



News from the Nest

May 15-19 - Mouat Family Edition



Spotlight on:

The Mouat Breakfast Club

We are proud to announce that we have just wrapped up week eight of serving breakfast every morning to our Mouat school community. Any student can walk into our building between 730 and 800 AM and grab a breakfast to go. There are a wide variety of options throughout the week including French toast, yogurt granola fruit parfaits, cucumber and cream cheese sandwiches and even ham and cheese croissants. Surely there is something for everyone!

Breakfast Club has ten staff members who volunteer their time one morning a week to greet students while doling out nutritious treats to start off the day. A huge THANK YOU to those volunteers who include: Ms. Coleman, Mr. McCall, Mme Sauve, Mr. Perry, Ms. Nyberg, Ms. Sharma, Ms. Britton, Mr. Drummond, and Ms. McAleese! Breakfast Club is also supported by Student Leadership which has 2-3 students a day who help with breakfast preparation.

Statistics tell us that the child poverty rate is 12%. This, in addition to poor mental health and time management, also contributes to many of our students not having breakfast. The Breakfast Club was formed out of a dream to not only target students who come to school hungry but also to build community between students and staff.

Woke up late? Didn't plan a breakfast? Feel like second breakfast? We've got you covered here at the WJ Mouat Breakfast Club. The Breakfast Club is open to anyone from the WJM community who steps through our doors.

Please email Ms. McAleese at lindsay.mcaleese@abbyschools.ca if you would like to make a monetary donation to the program.



Extended Day Art Students

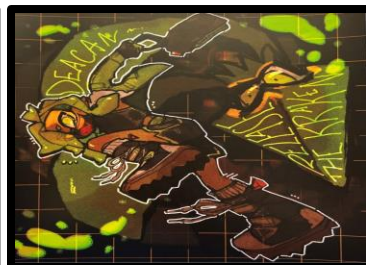
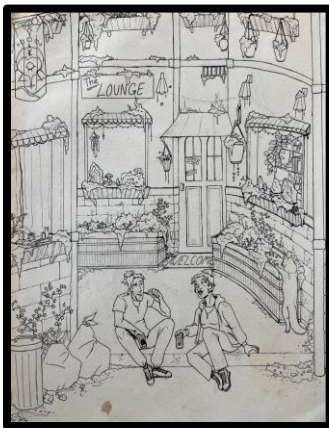


On May 12th, Senior Extended Day Art students ventured into Vancouver on the West Coast Express. Ms. White and Mr. J. Turner led a walking tour of urban Vancouver taking in the sights of the Main Street murals, gallery spaces, Emily Carr Campus and the Emily Carr Grad Show! It was a memorable, joyous, inspiring, environmentally friendly experience.



District Scholarships

The 100 Hour District Scholarship has produced some incredible student projects across various fields such as art, drafting, music, TV and film, dance, choreography, physics, and cyber security. Adjudicators were left amazed by the quality of work produced by the students. Those who successfully completed their presentations will receive a reward of \$1250, which will be presented to them at the convocation on June 24th. This scholarship has been a great way to encourage and showcase the talent of students in various fields.

