



News from the Nest

June 10 - 14, 2024 – Parent Edition



Spotlight on Learning:

How do we connect to poetry in our everyday lives? How can we communicate that connection to others?

Presented by: **Ms. Becky Taylor**

Course: **English 10**



TEACHER REFLECTION: In a group or alone, students chose a song or poem to present to the class. Along with explaining why they chose their song or poem and what it means to them, students also provided background on the poet/songwriter and analyzed the literary devices used within the piece. Finally, students included an object or image that represented some aspect of the poem/song.

STUDENT REFLECTION: I really enjoyed how this project was structured. I liked how the choice was given to the students in what/how we wanted to present the chosen media. I felt this helped me learn and apply poetic devices studied in the lyrics I listen to every day. I think I prepared well for the presentation and explained my points clearly and in a good manner. When speaking, I believe I could have been louder and made better engagement with the audience. I enjoyed being able to analyze music I like and the meaning I may have been blinded to. Overall, this was my favourite project over the course of English 10 and would love to do it again.

May is



Character Word of the Week: RESPONSIBILITY

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

How it can look when put into action:

- 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

June 10th:

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

We often talk about being kind and compassionate to others which is very important, but you must also practice self-compassion and being kind to yourself. For some, this comes easily, but for others it takes work. Just know that you're worth the effort! Take the time today to say one kind thing about yourself or do something kind for yourself. **YOU ARE WORTH IT!**

Information:

<https://www.health.harvard.edu/healthbeat/the-power-of-self-compassion>

Activity:

Find activities at the following website:

<https://www.health.harvard.edu/mental-health/4-ways-to-boost-your-self-compassion>



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

Tickets are sold out for this event. The athletic banquet is a celebration of the athletic program at WJ Mouat. Each school team will be celebrated with a video clip of their season and awards will be presented. It has been a very successful year in the athletic program as many teams excelled in their leagues and went onto compete in the playoffs and BC Championships. GO HAWKS GO!!!

Canadian Student Alcohol & Drugs Survey

WJ Mouat is participating in the Health Canada 2023-2024 Canadian Student Alcohol and Drugs Survey (CSADS). The survey gathers information about health and health-related behaviours among Canadian youth. Understanding Canadian trends in alcohol and drug use is vital to the effective development, implementation and evaluation of strategies, policies and programs aimed at addressing higher risk substance use.

The survey asks students questions about alcohol, cannabis, and other drug use, as well as bullying and self-rated physical and mental health. The participation of students who do not use substances is just as important for this study as those who do. A PDF version of the survey is available at www.csads.ca should you wish to review it prior to the survey administration. No student names will appear with, or be linked to, the answers provided on the survey. The survey will be conducted from June 13-21. If parents would like to opt out of the survey, a withdrawal form was emailed home last week.






Golden Jubilee Thank-you from a Teacher

It has been two weeks since the event and I am still getting people talking about how good it was to see everyone and the work staff did in putting it together. Two ladies made a point of showing me their 1979 grad photo's. They were so excited to do so.

In the community I have bumped into numerous individuals (including my pharmacist at Tower Drugs) who asked how long I have been teaching there and telling me how good it was to see their old school. With every passing graduating class, we add to the rich history of alumni from WJ Mouat who are doing great things to make our world a better place.

Huge congratulations for a job well done. Such work is recognized for years to come. Here is to looking forward to the 75th anniversary.

Upcoming Events:

-  **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.**

Your WJ Mouat Admin Team

COMING UP NEXT WEEK

June 10 - 14

Monday, June 10

- ABCD
- Literacy & Numeracy Assessment

Tuesday, June 11

- CDBA
- Literacy & Numeracy Assessment
- French Immersion Written Assessment
- Athletic Awards Night

Wednesday, June 12

- BADC
- Prom Ticket Purchase Deadline at midnight on school cashonline
- Literacy & Numeracy Assessment

Thursday, June 13

- DCAB
- Literacy & Numeracy Assessment
- Academic Awards Night

Friday, June 14

- BADC
- Tutorial Time
- Literacy & Numeracy Assessment



Only 2 more weeks left until summer holidays begin. Keep pushing your children to finish strong!

We wish you a great weekend.