



News from the Nest

May 29- June 2 FAMILY EDITION



Spotlight on Learning:

In this IBL project, students were to explore the question: "How does science explain why you are alive?" In the course, we learned about topics of Chemistry, Biology, Physics and Astronomy including the subtopics of reactions, acids and bases, DNA and genetics, protein synthesis, energy calculations, origin of the universe, etc., all of which directly tie into this question. Additionally, it also provides some freedom for students to dive deep into something more meaningful to that individual student.

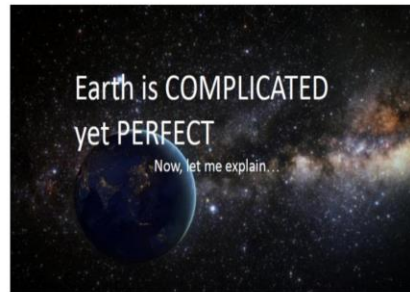
Teacher Reflection:

As I have often been with PBL and IBL assignments, I was blown away with some of the presentations from my students. How some "developing" students were able to summarize difficult upper level concepts in a short and succinct way and even how "extending" students dove into university level concepts was impressive. There were of course the projects in which students were simply reading slides, but I still believe learning was happening, and for that, I enjoyed giving the project to all students. Overall, I will offer the project again.

Student Reflections:




"I liked that we had time extra time to focus on one class. but I think they could've made it one week instead, Instead of projects I would rather it be for catch-up and I'd rather do an exam. Exams are easier and less stressful for me. The project was okay I just didn't feel like I learned or improved much." "I loved how we got a long time to learn and work on our projects, the long time didn't feel long at all because we were too focused on studying. I felt great about my project, I also learned that I have a good amount of potential but I just need to show up more.

Science in Me! Science 10 with Mr. Matty




"I enjoyed having time to work on ideas and projects I enjoyed learning about. I did not enjoy sitting in chairs for 5 hours every day doing the same thing. Mr. Matty created a good project that explored all the information that we learned about in class. I learned how to create high level projects during 3 hour block and I learned about how complex the Earth is."

PROJECT TOPICS

Astronomy	Physics/Chemistry	Biology
<ul style="list-style-type: none"> Protection from OUTER SPACE The SUN Insulating Atmosphere 	<ul style="list-style-type: none"> CARBON TRANSFER of ENERGY Chemical reactions GRAVITY 	<ul style="list-style-type: none"> HUMAN Growth DNA


A Reaction That Keeps Us Alive: Metabolism



- is the reaction that turns food into energy.
- uses **enzymes** to transform the proteins, carbohydrates and fats in your body into **amino acids, sugars, and fatty acids**.

Our bodies store these sugars and acids so they can be used as energy when needed.

Chemical reaction in your body that is essential to keep you alive



Glycolysis is one of the very important chemical reactions that occur in our body that help keep us alive. It is the breakdown of glucose molecules into pyruvate molecules. This reaction is essential for our body to generate energy. Additionally, glycolysis is also important for the production of other molecules such as amino acids and lipids.

BC Championsips, here we come!

Congratulations to the **49 athletes** who represented Mouat in **82 individual events** and on **11 relay teams** at last week's EVAA Zone Championships! Coaches are super proud of all of your efforts this season!!!

SPECIAL MENTIONS

QUALIFYING for BCHS CHAMPIONSHIPS

1st Place Finish

- Caleb Okoti SrB 100m
- Ariel Jose SrG 800m
- Sam May JrB 1500m Steeplechase

2nd Place Finish

- Armaan Sharma SrB Triple Jump
- Ailie Gray SrG Triple Jump
- Sam May JrB 3000m
- 4x100m SrB Relay Team = Armaan, Caleb, Derek, Jesse

3rd Place Finish

- Derek Mora SrB 110mH & SrB High Jump
- Caleb Okoti SrB 200m
- Kendra Janzen SrG 400m
- Ariel Jose SrG 3000m
- Sam May JrB 1500m
- Flora Vieweg JrG 1500m Steeplechase

For competing in all 3 possible individual events plus BOTH relay teams

- Kendra Jenzen
- Ariel Jose
- Ailie Gray

TEAM SCORES

- 2nd Place Finish = Combined Senior Teams!

YOU ARE ALL SUPERSTARS!!!!

Next stop, BCHS CHAMPIONSHIPS June 8/9/10 at Macleod Stadium in Langley!

GO HAWKS!

Your WJ Mouat Admin Team

4x100m Relay Teams



Be more than a bystander



On February 21st, the BC Lions came to our school with their “Be More Than a Bystander” presentation. They would like students to stay connected with their players and the team and they ask that, with parent permission, students provide honest comments in the survey below. The survey is entirely confidential.

