



News from the Nest

June 3 - 7, 2024 – Parent Edition



Spotlight on Learning: *Cultural Heritage: Wood Artifacts*

Presented by: Mr. Jason Skelton

Course: Woodwork 11/12

TEACHER REFLECTION: Wood is one of the most used materials in human history for the production of artistic works, evidence that reflects not only the availability of wood but also its natural aesthetic qualities. The investigation of wooden artifacts supplies an interesting reference framework for better understanding the technical construction skills of the past and provides concurrent information on the significance of the artifacts, on their values and on the historical period during which they probably were created. (Credit: European Journal of Science, Ref).

Students were asked to research a wood artifact that was related to their cultural heritage. From their research students were asked to provide the following information:

- o Tell me what the artifact is (show me some pictures)
- o What culture does it come from?
- o When did it first originate?
- o What does it symbolize or how is it significant to your culture?
- o What type of wood is it usually made from?
- o Find a video demonstrating the making of the artifact.
- o Create your own step by step procedure on how to create the wood artifact in the woodshop here at Mouat.
- o Share with me the completed Google slide presentation



May is



Character Word of the Week: RESPECT

Self-discipline, courtesy and upholding the dignity of others are qualities that define respectful people.

How it can look when put into action:

- Being patient
- Caring for yourself.
- Standing up for what you believe is right.
- Saying please, thank you and excuse me; showing good manners.
- Showing good sportsmanship.
- Allowing others to go first.
- Following school code of conduct.
- Considering the safety and well being of others.
- Showing appreciation for the opportunities and privileges you are offered.



Self-Care Mondays

June 3rd:

This week's self-care tip is about: POSITIVE THINKING & AFFIRMATIONS

Making the effort to think positively can improve both mental and physical health for many. Shaping and framing your thoughts to spark joy and contentment can do wonders for you. An example of this is positive affirmations. A positive affirmation can be defined as positive phrase or statement that we repeat to ourselves such as: "I am a nice person." "I work hard." Even something like "I love sunshine." So take a moment today to say 10 positive statements about yourself!



Information:

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/positive-thinking/art-20043950#:~:text=The%20health%20benefits%20of%20positive%20thinking&text=Lower%20rates%20of%20depression,psychological%20and%20physical%20well%2Dbeing>
<https://www.webmd.com/mental-health/positive-thinking-overview>
<https://www.bettersleep.com/blog/how-positive-thinking-can-improve-your-mental-health/>

Activity:

On a piece of scrap paper, write down at least 10 positive affirmations (10 positive statements about yourself). Read the list at least 10 times. You are amazing and don't you forget it.

Your WJ Mouat Admin Team

French Immersion Grad Banquet

Just a reminder to those who purchased tickets that this Wednesday, June 5th, from 6-8pm in the Mouat cafeteria (doors open at 5:45pm), is the French Immersion Grad banquet. We are looking forward to celebrating the bilingual journey of our FI Grads!



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

Spirit Week

Next week is our last spirit week of the year AND our year-end pep rally.

Monday - 2000s (low-rise, flared jeans, velour tracksuits, Bohemian, graphic tees...) and to show your support for the kickoff to Pride Month, made it bold and bright!

Tuesday - Tacky Tourist

Wednesday - Pep rally grade colours: 12s - purple, 11s - pink, 10s - green, 9s - blue, staff in office attire.

Thursday - Anything but a backpack

Friday - Frat-boy Friday

Wednesday, June 5th is the Pep Rally. It's a Hawk Day with the entire school coming during the second B (BBADC) with their block B teacher.

B 8:10 - 9:14

B 9:14 - 10:14 (pep rally)

A 10:20 - 11:24

Lunch 11:24 - 12:04

D 12:10 - 1:14

C 1:20 - 2:24

Mouat Track & Field at the EVAA Championships

Thirty Six athletes competed in 55 individual track & field events along with 8 relay teams at the Eastern Valley Zone Championships at Rotary Stadium on May 16/17. The Mouat athletes faced a tough challenge to make a top 3 finish in their event in order to qualify for the BC High School Track & Field Championships in Nanaimo on June 6-8.

Your WJ Mouat Admin Team

BCHS CHAMPIONSHIP BOUND!

Congratulations to the following athletes for qualifying for the BCHS Champs!

Junior Girls

Adalia Hendricks	2nd Discus, 3rd Hammer Throw
Staci Johannesson	3rd 80m Hurdles
Sydney O'Neil	1st 100m, 2nd 200m, 3rd 100m!
Leah Waddell	1st Long Jump

Senior Girls

Ailie Gray	2nd Long Jump
Kendra Janzen	3rd 100m Hurdles
Ariel Jose	1st 800m, 2nd 1500m, 3rd 3000m

Junior Boys

Harveer Nigah	1st High Jump, 3rd 100m Hurdles
Patrayus Lollar	3rd Shot Put

Senior Boys

Sam May	1st 2000m Steeplechase and 3000m
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INDIVIDUAL SCORES

Thanks to their top 3 finishes in each of their 3 events, **Junior Girl Sydney O'Neil** and **Senior Girl Ariel Jose** respectively earned 3rd and 4th place finishes overall for their individual efforts.

TEAM SCORES

Congratulations to the **Junior Girls team**. Their combined event points earned them 3rd overall for team points! The **Senior Girls team** were close behind with a 4th place finish. In total, the Junior and Senior Girls/Boys teams each earned 7th place finishes against some VERY competitive track & field teams.

Coaches want to thank all of the athletes who competed this season for braving the often unpredictable weather, trying their best against some very tough competition, for showing good sportsmanship and most of all, for supporting each other along the way!

GO HAWKS!!



Upcoming Events:

- ✚ June 13th – Academic Awards Night
- ✚ June 21st – Last Day of classes for students that are not completing credit recovery.
- ✚ June 24th & 25th – Credit Recovery
- ✚ June 24th – Convocation @ Abbotsford Entertainment Center.
- ✚ June 26th – Prom at Newlands Golf & Country Club.
- ✚ June 28th - Last Day of Classes for Teachers.

COMING UP NEXT WEEK June 3 - 7

Monday, June 3

- ABCD
- Café Jazz Night

Tuesday, June 4

- CDBA
- SBT @ 2:45
- Yearend Music Concert

Wednesday, June 5

- BADC
- Hawk Day – Pep Rally
- Team Leader meeting @ 2:45
- French Immersion Banquet doors open at 5:45pm in the cafeteria

Thursday, June 6

- DCAB
- Indigenous Grad Ceremony @ Abby Arts

Friday, June 7

- CDBA
- Tutorial Time