



News from the Nest

April 15th - April 19th, 2024 – Parent Edition



Spotlight on Learning:

Creating a Photo Essay

Presented by: Ms. Kiersten Bisgaard

Course: Photography 12



TEACHER REFLECTION: Our final students presenting their photos to see the variety of topics chosen, their skill, creativity, and the maturity of photographing especially sensitive eating disorders. Their fellow curious while listening to the thoughtful questions about their work.

project culminated in the the class. It was interesting to personal styles, the technical which they had when topics like sexual assault and classmates were respectful and presentations and asked

STUDENT REFLECTION: Something I learned from this assignment was that the planning process is just as important as the actual photographing process. If I hadn't planned this project out carefully, it would have been stressful and not had the models and style I wanted. I also learned how to instruct my models to get what I wanted. I think part of the reason I improved on this skill is because for this assignment I needed serious faces and feelings rather than just telling someone to sit on a stool in the portrait studio and look to the side, like I had done with my previous assignments. Another thing I learned is that feedback is one of the most important parts of the artistic process, at least for me. I found it very helpful to talk things out and get criticism from my peers, specifically Reanna, because I value what she thinks. Although everything went well, in my opinion, if I were to redo this project over, something I would've done differently is check the lighting of my setting beforehand. I also would have done a little bit more research beforehand. Despite these minor aspects, I really like my work. I love how they are jam-packed with emotion and feeling. I also love the little ode to Spiderman I added to my photos with those squiggly lines. They represent the fear and shaken-up feelings the subjects have. It shows how tense they are in the photo. I also love it because it is something unique to my style and adds to the photo. I originally didn't even plan on adding it. I was just playing around while editing and sort of did it as a joke. I was a bit unsure about adding it, though, but after receiving feedback from my peers and my teacher, I decided to keep it. Overall, I love how my work turned out and believe that I deserve a good grade. This assignment went great and means a lot to me.

NEXT WEEK: DELF Exams for French Immersion

French Immersion students who will be completing the DELF exams will write on **April 15-17th**. **Students will complete this exam in room 115B**. Please access the link for the schedule.

 [DELFSCHEDULE.xlsx](#)

NEXT WEEK: LITERACY AND NUMERACY ASSESSMENTS

April 15 – 19, 2024				
Mon. April 15 AM Lit 12 Block A - Coan Block B - Coan	Tues. April 16 AM Lit 12 Block C - Taylor Block D - Monds	Wed. April 17 AM Num 10 Block B – Dyck Block D – Sidhu Block C - Barnett	Thurs. April 18 AM Lit 10 Block B – Drummond Block D – Coan Block C - Mennear	Fri. April 19 AM Lit 10 Block A - Monds Block C - Chowdhry
Mon. April 15 PM Lit 12 Block A - Taylor Block A - Turner	Tues. April 16 PM Num 10 Block A - Dyck Block B – Jaswal Block A - Sharma	Wed. April 17 PM Num 10 Block C – Sidhu Block D – Homoncik Block D - Barnett	Thurs. April 18 PM Lit 10 Block B – Taylor Block A – Mennear	Fri. April 19 PM ***Reserved time for students who missed their write.

Character Word of the Week

Awareness is both an action and a state of mind that demonstrates kindness and sensitivity to others.

How it can look when put into action:

- Paying it forward
- Being sensitive to other people's points of view
- Sharing.
- Listening.
- Volunteering to help.
- Being generous.
- Encouraging others.
- Protecting vulnerable members of the community.



Self-Care Mondays

Monday, April 8, 2024

This week's self-care tip is about: Brain Boosting Hand Exercises

After 20 minutes of being seated, brain ability to focus decreases. By using a brain break, we can encourage the brain to become more engaged by using small bouts of mind/body challenges. Brain breaks have been proven to improve cognitive skills, increase brain activity and encourage social and emotional growth. So, on that note, try a brain boosting hand exercise activity today!