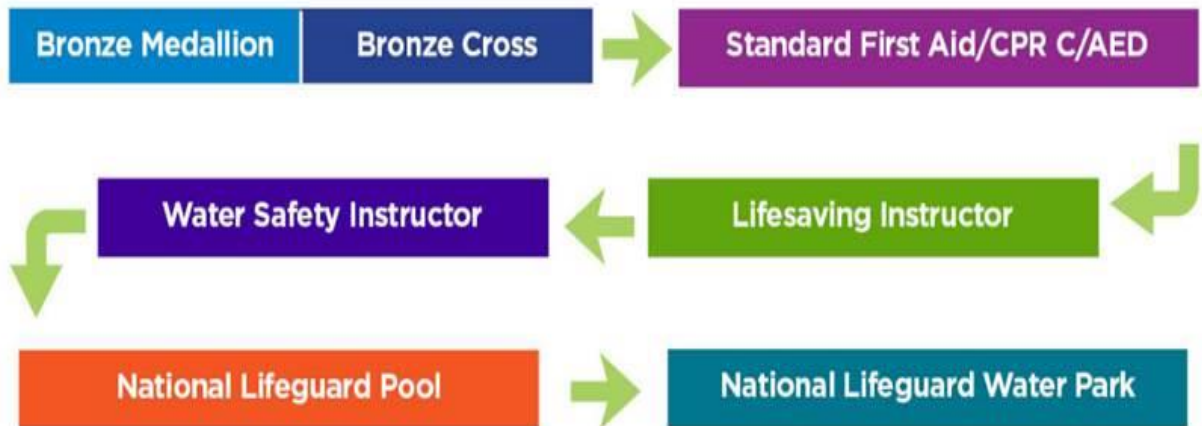


Lifeguard Opportunities for Students

Lifeguard Opportunities

Lifeguarding is a rewarding job that you can do right here in your own community! Learn how to assess and respond to emergency situations, how to mitigate accidents, and most importantly, how to save lives.

We offer all training programs and courses that you need become an Aquatics Professional! In order to be a lifeguard in Canada you need to complete a series of certifications. We recommend completing advanced aquatics in the following order:



Apply to be a Lifeguard and Aquatic Instructor

As the successful candidate, you will ensure a safe and enjoyable leisure experience for patrons while performing lifeguarding and instructional activities. Your training and keen eye for detail will allow you to actively respond to emergency situations by performing rescue functions and providing assistance to patrons in need. Your strong communication and relationship building skills will be essential as you provide instruction in a variety of aquatic and related programs. In addition, you will conduct regular inspections of rescue and emergency equipment, monitor pool chemistry as required and perform assigned janitorial and maintenance tasks as required.

Character Word of the Week: Responsibility



Taking responsibility means being accountable for your actions, your words and your obligations.

How it can look when put into action:

- Attending regularly and being on time.
- Admitting mistakes and making amends.
- Setting and pursuing goals; taking initiative for self-improvement
- Working diligently.
- Communicating clearly and honestly; listening carefully.
- Showing courage.
- Being persistent.
- Planning ahead and using time wisely.

Self-Care Mondays

May 22nd:

This week's self-care tip is about: THE BENEFITS OF SUNSHINE on Mental Health

Sunlight helps boost a chemical in your brain called serotonin, and that can give you more energy and help keep you calm, positive, and focused. And we can all use a little bit of that! Five to 15 minutes of direct sunlight when it's earlier in the day is recommended.

Information:

<https://www.youtube.com/watch?v=RMUL5KhEICU>

Activity: Just get out there and spend a good 5 to 15 minutes, daily, enjoying the sun beating down on your face. Just think about the warmth and how lovely it feels.

MENTAL HEALTH BENEFITS OF SUNLIGHT


- 1 Sunlight works as a natural anti-depressant**

It is the most accessible and easy-to-absorb antidepressant you will find. It is an excellent source of vitamin D. A lack of Vitamin D has been associated with depressive disorders.
- 2 Sunlight aids the production of Serotonin**

The action of sunlight on your eyes causes the production of serotonin. Serotonin is the happiness hormone of the brain. It gives us feelings of joy and pleasure. It increases our tolerance to stress.
- 3 Sunlight helps alleviate Anxiety**

The sun may have an important role in reducing anxiety. When the sun rises, we tend to do things differently. We become more active and tend to spend more time outside. These activities are linked to mental well-being and reduced anxiety.
- 4 Sunlight exposure induces good sleep**

When the sun sets, the lack of sunlight prompts the brain to break down serotonin into melatonin. Melatonin is the hormone that puts you to sleep. So more serotonin would also mean more melatonin and eventually a good night's sleep.



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Your WJ Mouat Admin Team

Coming Up Next Week

MONTH OF MAY Asian Heritage Mental Health Awareness

Monday, May 22nd

- Victoria Day (no school)

Tuesday, May 23rd

- CDBA
- Track and Field EVAA Championships @ Rotary

Wednesday, May 24th

- BADC
- Girls Rugby Championships 6pm @ Rotary
- Jr Boys Rugby Championships 12pm @ Rotary against Bateman

Thursday, May 25th

- DCAB
- Track and Field EVAA Championships at Rotary

Friday, May 26th

- Tutorial Day
- CDBA
- Moutat Mudder (PE Leadership)
 - 8-10am=PE leadership students set up
 - 1030am-215pm=participating students in teams of 5 will be given a designated start time(they only miss one block and then return to class)