<https://www.bclions.com/be-more-than-a-bystander-survey/>

Join the Teen Summer Reading Club through the Fraser Valley Regional Library

https://www.fvrl.bc.ca/summer_reading_clubs.php



Grad Season Violations—A message from APD



Abbotsford Police Department Traffic Bulletin Grad Season Violations Youth Squad

Issued: June 2023

Oh Graduates: Be safe and respectful drivers as you Graduate. Congratulations.

Drive without Consideration: \$196 + 6 points + Vehicle Impound 7 days

Stunt: means circumstances in which, taking into account the conditions of the highway, traffic, visibility and weather, the driver or operator of a motor vehicle is driving or operating the motor vehicle without reasonable consideration for other persons using the highway or in a manner that is likely to cause harm to an individual or likely to distract, startle or interfere with users of the highway by doing any of the following:

- (a) Causing any or all of the motor vehicle's tires to lift from the road surface; (wheelie
- (b) Causing the motor vehicle to lose traction while turning the motor vehicle,
- (c) Driving the motor vehicle in a manner to cause the motor vehicle to spin
- (d) Driving the motor vehicle in a lane intended for on-coming traffic for longer than necessary to pass another vehicle;
- (e) Slowing or stopping the motor vehicle in a manner that blocks or impedes other motor vehicles;
- (f) Without justification, driving as close as possible to another motor vehicle, a pedestrian, or a fixed object;



Unnecessary noise s.7A.01 MVAR \$109.00 + 3 points and/or Inspection

7A.01 MVAR: No person shall start, drive, turn or stop any motor vehicle, or accelerate the vehicle engine while the vehicle is stationary, in a manner which causes any loud and unnecessary noise in or from the engine, exhaust system or the braking system, or from the contact of the tires with the roadway.

Novice "N" Drivers:

Drive Contrary to Restrictions: \$109 + 3 points: 0mg% Blood Alcohol Content/One passenger:

Only 1 passenger unless +25 yrs or immediate family: means your parents, children, spouse, brothers, sisters and grandparents, including step and foster). NOTE: Cousins are not included.

Fail to Display "N": \$109: You must display the official N (Novice) sign in your back windshield or on the rear of your vehicle when driving and must be visible to drivers behind you.

No hand-held or hands-free electronic devices: \$368 + 4 points: You must not use hand-held or hands-free communication devices (eg: cellphones, music, gaming GPS systems) while driving.



Seatbelt Violations:

Passenger

Fail to remain seated MVAR 39.01(a) \$167

Fail to be only occupant of seat MVAR 39.01(b) \$167

Driver

Operate vehicle while person riding on vehicle 39.02(a) \$167

Operate vehicle while more than one person in seat 39.02(b) \$167

Operate vehicle while person not seated 39.02(c) \$167

Operate vehicle with too many seats 39.02(d) \$167

Operate vehicle with too many persons in vehicle 39.02(e) \$311

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 Mondays

June 5th:

This week's self-care tip is about: THE BENEFITS OF ZUMBA

Last week we sat in a chair. This week we are kicking it up a notch! Zumba is not only fun but also beneficial to both our mental and physical health. It's a great way to relieve stress and to get fit. Give it a try. You are sure to have FUN! Information:

<https://www.healthline.com/health/fitness-exercise/benefits-of-zumba>

https://www.healthline.com/nutrition/10-benefits-of-exercise#TOC_TITLE_HDR_12

Activity: Short standing Zumba routine

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



Coming Up Next Week

Month of June
 Filipino Heritage Month
 Pride Month
 June 5-9= SPIRIT WEEK

Monday, June 5th

- ABCD
- Tropical Day

Tuesday, June 6th

- CDBA
- Pep Rally Grade Colours (blue, green, pink, white)
- PEP RALLY- HAWK DAY SCHEDULE

Wednesday, June 7th

- BADC
- Jersey Day
- Year End Concert and Music Awards (evening)
- District Indigenous Grad Ceremonies @ Abby Arts

Thursday, June 8th

- DCAB
- Anything but a Backpack
- French Immersion Grad Banquet (cafeteria @530pm)
- Track and Field provincials Macleod Stadium, Langley

Friday, June 9th

- Tutorial Day
- DCAB
- Mouachella (music and fun at lunch)
- Track and Field Provincials, Macleod Stadium, Langley

Your WJ Mouat Admin Team



PEP RALLY SPIRIT WEEK

<p>Monday: Tropical Day!</p> <p>Field @ lunch for lemonade & volleyball games!</p>	<p>Tuesday: PEP RALLY!!!</p> <p>Wear grade colours!</p> <p>9s= blue 10s=green 11s=pink 12s=white</p>	<p>Wednesday: Jersey Day!</p> <p>Gym @ lunch for All Star basketball game!</p>
<p>Thursday: Anything BUT a backpack Day!</p> <p>Be creative!!</p>	<p>Friday: Moachella!</p> <p>Wear festival clothes! Morning Rave in Main Hallway!! Caf @ lunch for festival ft DJ Pali!!</p>	

