



News from the Nest

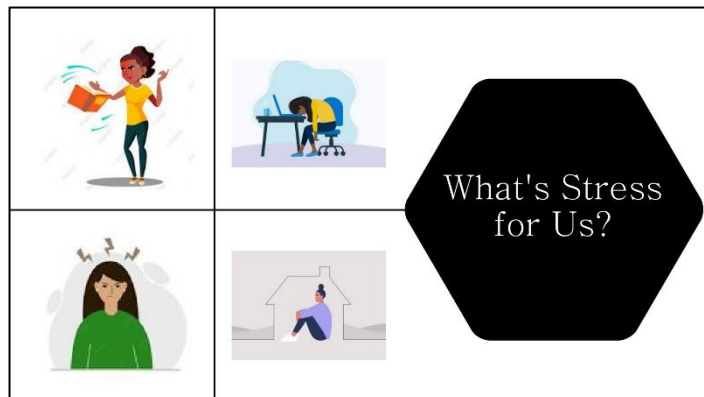
May 6-10, 2024 – Parent Edition



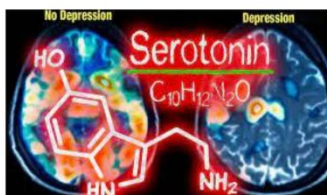
Spotlight on Learning: *How do organic molecules affect mental health, society, and me?*

Presented by: Ms. Nera and Mr. Duliba
Course: Chemistry 12 and Psychology 12

TEACHER REFLECTION: A cross-curricular collaboration with Chemistry and Psychology classes was done over a two-week period. The classes were combined and fully integrated in the library learning commons. The students were tasked to combine skill sets to answer the inquiry question. Neurotransmitters (an organic molecule) are brain chemicals that directly affect mental health. The two classes were introduced to concepts of organic chemistry using epinephrine as an example. Chemistry students were introduced to how neurotransmitters function in the brain, while this served as a review for the psychology students. Students choose a neurotransmitter or group of neurotransmitters as a focus to link organic molecules in their brain to mental health. The cross-curricular nature of this project allowed for students to make bigger connections. For example, neurotransmitters have a 3-D structure which can affect how they bind at receptors in the synapse. Students were able to study molecules found inside their bodies, their effect, and strategies to help increase or decrease their concentration levels to have a positive effect on their mental health. As teachers, we loved how students could connect learning across two subject areas and how teachers were able to learn from each other.



What Does Serotonin look like in the brain



Neurons get sent to the synapses

The neuron makes contact with synapses with stimulates the neuron into action

When communication is completed serotonin gets sucked back up by the sending neuron

When reuptake happens too quickly not enough serotonin is present to do the job

disorders how the imbalance of neurotransmitters/ homeostasis can cause that. Perfectly aligning with objectives from Chem 11, as we learned how our body creates those imbalances. I believe I had an advantage compared to the other students as well, since I had been the only one in both classes and got a full insight on the whole course. Whereas other students had to learn in a short period of time, condensing the information. Throughout the project, I loved making connections and I truly felt accomplished when I could apply my understanding. Although, I had to work on two projects, as there was one for each class, they both focused on different aspects, and I could add accordingly to each one with my understanding. I was also grateful for the people in my group as they were all understanding and we all could easily have a discussion on the topic, giving our perspective along with thoughts and opinions. Finally, the support of Ms. Nera and Mr. Duliba was greatly appreciated as they guided us in the right direction when we had any questions or concerns. Overall, I am pleased with the outcome of this project and had an amazing experience!

STUDENT REFLECTION: During the initial semester, I had the opportunity to take part in Psychology 12 and Chemistry 11, gaining valuable experience in both subjects. As our final project, the two classes collaborated and created an assignment that would allow us to use our knowledge from both Psychology 12 and Chemistry 11. It involved us to critically analyze and investigate the connections between the two courses. If we look at Psychology 12, it covers different

Serotonin

- Serotonin is a feel good chemical.
- Calm, happy, focused, and emotionally stable is tied to serotonin
- Insufficiency of serotonin is what leads to anxiety disorders and obsessive behavior's
- Chronically low levels of serotonin also cause binge eating disorders

Mental Health Awareness Week

On Monday, May 6th WJ Mouat will kick off the week by participating in a pilot project in partnership with UBC. Students will be given the opportunity to download an app called Minder. This will allow them access to immediate supports when needed. Along with The Foundry Ambassadors, UBC staff will be at booths set up in multiple locations at lunch. Students can scan a QR code to register, ask questions about the study, and grab some Minder merch. Come on down to the main entrance to have a look.

