



# News from the Nest

December 11-15, 2023 – Parents



## Spotlight on Learning:

### Yoga and Mental Health Awareness for Life-Long Learning

Presented by: *Chad Radons and Andrew Harder*

Course: *PHE 10 Girls*

*“Trying a variety of physical activities can increase the likelihood that we will be active throughout our lives.”*



#### TEACHER REFLECTION:

This is a very inclusive unit, and I was happy with the effort and what students were able to achieve. Students were able to work at a level that was appropriate for them and still achieve the outcomes. Students were able to adapt their routines to incorporate all fitness/experience levels. This was a unit that required very little equipment but could be enhanced in the future with exercise balls, TheraBands, and a few more yoga mats.

#### STUDENT REFLECTION:

During my yoga experience I didn't really enjoy it at first but starting to do it more and start a yoga project, like the make your own yoga routine especially during deeper learning week I think that it really helped me forget about the stress attached to exams and final projects and helped me focus on something different like my breathing or my mood. During the make your own yoga routine I struggled a little bit with how to start it and what yoga positions to do but once I started it all just started to come to me and it started to become easier to add moves and breathing techniques. While working on this project at home with other homework it was like a break from the stress because it was kind of like a mental health break. During these two weeks, knowing that I would have a mind break for about an hour during gym was kind of a relief during these stressful weeks. In the end I'm happy that I started to enjoy yoga and I'm happy with how it helped me and others through the weeks.

## **Mouat Earns Top Scores for --ChatterHigh**

WJ Mouat students did it again by placing 1<sup>st</sup> in Canada's Most Informed School on the AAAA leaderboard for "Let's Talk Careers: Canada's Most Informed School Competition." As well, over 60 students from our school have earned a bursary ranging from \$10-\$200 for achieving correct answers. WAY TO GO CAREERS TEACHERS AND STUDENTS!



## **Night School Registration**

Registration for Semester 2 Night School is now live. Courses will run subject to enrolment. Please connect with me if you have any questions.

Night school Info can be found [here](#).

Registration can be found at this link <https://bakerview.virtualinfo.com/registration>



## **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.
- Encouraging others.
- Protecting vulnerable members of the community.



## Self-Care Mondays

December 18:

This week's self-care tip is about:

Memory games as brain breaks

People of all ages use brain-training games to improve mental functioning and prevent brain aging. Backing them up is research showing that brain-training games may help improve attention levels, memory, response time and logic skills.

So, on that note, try a memory game as brain break today!

Information:

<https://www.verywellmind.com/top-websites-and-games-for-brain-exercise-2224140>

Try this activity:

<https://www.youtube.com/watch?v=Aa5WLqDlKcG>



### Ways You Can Support PAC



**Drop off your empties at 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!**

HAWKS

THE BINS ACCEPT

- Clothing
- Shoes
- Purses
- Stuffies
- Linens

in good clean condition



## Coming Up Next Week December 18- December 22

Monday, December 18

- ABCD
- SPIRIT WEEK BEGINS
- Wear your Santa Hats
- Day 8 Christmas Baking Contest (online)
- Jr Boys Basketball vs SJB @ 5:00pm
- Gr 9 Boys Basketball @ Hatzic 5:30pm
- Jr Girls Basketball @ Chilliwack 5:30pm
- Gr 9 Girls Basketball vs SJB 7:00pm



Tuesday, December 19

- CDBA
- Gr 9s dress as candy canes (red and white), Gr 10s dress as Christmas trees (green), Gr 11s dress as elves, Gr 12s dress as reindeer
- Day 9 Christmas Karaoke in the Caf at lunch



Wednesday, December 20

- BADC
- Wear black except grads who wear neon
- Day 10 Christmas Scavenger Hunt
- Gr 9 Girls Basketball Tournament @ GWG



Thursday, December 21

- DCAB
- Wear Christmas Sweaters
- Day 11 Christmas –Christmas Trivia
- Grad vs Staff Hawkey Game at MRC 1:30PM—Block B
- Gr 9 Girls Basketball Tournament @ GWG



Friday, December 22

- ABCD Tutorial Day
- Puffers and Plaid (puffy, warm jackets and plaid PJ pants)
- Day 12 Christmas—Jingle Bell Hop
- LAST DAY BEFORE HOLIDAYS!!!!



SEE YOU BACK ON JANUARY 8<sup>th</sup>!

