



# News from the Nest

May 13-17, 2024 – Parent Edition

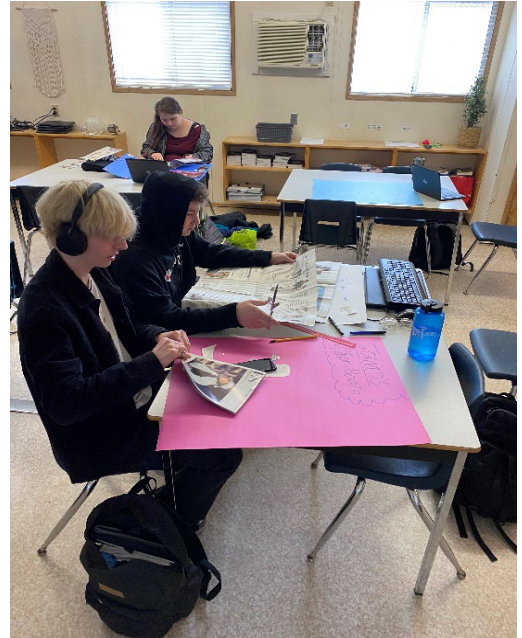


## Spotlight on Learning: *How can I design and reflect on the life I wish?*

Presented by: Ms. Rachel Coen

Course: Career Life Connections 12

**DESCRIPTION:** Students were asked to create their own vision board. The vision board was to reflect what they hope and wish their future to look like. They weren't given exact ages to create their boards for (i.e. create a vision board of what you want your life to look like by 40) because we told students that age is just a number, and you are not expected to have everything figured out by a certain age or time. Students used magazines, newspapers, and their own artistic ability to create vision boards on poster paper.



**TEACHER REFLECTION:** It was really neat to see students flip through magazines and newspapers and use their

clippings to piece together a visual representation of their future. It also allowed us to get a better glimpse into the aspirations of our students! Many of them have some amazing goals to reach. Next year I am going to create one for myself as a sample for students, and to also highlight that vision boards can be made by people of all ages, and you can always alter and add to your goals.

**STUDENT REFLECTION:** "I enjoyed the vision board assignment because it allowed me to be creative and share with others the dreams I have for my future. It also made me

realize I want to accomplish many things in the years to come and I am excited. I liked looking at my peers vision boards also because it showed me that some of us have lots in common and some of us have very different visions for our futures."

## **Character Word of the Week: Caring**

Caring 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**

May 13<sup>th</sup>: This week's self-care tip is about: **THE BENEFITS OF NATURE – Mindfulness Activity.**

Mindfulness, in a nutshell, means to focus your awareness on the present. For example, if you're outside: What do you see? Hear? Smell? How do you feel? An increasing number of studies attest to the fact that combining the outdoors with mindfulness may lead to better concentration, reduced stress, increased performance, and an overall sense of wellbeing. So, give it a try.



### **Information:**

<https://www.merrithew.com/blog/post/2016-05-26/8-benefits-of-being-mindful-outdoors>

### **Activity:**

Go for a walk and/or sit outside. Or look out the window. Take a moment to think about what you see? Describe it in detail (for ex. I see a tree with small green leaves. The wind is blowing a bit and the leaves are moving., etc.) What do you hear? What do you smell? Pick up a leaf, if you can, and describe how it feels in your hand. Take 5-10 minutes to just focus on your senses (What you see, hear, smell, touch, taste, etc.?) Keep your focus on what is happening in the moment. Set your timer for 5-10 minutes and see if you can fill the time by just describing what you see, feel, hear, smell etc. in that moment. Every detail counts (colours, sounds, sensations, etc.).

**May is . . . .**



Your WJ Mouat Admin Team

## French Immersion Grad Banquet

DATE: Wednesday, June 5th

TIME: 6-8pm

PLACE: Mouat Cafeteria

COST: Students eat for free and any additional tickets for parents/guardians/family will be \$20 (up to 2 tickets per grad).

Lots of door prizes

Tickets can be purchased at <https://www.schoolcashionline.com/>



## **COME ON OUT AND CELEBRATE THEIR JOURNEY TO BILINGUALISM**

## Senior Girls Soccer

Congratulations to our Senior Girls soccer team on a gritty 1-0 win over Chilliwack Secondary in their final game of the season. With the win the Senior Hawks become the first soccer team in school history to go undefeated in league play. What a great accomplishment! Goal scorer was Ella Wilson and game MVP went to Emma Braga (of Italy). The Senior Hawks kick off their playoff run on Monday at home against Abbotsford Christian. Come out and watch the team as they go for a league championship! Go Hawks!



## Summer Fashion Showcase

Seven Oaks Shopping Mall is looking to partner with local schools to find students who are passionate about Fashion and make them Junior Stylists for their upcoming static fashion show. Students have the opportunity to gain experience in the fashion industry as well as win a \$500 shopping spree. The students selected will be partnered with a fashion retailer and style two mannequins that will be displayed in the Shopping Centre. Shoppers will vote on their favorite outfits and the student whose outfit gets the most votes will win a \$500 shopping spree.

The full event description can be found here: <https://shopsevenoaks.com/pages/jr-summer-fashion-showcase>

## Calling All Mouat Alumni & 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](#). This will be a special event for any associated with WJ Mouat. Spread the word and let's make this a memorable event for all!



Your WJ Mouat Admin Team

## COMING UP NEXT WEEK

### May 13 - 17

#### Monday, May 13

- ABCD
- Team Meeting @ lunch
  - PE
- Girls Soccer Playoffs

#### Tuesday, May 14

- CDBA
- Team Meeting @ lunch
  - BC
  - Math
  - MOLA
  - SS

#### Wednesday, May 15

- BADC
- Fire Drill @ 1:30 pm.
- Staff Meeting

#### Thursday, May 16

- DCAB
- Tough Mudder Hawk Day
- Girls Soccer Playoffs

#### Friday, May 17

- Pro-D Day

#### Upcoming Events:

-  [Golden Jubilee – May 25](#) at Mouat. Tickets on School Cash Online.
-  [French Immersion Banquet – June 5<sup>th</sup>](#) at WJ Mouat
-  [Convocation - June 24<sup>th</sup>](#) at the Abbotsford Entertainment Centre.
-  [Prom – June 26<sup>th</sup>](#) at Newlands Golf & Country Club.