



News from the Nest

October 9-13 – Parent



Spotlight on Learning: Earthquake Building Design

Presented by: Mike Perry

Earth Science 11



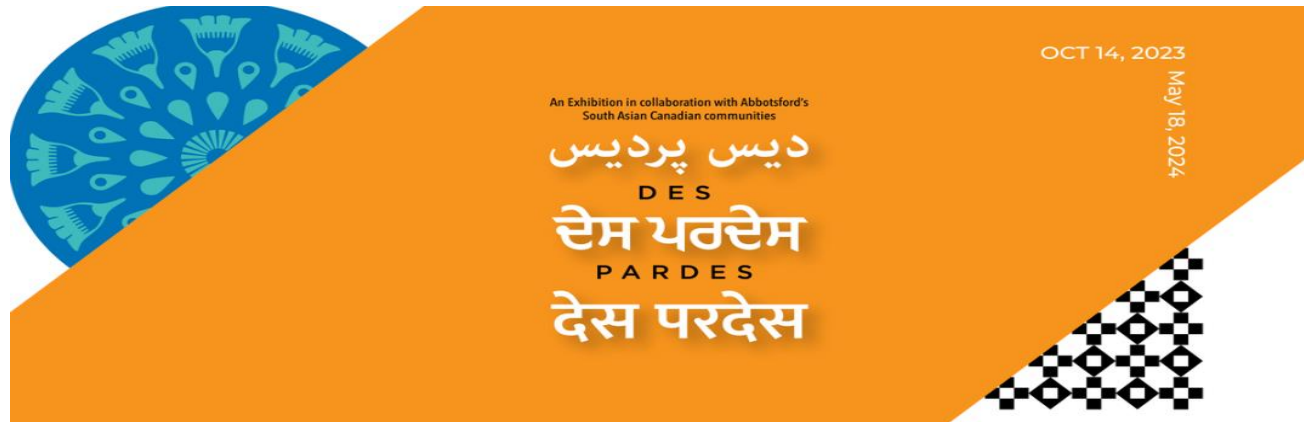
TEACHER DESCRIPTION/ REFLECTION: In this Lab, students were asked to brainstorm, design, and eventually build a 2-storey apartment building that would capably withstand varying degrees of earthquake shaking on a constructed earthquake shake table. In this lab, students were all given the exact same materials (paper plates, popsicle sticks, tape, and string) to create fairness within the activity. To qualify for the test, students needed to satisfy the required building height (2-storeys) and popsicle length. Students were assessed based on their design ideas, their application of knowledge from unit material to lab activity, and their ability to withstand “earthquake” shaking when weights were incrementally added to their structure. I was very surprised by who found success with

this lab and how much engagement students demonstrated in this activity. I think students appreciated the flexibility they were given with their designs, but they appreciated the structure of the height and weight restrictions imposed. Although students used popsicle sticks and plates to complete this lab, there was real-world crossover when students made comments about their building being strong because of certain design elements integrated. It was also observed that certain students were very good at rationing their supplies while others used theirs up quickly and needed additional resources. Conversations around budget were had with students in order to ensure they understood the importance of conservation and profitability.

STUDENT REFLECTION: “In this activity I was given a choice of how I wanted to design my earthquake-resistant building. I liked being able to work with my friends and with my hands and apply what I learned in class to this lab activity. I was surprised how hard this activity was when I started to plan and design. I also recognized how important it is to have a plan and how it is important to make good use my supplies because I only got what I was given. I learned from my classmates after seeing what designs worked well and which designs did not work well when tested. I learned a lot from this lab because it gave me some real-world examples of how if buildings are not built properly, they will

collapse quickly with limited shaking. I also enjoyed watching other people's structures fail when they rushed through their design and building stages."

DES PARDES at The Reach Gallery



If you're looking for something free to do this Saturday from 12-3pm there is an art opening at The Reach Gallery called **DES PARDES** which celebrates our local South Asian Community and Culture. This is a cool opportunity to meet local artists and other important community members!

Simultaneously, there is an exhibit called **Dig For Your Rights** in the Community Room at The Reach. **Dig For Your Rights** is focused on food accessibility and sovereignty as a human right. Many Mouat students have contributed artwork and volunteer time to support this initiative.

The whole thing is a family friendly event!



Here is a list of student art contributors and volunteers:

Walida Abdo
 Alex Best
 Kaelyn Caney
 Annie Golubenko
 Isabelle Gouttin
 Chloe Hallowa
 Lillia Hildebrand
 Zunairah Hussain
 Fatima Mohammadi
 Emma Pigeault
 Crystal Rinke
 Jade Scott
 Ava Sill
 Ms. White

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 Mondays

October 16:



This week's self-care tip is about: **Deep Breathing**

Deep breathing has several benefits to us. It helps to reduce our heartrate after exercise. It helps us digest our food. Deep breathing also helps to calm us and helps improve our focus. Practicing deep breathing can be of tremendous benefit just before writing a test to help sharpen our focus as well as to reduce some anxiety. Give it a try today!

