



News from the Nest

April 29th – May 3rd, 2024 – Parent Edition



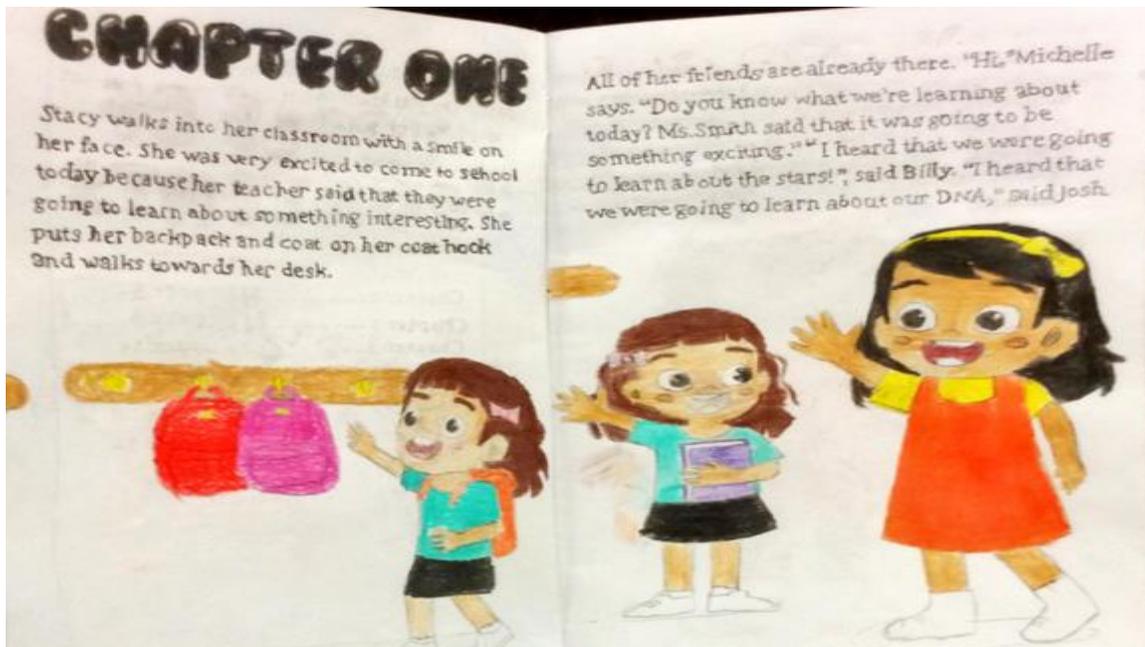
ABBOTSFORD
SCHOOL DISTRICT

Spotlight on Learning:

How does the Science I learned in Science 10 explain WHY I'm alive??

Presented by: Mr. Mario Magon

Course: Science 10



TEACHER DESCRIPTION: Teresa Homoncik and I collaboratively developed a project for Science 10 that gave the students a chance to consolidate all of their learning in the major disciplines of science. They were given a large amount of freedom in how they could present and explain the reason why they are alive using science. Some examples of products that students made include a fully illustrated children's story book, a podcast, a magazine, etc. The students presented their work to each other in a showcase of learning.

STUDENT REFLECTION:

I think by refreshing our memories to work on this project we have not only reinforced our knowledge, but deepened it by learning new facts related to these areas of science. By collaborating to succeed we have found new information, new ways to work together and gotten a glimpse at how scientists have to work in the real world.

CHARACTER WORD OF THE WEEK



RESPONSIBILITY:

Taking responsibility means being accountable for your actions, your words, and your obligations.

- **Attending regularly and being on time.**
- **Admitting mistakes and making amends.**
- **Setting and pursuing goals; taking initiative for self-improvement**
- **Working diligently.**
- **Communicating clearly and honestly; listening carefully.**
- **Showing courage.**
- **Being persistent.**
- **Planning ahead and using time wisely.**

Self-Care Mondays

Monday, April 29th, 2024

This week's self-care tip is about: **SUNSETS.**

Studies show that taking the time to experience natural beauty, such as a sunset, can make you feel better, increase your generosity and enhance your life satisfaction. It's about dropping all you're doing and appreciating the beauty of the moment. So, take that time today to appreciate the beauty of nature and if you can, watch a sunset, look at the trees and the sky, listen to the wind and really pay attention to what you see and hear and feel.

<https://www.psychologytoday.com/ca/blog/minding-the-body/201407/how-admiring-the-sunset-changes-you-the-better>

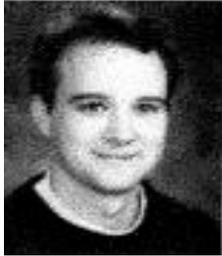
Activities to try with classes: <https://www.naturewise.com/blogs/blog/3-outdoor-mindfulness-activities-to-do-in-nature>



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.**

Do you recognize any of these Hawks??



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

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.



**Alumni Basketball Tournament
 (Friday, May 24 -5:00-8:00 to
 Saturday, May 25, 2:00).**



Saturday 11:00-3:00

Open House & 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 29th – May 2nd

Monday, April 29th

- ABCD
- Girls Soccer at Mouat vs Brebeuf at 3:30

Tuesday, April 30th

- CDBA

Wednesday, May 1st

- BADC
- Team Leader Meeting at 2:45 in LLC.
- Girls Soccer @ Credo Christian at 3:30
- Jr Boys @ GWG at 3:30
- Girls' Rugby @ Mouat vs Kwantlen at 3:30

Thursday, May 2nd

- DCAB
- MMIW – School Wide Assembly Hawk Day
- Track Meet 2:00 @ Rotary Stadium.
- Girls Soccer @ Mouat vs Credo at 3:30

Friday, May 3rd

- Tutorial
- CDBA

Upcoming Events:

- ✚ **Convocation - June 24th** at the Abbotsford Entertainment Centre. Tickets available on <https://www.schoolcashiononline.com/>. \$60 for 2 tickets. \$10 for each additional.
- ✚ **Prom – June 26th** at Newlands Golf & Country Club. Tickets available on <https://www.schoolcashiononline.com/>. \$125 (Deadline is quickly approaching) **DO NOT MISS OUT**

Ways You Can Support PAC



Drop-off your empties to any Return-It Express location.

No sorting or line-ups!

Account Number:
966-682-8722
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 either Gladwin Road or ML 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
1175-1122 St. Lehman Road

Please help us keep our GREEN BINS in use as they generate monthly income for Mouat PAC!



Dress 2024

GRADUATES: Convocation is quickly approaching! Mrs. Nyberg has ordered a cap & gown for all grade 12s according to the height indicated by students in a google form at the beginning of the year. If you have decided that **you do not want to attend the convocation** ceremony on June 24, you must **contact Mrs. Nyberg** by May 1, 2024 **or you will be charged the \$25 fee.**