



News from the Nest

May 20-24, 2024 – Parent Edition

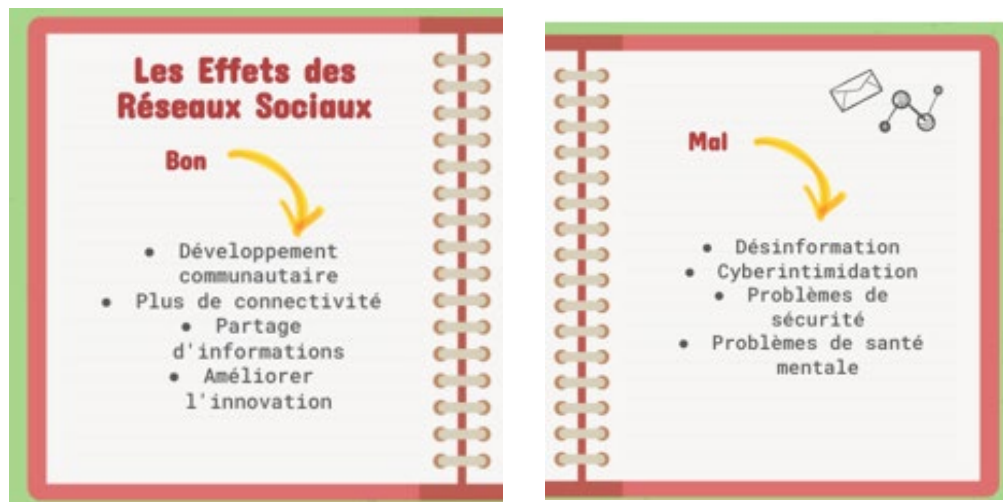


Spotlight on Learning: *Impact of Social Media*

Presented by: Ms. Johanne Sauve

Course: Communication Orale 12

TEACHER REFLECTION: For their final project in Communication Orale 12, students had to reflect on the impact of social media in their lives until now, including positive and/or negative aspects. Previously in the course, students had discussions about mental and physical health, their use of technology, their sleep hygiene, and personal values/Mouat values. Also included in their project, they had to think of some advice they would offer to the next generation, or younger students regarding the use of technology and social media. It was very interesting to see how so many of them were well aware of the negative impact of social media on their lives and to those around them. They offered specific examples such as TikTok, and how addictive it is. Some students shared that they put time limits on their phones now, with certain apps. There were some positive aspects of social media as well, of course. They talked about the connections they have created and maintained with like-minded people along the years, thanks to platforms such as Instagram.



STUDENT REFLECTION: In my final project in Communication 12 with Mme Sauv , I presented my point of view on all social platforms and the effect they have had in my life. While supporting my argument I used real life examples as evidence to prove my point. I included some advice that I think is useful for the future generation as they grow up and start to gain knowledge and access to the internet and social platforms. I enjoyed this short project because I was able to reflect my ideas and share my point of view while supporting my argument, ensuring it was clear and easy to read.

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.



Self-Care Mondays

May 20th:

This week's self-care tip is about: **THE BENEFITS OF SUNSHINE ON MENTAL HEALTH**

Sunlight helps boost a chemical in your brain called serotonin, and that can give you more energy and help keep you calm, positive, and focused. And we can all use a little bit of that! Five to 15 minutes of direct sunlight when it's earlier in the day is recommended.

Information:

<https://www.youtube.com/watch?v=RMUL5KhEICU>

Activity: Just get out there and spend a good 5 to 15 minutes, daily, enjoying the sun beating down on your face. Just think about the warmth and how lovely it feels.



May is



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



WJ Mouat Talent Show

Next Thursday, May 23rd is the annual WJ Mouat Talent Show. It's a Hawk Day with the entire school coming during the second D block (DDCAB) with their teacher. Please have students leave everything (bags, books, etc.) in the classroom.

D - 8:10 - 9:14

D - 9:14 - 10:14 (Talent Show)

C - 10:20 - 11:24

Lunch 11:24 - 12:04

A - 12:10 - 1:14

B - 1:20 - 2:24

Spirit Week for Golden Jubilee

Next week is also the lead up to the Golden Jubilee so we will be having a spirit week to get ready!

Tuesday, May 21: Wear Red. There will be timbits, stickers and face paint in the morning.

Wednesday, May 22: Wear Gold. There will be cake cutting in the cafeteria at lunch.

Thursday, May 23: Wear Mouat colours. There will be a BBQ at lunch.

Friday, May 24: Clean up and prep for the big event!

2023/24 Athletic Banquet

DATE: Tuesday, June 11, 2024

Doors open: 5:30 pm

Banquet: 6:00 pm to 9:00 pm

Location: Main gym

Students receive a ticket free of charge once all athletic fees have been paid. Guest tickets (max 2 per family) are \$25 each.

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 anyone associated with WJ Mouat. Spread the word and let's make this a memorable event for all!

W.J. MOUAT'S
Golden Jubilee
1974-2024

50th ANNIVERSARY CELEBRATION
Saturday, May 25
W.J. Mouat Secondary School · 32355 Mouat Drive, Abbotsford

OPEN HOUSE
11am - 3pm

- Alumni Basketball Tournament
- Free Student Guided Tours
- BBQ - hot dogs/chips/pop \$5

DANCE/SOCIAL
Ages 19+ · 7 - 11pm

Tickets \$25 each - buy online, at the school office or at the door
Proceeds to Golden Jubilee Student Scholarship

- DJ
- Refreshments and one beverage of your choice
- Cash bar
- 50/50 ticket sales

For tickets, merchandise and event details
visit <https://wjmouat.abbyschools.ca> and
go to News Hub or Announcements.

COMING UP NEXT WEEK

May 20 - 24

Monday, May 20

- Victoria Day
- Michelle Nyberg's Birthday

Tuesday, May 21

- CDBA
- Indigenous Awards Night
- Counsellor/Admin Mtg
- SBT @ 2:45

Wednesday, May 22

- BADC
- French Immersion Capstone Presentations





Thursday, May 23

- DCAB
- Talent Show – Hawk Day
- 2024 Abby Schools Coaches Dinner @ Clarion

Friday, May 17

- DCAB
- Tutorial Time

Upcoming Events:

-  Golden Jubilee – May 25 at Mouat. Tickets on School Cash Online.
-  French Immersion Banquet – June 5th at WJ Mouat
-  Convocation - June 24th at the Abbotsford Entertainment Centre.
-  Prom – June 26th at Newlands Golf & Country Club. Tickets on sale on School Cash Online.