



News from the Nest

June 24 - 28, 2024 – Parent Edition

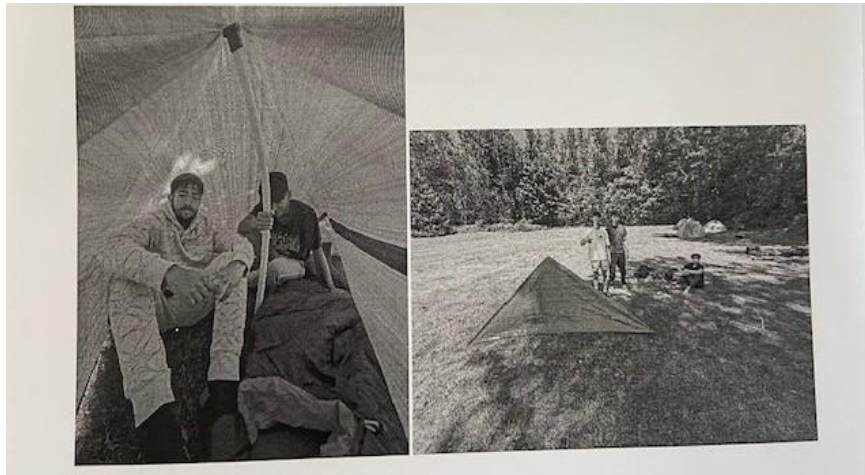


Spotlight on Learning:

How can exposure to different community-based recreation opportunities and outdoor education skills increase the likelihood of future participation in these activities?

Presented by: **Mr. Jon Rahe**

Course: **Outdoor Education 11/12**



TEACHER REFLECTION: A return to what I envisioned my outdoor education program becoming prior to Covid. The leisure days for my senior students build on what we did in Outdoor education 10 and the skill development lessons provided students with the skills necessary to be able to pursue these passions after leaving my classroom. The “final exam” consisted of a practical skills assessment where students not only demonstrated their learning in a outdoor setting but also gained the confidence that they could pursue an activity like this on their own. I think this allowed me to reach a diverse range of learners who wouldn’t normally do these activities on their own.

STUDENT REFLECTION: I think it was a good way to introduce different activities to students and I had a fun time doing it. I also got to engage with students who had common interests. The teacher allowed me the opportunity to challenge myself and engage in these activities. I think the activities were a good way to practice teamwork, to learn how to work with others outside of the classroom and more. For future activities, I now know how to stay safe and what items to take with me. For the final exam I think it was a positive experience and look forward to developing more specific outdoor education skills through these activities.

June is



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

June 17th:

This week's self-care tip is about: **Brain Boosting Hand Exercises**

After 20 minutes of being seated, brain ability to focus decreases. By using a brain break, we can encourage the brain to become more engaged by using small bouts of mind/body challenges. Brain breaks have been proven to improve cognitive skills, increase brain activity and encourage social and emotional growth. So, on that note, try a brain boosting hand exercise activity today!



Information:

<https://extension.sdstate.edu/brain-breaks-classroom>

Activity: **Hand Coordination**

<https://www.youtube.com/watch?v=DJt6ORwxKmE>

WJ Mouat Grad Wear 2025

Have you ordered your Grad wear to start the 24/25 school year off in style. Available for purchase NOW on www.schoolcashionline.com! There will be one more opportunity to purchase Grad wear in the next school year!



Your WJ Mouat Admin Team



WJ Mouat staff wish you all a relaxing summer holidays filled with laughter and memories!

To the graduating class, we wish you well in your next journey. Go out and do amazing things to make our world and community a better place. Keep in touch to let us know how you are doing.

To the grade 9, 10 and 11's, have a restful summer break and get ready for another school year filled with unforgettable moments. We look forward to seeing you in September.

COMING UP NEXT WEEK June 24 - 28

Monday, June 24

- Credit Recovery
- Convocation at 5:30 pm (grads arrive between 4:45 and 5pm)

Tuesday, June 25

- Credit Recovery

Wednesday, June 26

- Prom @ Newlands Golf & Country Club. Red carpet arrival at 3pm.

Thursday, June 27

Friday, June 28

- Report Cards available for viewing on MyEd by 3pm
- Farewells & Goodbyes
- Last Day for Teachers! Have a Great Summer!