



News from the Nest

April 24-28 Mouat Family Edition



Spotlight on Learning: The Fine Arts Department



As teachers, I think we all like to see our students being able to apply their skills in everyday life. Some classes lend themselves to this more than others of course, and we are lucky enough to be able to submit some competitors in the TV Film Production category in the regional competition of Skills BC/Canada. Each year around early March we have two teams of two compete in the skills competition which is held locally. The teams are given a topic or prompt at 9am and they have five hours to plan, shoot and edit their movies before submitting them to be reviewed by an adjudicator.

This was this year's prompt: You are to plan, shoot and edit a video that is 60 seconds or less using the genre of your choice, incorporating the phrase below IN AN EDUCATIONAL CONTEXT. You must complete this and the production brief within the allotted 5 hours. You must identify the video genre in your production brief AND provide a brief explanation of how your video meets the code and conventions of the chosen genre.

Everyone, Everything, Everywhere was the prompt topic - a very open one to say the least. Often a topic that is too broad leaves too much to interpretation and some analysis paralysis can occur. Much of the predicted success of the project can come from whether or not the team can come up with a topic as quickly as possible as movie production always takes longer than you think it will.

The two groups looked at the topic in very different ways, and after coming up with an idea and getting some footage, the difficult task of trimming the clips down to a tidy 60 seconds was one of the biggest challenges.

It was a great experience for them to take part in a high pressure film competition - and fitting as Caelan has been accepted to Capilano University for next year and Dylan is exploring options in the field.

Thanks to all the staff support with my students filming all over the school!

Track & Field EVAA League Meet #2

This meet brought with it many new challenges for our athletes including Steeplechase, long and short distance Hurdles, and Triple Jump!

Congratulations to Flora Vieweg and Sam May for their first place finishes in Steeplechase!

The Senior Girls 4x400m Relay team overcame a last minute team shake up due to injury to achieve their 2nd place finish!

Seniors Ailie Gray and Tallon Trolland made their presence known at the Triple Jump pit with their 3rd place finishes!

Special shout out to Flora Vieweg and Kendra Janzen for being the only athletes to compete in 4 events and who LITERALLY spent their whole meet running from one event to the other!



WorkSafeBC 2023 Student Video Contest Winners!



Congratulations to Career-Life Education students Pitika Gaba, Gurleen Dhaliwal, Jayda Saran, Austin Gurini, Cole Holm, Evan Morales and Jayden Mason (not pictured) whose live-action film entitled "[The Victim](#)" won in the grades 8-10 category of this year's WorkSafeBC Student Video Contest!

Exploring this year's theme "My job, my right to participate" sparked the team's idea to flip the script and tell the story of the challenges that young male workers face when facing and reporting harassment. They felt that this perspective is often overlooked due to continuing unhealthy social stigmas around male toughness and self sufficiency.

According to WorkSafeBC's Occupational Health & Safety Consultant, Robin Schooley, the film stood out among the many entries because it "was an original, creative, and thoughtful interpretation of the contest theme".

This year's prize includes \$1500 for the school and \$1000 to be split amongst the team members. Way to go team!

Hawk Week

This past week was a spirit week and it was filled with exactly that...good fun and great Mouat spirit. DJ Pehlaj kicked it off on Monday with some great beats. Tuesday was dress you're your favourite teacher day. Wednesday was a fantastic French culture day with lots of sugar sugar –YUM and a mini carnival. A great time was had by all.



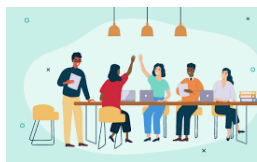
Your WJ Mouat Admin Team

Character Word of the Week: Teamwork

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 Theme for MAY:

The Benefits of Art



Studies have shown that expression through art can help people with depression, anxiety, and stress. Art has also been linked to improved memory, reasoning, and resilience. The best part is art is something everyone can participate in. It does not prescribe to any particular set of norms and is unique to each and every one of us. So why not give it a try? It may be the best trick for health yet!

Self-Care Mondays

May 1st:

This week's self-care tip is about:

THE BENEFITS OF ART on MENTAL HEALTH

Something as simple as doodling can relax your mind and help you focus on future tasks. Additionally, creating anything from a piece of music to a painting can help improve your mood and hence your mental health.

Give it a go!



Information:

<https://ucalgary.ca/news/brain-research-shows-arts-promote-mental-health>

<https://thewholeu.uw.edu/2022/04/11/art-for-self-care-and-mental-health/>

<https://www.youtube.com/watch?v=wN1AgchixP8>

Activity: Take out a piece of paper and a pen or pencil and give this a try! Breathing and doodling.

https://www.youtube.com/watch?v=y6LMuv21_4M

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.

Coming Up Next Week

MONTH OF MAY

Missing and Murdered Indigenous Women
Asian Heritage
Mental Health Awareness

Monday, May 1st

- ABCD
- District Secondary Band Night @ Abby Arts 5pm

Tuesday, May 2nd

- CDBA

Wednesday, May 3rd

- BADC
- Jr Boys Rugby TBA

Thursday, May 4th

- DCAB
- HAWK DAY for MMIW Assembly (Missing and Murdered Indigenous Women)
- Red dress day (wear black or red)
- Track Meet #3, Rotary Stadium @ 3pm



Friday, May 5th

- DCAB
- Tutorial Day
- Drama Provincials

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.

<https://abbyschools.sharepoint.com/:w/s/CurriculumSupportResources/Eff-QbX7oI9AvBNx2P-KbzkBDGRcNcNLNuWYULKm7mXmOA?rttime=hdYT-vpl20g>



Ways You Can Support PAC



Drop off your empties to any Return-It Express location.
No sorting or lineup!
Account Number: 956-682-8722
WJ.MOUATPAC

Bag labels can be picked up from the school office or printed at R&T Depot: Unit 23, 38500 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
- Stuffedies
- Linens

In good clean condition

