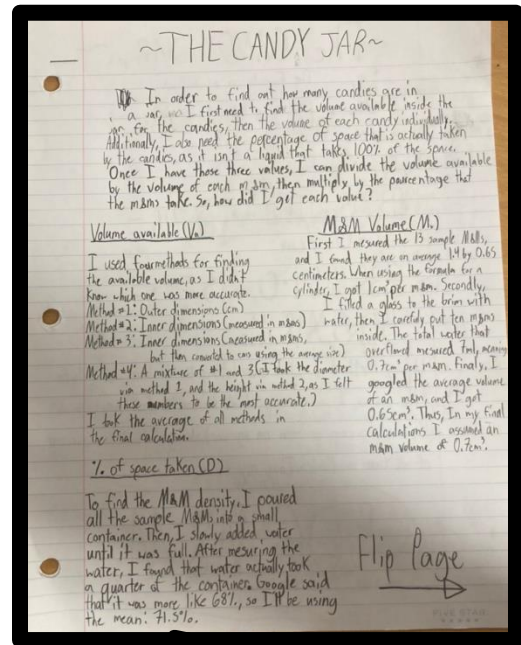




Spotlight on Learning: A Math Journal

Over the course of this semester, Mr. Gibson's Math 10 class has taken on a challenge that goes beyond exponents and factoring: a Math Journal! Every couple of weeks, a new, open-ended question is given to the class and students must use logic and reasoning to determine the answer. Recently, students were shown a jar full of M&Ms and we're instructed to guess, with one condition – they couldn't just guess! The students had to show some level of mathematical reasoning in how they achieved their answer. The exact amount of M&Ms was painstakingly counted by hand by Mr. Gibson as he had to count all the way to 505. Students were allowed to look and hold the jar; they were also allowed to ask the brand of jar and where the M&Ms were bought. These types of questions are intended to challenge students to model with mathematics in situational contexts. Students can apply the math knowledge that they have to something as trivial as what you would see at a carnival. The students worked hard and creatively – the incentive was the jar of M&Ms! Their answers varied from 100 to 1000. Remember that the actual total was 505 - take a peek at the winning calculations!



Living Land Week Days

Living Land Week days were a collaboration between Green Team and Thrive Leadership. This year we posted infographics and challenges for each day. Afterschool on Tuesday, students planted flowers to beautify the courtyard.



Mini Physics Olympics

Mr. Newton hosted a mini Physics Olympics after school this past Tuesday and with outstanding results! Forty three students showed to partake in the fun showing their drive and passion for physics beyond the content and normal class time. Fantastic work HAWKS!



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: Awareness

Having awareness means being informed about school, community and global issues, identifying with the needs of others, and considering all points of view.

How it can look when put into action:

- Learning about other cultures.
- Including everyone.
- Seeking fairness and equity for all
- Having self-control.
- Volunteering to help.
- Sharing.
- Showing gratitude.
- Finding your passion.
- Taking initiative.



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 24th:

This week's self-care tip is about: Mindfulness with a leaf

As a recap from last week, mindfulness means to focus your awareness on the present. When you think about what you see, feel, hear etc. in the moment, it calms your mind and permits you to build focus and be fresh and ready to take on new tasks like learning.



Information:

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

Activity:

Go for a walk. On your walk pick up a leaf, or a blade of grass. Return to class. Teacher can read the script or just look at your leaf and describe it as best you can for about 5 min (colour, shape, texture, images it conjures, how it makes you feel).

<https://www.ianbanyard.com/home/the-natural-mindfulness-leaf-exercise/>

<https://educationsvoice.wordpress.com/2018/11/17/mindfulfocuschallenge/>

script for teachers: <https://www.ianbanyard.com/home/the-natural-mindfulness-leaf-exercise/>

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](#)



Your WJ Mouat Admin Team

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Ways You Can Support PAC



Drop off your empties at 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

April: Autism Awareness Month
Sikh Heritage Month

April 24-28

WE ARE HAWKS WEEK (spirit week, leadership)

Monday, April 24th

- ABCD
- Wear your Mouat colours
- Literacy and Numeracy Assessments
- DELF exams for some FI students

Tuesday, April 25th

- CDBA
- Dress up as your favourite teacher
- Literacy and Numeracy Assessments
- DELF exams for some FI students

Wednesday, April 26th

- BADC
- Wear blue and white
- Literacy and Numeracy Assessments
- DELF exams for some FI students
- Jr Boys Rugby @ Abby at 3:30pm
- Girls Rugby @ Yale at 4:00pm
- Grade 8 parent info night at 7pm in gym

Thursday, April 27th

- DCAB
- Wear Mouat Merch
- Jr Boys Rugby vs Yale at 3:30pm

Friday, April 28th

- Pro-D day—NO SCHOOL

Your WJ Mouat Admin Team

Literacy and Numeracy Schedule

	Monday	Tuesday	Wednesday	Thursday
Time	24-Apr	25-Apr	26-Apr	27-Apr
AM (8:15 - 11:15)	Jaswal (A) Gibson (A)	Sharma (C & D)	Taylor (A & B)	Turner (D) IHOP (C)
PM (11:50 - 2:50)	Fraser (C) Jaswal (C)	IHOP (B) Coan (A)		Homoncik (A & B)
	(ABCD)	(CDBA)	(BADC)	(DCAB)

