



News from the Nest

September 9 - 13 – Parent Edition



Spotlight on Learning: Inter School Project Share

Presented by: *Mr. Brian Billo*

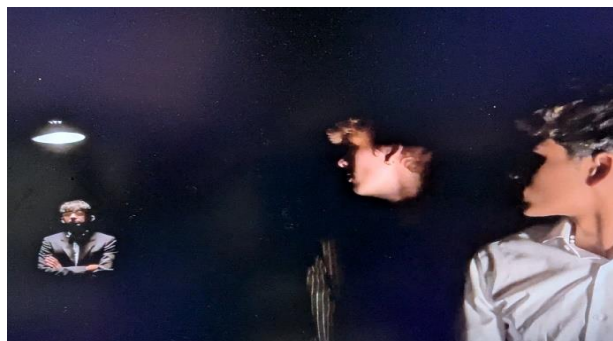
Course: *TV Film 11/12*

TITLE: **Inter school project share**

TEACHER DESCRIPTION and / or REFLECTION: This semester I was contacted by the new drama teacher at Yale regarding us taking part in a share session with our TV Film classes. The idea was that we would come to Yale and see their final projects and then our class would vote on a few “Oscar” type awards: Best Picture, Best actor/actress, and best sound design. We tried to work out busing and schedule, and that part didn’t work out, but we did end up organizing that her classes’ projects were sent to us, and we watched as a class and had a discussion on the eventual winners of the categories. This was interesting as any and all bias is removed as you have to take the movies at face value, with no context about process, ability, experience. Our students in return sent their major project of the semester – A film involving a Heist following the typical structure – to Yale and they responded with their picks. It was all a great experience being able to see what other schools are working on, and we hope to continue and expand this idea for next year.

STUDENT REFLECTION: The Heist project tasked students with making movies that revolved around a heist and its many components. The interesting part came from how much focus was put into each step, some movies putting less focus on the plan and more on the actual heist, while others doing the reverse.

It was a lot of fun seeing the projects that students from other schools made. Watching these projects featuring outlines and even people we didn't know freed any external or pre-emptive biases, allowing us to just enjoy the movies how they were. (They were pretty awesome). Hopefully Yale felt the same way! On a sort of tangent, It would be exciting to expand this sharing to other schools and create a film festival. Imagine a big in-person event with a red carpet gala, or a more casual "bring your family" gathering, involving many schools from Abbotsford and a voting committee for awards. We could include ticket sales and concessions or keep it simple. I'm working on setting this up, so if you're interested or have your own ideas, please let me or Mr. Billo know.



Meet The Teacher Night – Tuesday, September 25

Book your calendar - Wednesday, **September 25th**, is our **Meet the Teacher Night**. The event will take place in the **large gym** starting at **6pm until 7:00 pm**.

All departments will have a booth (table) with a banner and chairs. Teachers will be available to chat, talk about expectations, and show exemplars of learning yet to happen. Fresh-baked goodies and coffee/juice will be set-up for parents and staff. Looking forward to a fabulous evening together with our parents, students, and staff.



Grad Parent Night

Immediately following the meet the teacher night, we will be hosting our Grad 2025 parent info session in the theatre. Please join us at 7 pm as we highlight some of the key events in the Hawk grad year, go over grad requirements, as well as form this year's dry grad parent committee.



MySchoolDay APP (HoneyGarlic Software)

The MySchoolDay app is the primary method that Hawks will be using to keep track of their schedules, learn about important events in the school, and hear about upcoming events. But it is not just for students! Parents can download the app from the Apple store or on Google Play to also keep track of what is happening at the school.

How to help your student come to school ready to learn:

- 1) Establish a routine. Set consistent bedtimes and wake-up schedules for adequate rest.
- 2) Provide nutritious food. Offer healthy meals and snacks to fuel their body and brain.
- 3) Encourage a positive mindset. Support your child emotionally and foster a positive attitude about learning and school.
- 4) Communicate with teachers. Stay informed about your child's progress.
- 5) Encourage physical activity. Support regular exercises to boost overall well-being and readiness for learning.

Self-Care Mondays

This week's self-care tip is about: Sunsets

Studies show that taking the time to experience natural beauty, such as a sunset, can make you feel better, increase your generosity, and enhance your life satisfaction. It is about dropping all you are doing and appreciating the beauty of the moment. So, take that time today to appreciate the beauty of nature and if you can, watch a sunset, look at the trees and the sky, listen to the wind and really pay attention to what you see, hear, and feel.

<https://www.psychologytoday.com/ca/blog/minding-the-body/201407/how-admiring-the-sunset-changes-you-the-better>

Activities to try with classes: <https://www.naturewise.com/blogs/blog/3-outdoor-mindfulness-activities-to-do-in-nature>



Character Word of the Week: Awareness

Awareness means being informed about school, community and global issues, identifying with the needs of others and considering all points of view.

How it can look when put into action:

- Learning about other cultures.
- Including everyone and sharing.
- Seeking fairness and equity for all
- Having self-control.
- Volunteering to help.
- Showing gratitude.
- Finding your passion.
- Taking initiative.



The Thrive Corner

Did you know: This is the start of the Sto:lo New Year. Tempo:kw' means "time for Chehalis Spring Salmon"; "tem" means time or season and po:kw' means Chehalis River Spring salmon. This type of salmon begins to run about October and is smoke dried in smokehouses during this month. Spirit dancing begins during this time. The Sto:lo are making snowshoes, butchering their meats, smoking salmon, and having gatherings in their Longhouse. Learn more:

<https://indigenous.abbyschools.ca/node/54592>

Miigwech.

September is Hydrate for Good Health Month

Did you know that water is essential to maintain a normal body temperature, to cushion your joints and to help remove waste and other toxins from the body? Additionally, dehydration stresses the body and can increase feelings of depression and anxiety. SO, DRINK YOUR WATER TO FEEL BETTER BOTH MENTALLY AND PHYSICALLY. It is recommended that we drink at least half our body weight in ounces of water each day.



Coming Up Next Week

Monday, September 16

- ABCD
- PAC Meeting at 7 pm in library

Tuesday, September 17

- CDBA
- Lockdown Drill

Wednesday, September 18

- BADC

Thursday, September 19

- DCAB

Friday, September 20

- ABCD
- Club Fair @ lunch in Gym
- Varsity Football @ Rotary 7pm