Information:

<https://extension.sdstate.edu/brain-breaks-classroom>

Activity: Hand coordination

<https://www.youtube.com/watch?v=DJt6ORwxKmE>

Mouat Men's Basketball Alumni Event

Hello Hawk Nation! On **May 24+25** WJ Mouat Secondary School will be celebrating its **Golden Jubilee**: That's right...the school has been around for **50 years**! To add to the celebration Mouat Basketball will be putting on an alumni event. Not a tournament exactly but there will be games, socializing, and events for adults and kids. Highlights include:

Friday May 24	3-6:30pm	Registration and Open Gym for adults and kids
	5-6:30pm	Current Varsity team vs Abby Senior
	630-8:00pm	Girls alumni event.
Saturday May 25	7:00-11pm	Social at the Abbotsford Rugby Club
	9am-2pm:	Alumni Basketball Games. Schedule will be posted on a Facebook page (TBA) by 7pm Friday May 24
	11am-3pm	Tours of the school. BBQ hotdogs available for a small fee.
	7-11pm	Dinner and Dance

More details about the alumni event and the rest of the Golden Jubilee Celebration can be found on Facebook:

<https://www.facebook.com/Commrecextreme>

Questions: Email Mark.Loewen@abbyschools.ca

CALLING ALL MOUAT ALUMNI AND STAFF

Please share Mouat's 50th Anniversary information on your social media and tell people who are Mouat alumni about the event. **Tickets available until May 18. Merchandise orders must be in by April 24.**

**Join us for
W. J. Mouat Secondary School's
Golden Jubilee Celebrations!
Saturday, May 25, 2024
All events to be held at
W. J. Mouat Secondary School
32355 Mouat Drive
Abbotsford, B.C.**



**Open House
11:00 am to 3:00 pm
Alumni Basketball Tournament
(Friday, May 24 -time TBA to
Saturday, May 25 - 2:00)
Student guided tours
\$5 hot dog/chips/pop barbecue
All ages welcome.**



**Social/Dance/Live Band/DJ
7:00 pm – 11:00 pm
Ages 19+
Tickets \$25 each
Tickets will include refreshments
and one beverage of your choice
A cash bar will be available
Proceeds go to a
Golden Jubilee Student Scholarship.**

**Tickets, merchandise, and details
available on school website.
<https://wjmouat.abbyschools.ca>
under News Hub in Announcements.**

**Mouat grads, please complete the
Class Representation Form
if you are attending any of the events.**

COMING UP NEXT WEEK
April 15th – April 19th
We Are HAWKS Week

Monday, April 15th

- ABCD
- Celebrate school spirit! Dress in school colors.
- Girls Soccer @ Mouat vs St John Brebeuf 3:30
- PAC Meeting at 7:00 LLC

Tuesday, April 16th

- CDBA
- Celebrate Indigenous culture! Wear the colors of the Medicine Wheel (red, black, yellow, white)

Wednesday, April 17th

- BADC
- Celebrate the Arts! Wear primary colors.
- Jr Boys @ Mouat vs Poppy at 3:00
- Girls' Rugby @ Mouat vs GWG at 4:15

Thursday, April 18th

- DCAB
- Celebrate Academics and FI Program! Dress like your teacher 😊
- Sr Boys Rugby @ Abby Sr at 4:00

Friday, April 19th

- DCAB
- Tutorial
- Celebrate Athletics! Wear your jersey and hear Yoshia Burton speak in the gym at lunch on sports performance.
- **Q3 Report Cards Available for Viewing on MyEd at 3:00**

April is Sikh Heritage Month



JUST DANCE

Come for a night filled with games, smores, a bbq, karaoke, and more, all while supporting a good cause!

WJM GRAD LOCK OUT

April 25, 8pm-12:30am

Purchase tickets by April 17th!!

Wear cozy clothes and bring a lawn chair and blanket!

Cost : 30\$
 Proceeds go towards youth homelessness prevention

Ways You Can Support PAC

Drop-off your empties to any Return-It Express location.
No sorting or line-ups!
Account Number:
 956-682-8722
 WJMOUTPAC

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 either Gladwin Road or Mt. Lehman Road.
 Mention you're Raising Dough for WJ Mouat.
5% of your purchase will be donated back to Mouat PAC!

Cobs Bread Locations:
 Unit 111, 2777 Gladwin Road, or
 H175-3122 Mt. Lehman 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