The UBC team will be visiting select classrooms during Block C.

On Wednesday, May 8th - Hawk Day and guest speaker Last year we did a school wide assembly but this year we will break it up into two sessions. We are very privileged to hear from Peter Bakunda. He has an incredible story and shares it across Canada on a regular basis. Here is a little synopsis of what he will be speaking about to our students.

Peter was born and raised in the Congo and moved to Canada when he was 13 years old, around 15 years ago. He will be talking about what it was like for him to adjust to life in Canada as a teenager and into his young adult life. He highlights the importance of not doing life alone and the role different relationships play in helping us through the ups and downs of life.



About Minder

- Be Remindful**
Attention follows thought. Create your life one minder at a time.
- Explore Content**
Create your best life all in one app. Want to Move? Meditate? Improve your Mind? Best practices from world thought leaders. Loaded with free content; premium available.
- Minute Minder**
Set your focus time. Small practice leads to big change!
- Library**
Build your library with all your personal practices. All at your fingertips!
- Support**
We love feedback. Continuous improvement helps us all.
- Made With Love**
You help make the world a better place one minder at a time.

What You Get

Everyone has habits. You might as well make good ones.

Create the life you want five minutes at a time

Other apps exist in silos. They offer overwhelming content, but how to choose? When to do it?

At Minder, we help you can find your best practices and then help you practice them regularly. Pause and breathe throughout your day, not just when you are tense. Drink water before you are dehydrated.

Big change happens with small steps.

Science tells us that you make more progress when you make small daily steps rather than one huge lunge near the finish. Our power packed practices, fueled by your minders, help you accomplish those elusive goals.

Your WJ Mouat Admin Team

Character Word of the Week: 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

This week's self-care tip is about: **THE BENEFITS OF NATURE—yoga-style!**

We know that being in nature helps to reduce stress and improves mental health. Going for walks and any form of exercise outside is not only improves our mood but it also improves our physical health. So, why not try some yoga outside or inside for that matter.

Information: <https://yoganowchicago.com/why-you-should-try-outdoor-yoga/>

Activity: <https://www.youtube.com/watch?v=4AELzGcD9So>

(The sound on this video is quite low so feel free to have these relaxing nature sounds on in the background <https://www.youtube.com/watch?v=eKFTSSKcZWA>).

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

May is



CALLING ALL MOUAT ALUMNI AND STAFF

Please share Mouat's 50th Anniversary information on your social media and tell people who are Mouat alumnae about the event. Tickets available until May 22. Do you recognize these people who are still at Mouat?



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.

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.
	7:00-11pm	Social at the Abbotsford Rugby Club
Saturday May 25	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/Commrextreme>
Questions: Email Mark.Loewen@abbyschools.ca

COMING UP NEXT WEEK May 6-10

Mental Health Awareness Week

Monday, May 6

- ABCD
- Team Meeting @ lunch
 - PE
- Girls Soccer @ WJM 3:30

Tuesday, May 7

- CDBA
- Student Voice – AGPA Presentation
- SBT Meeting

Wednesday, May 8

- HAWK DAY: BADC
- Girls Soccer @ Yale at 3:30
- Jr Boys vs Yale at 3:30

Thursday, May 9

- DCAB
- Sr. Boys Rugby – Stadium Series – South Surrey

Friday, May 10

- Tutorial
- BADC

Upcoming Events:

- 📅 [Golden Jubilee – May 25](#) at Mouat. Tickets on School Cash Online.
- 📅 [Convocation - June 24th](#) at the Abbotsford Entertainment Centre.
- 📅 [Prom – June 26th](#) at Newlands Golf & Country Club.

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.

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
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 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

HAWKS

- Clothing
- Shoes
- Purses
- Stuffies
- Linens

in good clean condition

