



News from the Nest

November 20 - November 24 – Parent



Spotlight on Learning: Final Reflection

Final Project Exit Interview Critique

Presented by: Suzie White

Course: Art Studio 12

WJ Mouat Secondary School

**FINAL PROJECT; EXIT INTERVIEW;
CRITIQUE**

Presented by: *Suzie White*

Course: *Art Studio 12*

How can students demonstrate, expand, and reflect on their learning from this semester through the final project, exit interview, and critique?

École Secondaire WJ Mouat

WJ Mouat Secondary School

TEACHER REFLECTION: In previous years I have not been as intentional about the end of the semester. Having Deeper Learning week and now two days with longer blocks has given us a little more class time to finish Final Projects. As students finish their Final Projects, we do Exit Interviews and during the long block we engage in the Final Whole Class Critique. Exit Interviews are a time when I speak one on one with students about their growth over the semester and plans for their learning in the future. Students answer a set of reflective questions and self-assess using a rubric. The rubric is based on the three Core Competencies that will be on their report card. They fill out this package ahead of time and use it as a guide for the interview. I also encourage students to give feedback about what they enjoyed about the course and what they would like the teacher to change or continue. Critique focuses on the same three Core Competencies as the Exit Interview and includes time for students to ask each other questions, provide critical feedback and encouragement. Overall Deeper Learning has gone well. I continue to experiment with the order and timing of each part and to adjust details based on my own reflection and student feedback.

STUDENT REFLECTION: The whole way through high school we ended art classes with a final project, critique and exit interviews. It is so consistent which takes a lot of that year end stress away. This consistency really helps to make it less of a jarring end of year experience. I love how open ended the final project is-I got to choose what to make and what materials to use and just had to make sure it looks like a final product not just another piece of art because it is meant to show our learning from the semester. The final group critique is good. Hearing from my peers who are genuine artists can be important. When I respect their work, I know their feedback and perspective is helpful in addition to adult artists' feedback (Ms. White or Mr. Turner). The exit interview is quite important. I used to think they were a little bit dumb, but then I realized they cover one extra thing, closure.

LC, Grade 12 Art Student

INTEGRITY

Integrity is a commitment to honesty that is clear because actions are consistent with stated beliefs or promises. Honest, truthful, trustworthy people have integrity.

How it can look when put into action:

- Doing the right thing even when no one is watching.
- Telling the truth.
- Producing work that is honest and sincere.
- Keeping confidences.
- Keeping promises and commitments.
- Communicating honestly, openly and respectfully.



Self-Care Mondays

November 27:

This week's self-care tip is about: **POSITIVE THINKING** and **EXPRESSING GRATITUDE**.

There is more and more research to support that expressing gratitude is of tremendous benefit to both your physical and mental health. Not only does it help reduce stress, increase your immunity, and improve your sleep quality but it can also help with emotional regulation, improve your mood, and improve your performance and motivation. So why not try it out.

Information:

- 1) <https://www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier>.
- 2) <https://www.forbes.com/health/mind/mental-health-benefits-of-gratitude/>.

Activity: On a scrap piece of paper jot down 10 things that you are grateful for. The mere act of writing it down or even just thinking about it can improve your mood immediately. Hold on to the piece of paper and give it a read every once in a while, to improve your mood and to just make you happy.



Supporting Hawks Girls Basketball Program




All three girls' basketball teams (grade 9s, juniors, and seniors) are trying to take some financial burden off of our families by running a fundraiser.

They are doing a Purdy's fundraiser(<https://fundraising.purdys.com/1079983-113905>) just in time for Christmas! The final date to order is December 5th and you can pick up from Mouat on the pickup date.

We are hoping to see some of you at our games this year, SGBB is hosting the Cascade classic at Mouat on December 1st & 2nd. JGBB is hosting the first few rounds of the APD tournament on December 5th-7th, with a very high chance of making the finals for both 9GBB & JGBB on the 9th at CBC!

School Messenger To Report Student Absences

To report student absences, please use the school messenger app. There is a number of ways to report on the app. Please see the picture below to access them. You will have to create an account to use it as well.

<p>SchoolMessenger Mobile App</p>  <p>SchoolMessenger</p> <p>Download the app from the Apple App store or Google Play store.</p> <p>Sign up to create your account.</p> <p>To report an absence, select Attendance, then Report an Absence.</p>	<p>SchoolMessenger Website</p>  <p>go.schoolmessenger.ca</p> <p>Sign Up to create your account.</p> <p>To report an absence, select Attendance, then Report an Absence.</p>	<p>Call toll-free</p>  <p>1-844-445-4383</p> <p>Call the toll-free number at 1-844-445-4383 to report your child's absence.</p> <p>You will be asked to enter the phone number that you have registered with the school.</p> <p>Follow the prompts to report your child's absence.</p>
---	---	---

Parent Evening Series #3 – Youth Substance Abuse

The District Parent Advisory Council, in collaboration with the Abbotsford school district, is thrilled to announce the continuation of our innovative parent series. This initiative is focused on equipping parents and caregivers with valuable insights and practical strategies to navigate the complexities of modern parenting.

Our third session in this series is dedicated to addressing the critical issue of Youth Substance Abuse. We are privileged to have Nicci Allen and Lindsey Butterworth, Regional Community Health Specialists from Fraser Health, leading this informative discussion. The session is designed to deepen your understanding of youth substance abuse, helping you to recognize early warning signs and equip you with effective strategies to support your children.

Your WJ Mouat Admin Team

Join us in this engaging and empowering session as we work together to foster a more informed and proactive parenting community.

- **Date:** November 27, 2023
- **Time:** 7:00 – 8:30 PM
- **Location:** W.J. Mouat Secondary (Learning Commons)

Pep Rally Bell Schedule

Next Thursday, November 30 will be the first pep rally of the year. To facilitate the festivities, we will be running a HAWK schedule. Period 1 and 2 will be combined (no transition time) and the pep rally will occur at 9am(ish), please listen to announcements with an anticipated return to class at 10:10(ish).

Block D is the combined period of block 1 and 2.
Block C is Block 3
Then lunch
Then A, and B

HAWK Day	
extended day classes (AM)	
8:04 First Bell	
Block 1	8:10 - 9:14
Block 2	9:14-10:14
Block 3	10:20-11:24
Lunch	11:24-12:04
Block 4	12:10-1:14
Block 5	1:20-2:24

Key Club Volunteering

The key club was volunteering at the Annual Christmas Tree Lighting Ceremony by the city. The key club students decorated cookies and gave hot chocolate to children attending the event. Great job kids giving back to the community.



Senior Girls Volleyball

Congratulations to the senior girl's volleyball team for finishing second in the eastern Valley Championships and qualifying for the provincial championships. Good luck!!



Coming Up Next Week November 27- December 1 November is Hindu Heritage Month

Monday, November 27

- ABCD
- Girls Volleyball Large Gym 3-7 pm
- Parent Evening Series #3 – Youth Substance Abuse – 7-8 pm in Learning Commons.

Tuesday, November 28

- CDBA
- Girls Volleyball Large Gym 3-5 pm

Wednesday, November 29

- BADC
- Girls Volleyball Large Gym 3 - 7 pm

Thursday, November 30

- DCAB
- Pep Rally – Hawk Day

Friday, December 1

- CDBA
- Tutorial Time
- Senior Girls Basketball Tournament