<https://www.healthline.com/health/diaphragmatic-breathing>

<https://www.verywellmind.com/the-benefits-of-deep-breathing-5208001>

A short activity to try: Square breathing activity

<https://drive.google.com/file/d/1szHqOLLGwiEFldLdFS5f6A4CaS0fxMcZ/view?usp=sharing>

Early Dismissal Days

October 18 & 19, 2023: Early Dismissal Days

Schedule October 18 & 19:

Block 1:	8:10-8:52	42 min
Block 2:	8:58-9:40	42 min
Block 3:	9:46-10:27	41 min
Block 4:	10:33-11:14	41 min
Lunch:	11:14-11:54	40 min

Early Dismissal 11:54-2:24



District Authority Awards NOW OPEN

District Authority Awards is an opportunity for secondary students to showcase talents in Elective Courses, Technical Trades, and Training or Voluntary Community Service. A 100-hr. project and presentation is required. Graduating students who qualify in one of the scholarship areas may compete within the school district for \$1250 offered by the Provincial Awards Program. If you win, a \$1250 voucher from the Ministry of Education will be applied toward tuition at a designated post-secondary institution. Link to apply:

https://forms.office.com/pages/responsepage.aspx?id=yaUPIyznhUiwooCg_tI3PNgsGYmRG1BFtZH-RdyZFGL1UMTFSQUc2T0pFRENSWFJVTDFNFNQRkgwNi4u

Information Brochure: <https://www.abbyschools.ca/sites/default/files/documents/2023-10/DS%20Student%20Info%20Package%202023-24.pdf>

Your WJ Mouat Admin Team

Numeracy and Literacy Assessments

Monday, October 30 ABCD 8:10-11:10			
<u>Teacher</u>	<u>Class</u>	<u>Block</u>	<u>Assessment</u>
Taylor	Eng 12	B	LIT 12
Drummond	EFP 12	A	LIT 12
11:35-2:35			
<u>Teacher</u>	<u>Class</u>	<u>Block</u>	<u>Assessment</u>
Monds	EFP 10	D	LIT 10
Turner	EFP 12	C	LIT 12
Tuesday, October 31 CDBA 8:10-11:10			
<u>Teacher</u>	<u>Class</u>	<u>Block</u>	<u>Assessment</u>
Taylor	EFP 10	C	LIT 10
Drummond	EFP 12	C	LIT 12
11:35-2:35			
<u>Teacher</u>	<u>Class</u>	<u>Block</u>	<u>Assessment</u>
Dyck	FM 10	A	NUM 10
Homoncik	FM 10	B	NUM 10

Wednesday, November 1 BADC 8:10-11:10			
<u>Teacher</u>	<u>Class</u>	<u>Block</u>	<u>Assessment</u>
Lawrence	EFP 12	A	LIT 12
Taylor	EFP 10	A	LIT 10
11:35-2:35			
<u>Teacher</u>	<u>Class</u>	<u>Block</u>	<u>Assessment</u>
Sidhu	FM 10	C	NUM 10
Sharma	FM 10	D	NUM 10
Thursday, November 2 DCAB 8:10-11:10			
<u>Teacher</u>	<u>Class</u>	<u>Block</u>	<u>Assessment</u>
various	various	various	various
Coan	LIT 10	D	LIT 10
11:35-2:35			
<u>Teacher</u>	<u>Class</u>	<u>Block</u>	<u>Assessment</u>
Drummond	EFP 12	B	LIT 12
I-Hop	Comp 10	B	LIT 10

Friday, November 3 BADC 8:10-11:10			
<u>Teacher</u>	<u>Class</u>	<u>Block</u>	<u>Assessment</u>
Jaswal	WM 10	A	NUM 10
Jaswal	WM 10	B	NUM 10
11:35-2:35			
<u>Teacher</u>	<u>Class</u>	<u>Block</u>	<u>Assessment</u>
Coan	LIT 10	A	LIT 10
Finch	ELL 10	B	LIT 10



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Coming Up Next Week October 16-20

Monday, October 16

- ABCD
- Jr Boys Soccer vs SJB @3:00pm
- Cross Country Meet -Aldergrove Bowl 3:30pm
- Sr Girls T2 VB vs ATS @ ATS 7:30pm
- Grad Cruise

Tuesday, October 17

- CDBA
- Boys Soccer vs Abby 3:30pm
- Sr Girls VB vs Mountain 6:00pm

Wednesday, October 18

- Early Dismissal Day
- BADC
- Gr 9 Girls vs Jr Girls @ Mouat 3:00pm
- Jr Boys Soccer vs SSS @ Mouat 3:00pm
- Indigenous Dinner
- Sr. Girls T2 VB vs GW @ Mouat 730pm
- Mr. Gibson's Birthday

Thursday, October 19

- Early Dismissal Day
- DCAB
- Jr. Football vs Kelowna at Howe field @ 2:30pm
- Sr Girls VB vs Walnut Grove 6:00pm

Friday, October 20

- No School
- Pro-D Day
- Gr 9 and Jr Girls VB Tournament in Oliver
- Sr Girls VB Tournament at Peace Arch
- Sr Football vs KSS in Kelowna, Apple Bowl 6:30pm

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