



News from the Nest

September 16 - 20 – Parent Edition



Spotlight on Learning: Game Inquiry Project

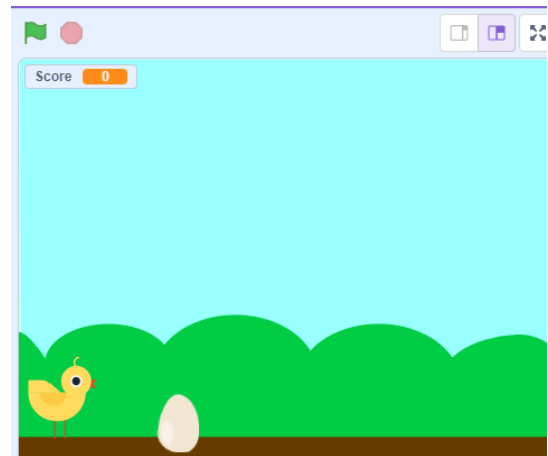
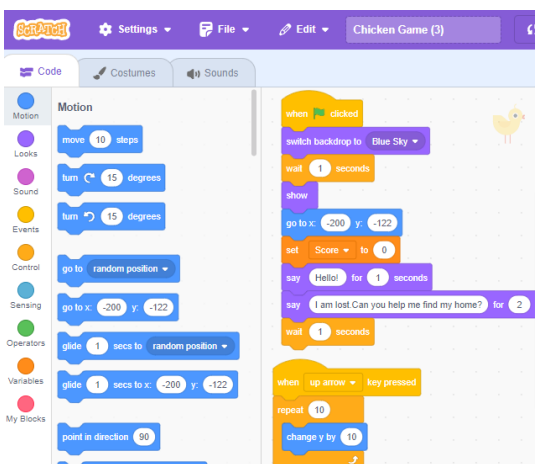
Presented by: *Ms. Megan Bocker*

Course: *Computer Programming 11*

Driving Question: Design and create an original game that showcases creativity, problem-solving, and effective game mechanics.

TEACHER DESCRIPTION and / or REFLECTION: This is one of the most enjoyed activities in the course. Students learn so much by applying their own game preferences with the knowledge they have accumulated throughout the course.

STUDENT REFLECTION: I find this game inquiry project challenging because I never created a game, and it was my first time doing it. So, by combining ideas and adding to my imagination I created this game. It was hard but it was nice to learn something new.



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.

**MEET THE
TEACHER**



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.



Grad Cruise 2025



ATTENTION ALL GRADS and GRAD PARENTS! Grad cruise tickets go up on schoolcashionline on Monday at 8am SHARP. There are only 206 tickets available so it is first come first serve. Mark it in your calendar. Attendance and conduct count. Administration reserves the right to revoke a ticket if you are not meeting expectations. We are looking forward to celebrating our grad class of 2025 on the cruise on October 17. **The cost is \$115.** The bus will be leaving at 4 pm.

Canadian University Event

The Canadian University Event is coming to Mouat on **Tuesday, Sept. 24 from 6:00-8:00pm.** This is a great opportunity to meet representatives from universities from across Canada, 48 institutions in total. This will save travel expenses; you will get a personal connection and a chance to ask questions and perhaps collect some swag. The event is open to students in all grades with or without parents. See Ms. Solgaard for a complete list of participating institutions.

Self-Care Mondays

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!**

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

Activities to boost self-compassion:

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

Your WJ Mouat Admin Team

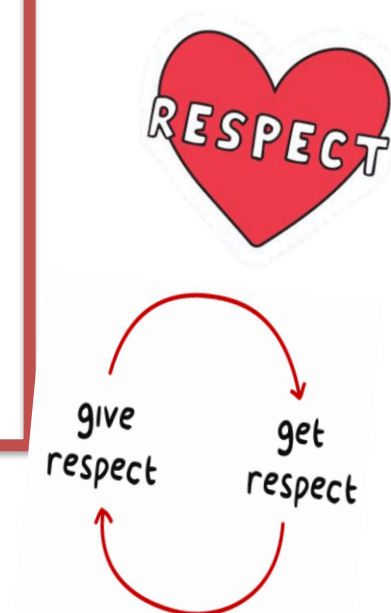


Character Word of the Week: RESPECT

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.



The Thrive Corner

Tiny Moccasins

Every tiny moccasin represents a child who did not come home from residential school. Our intention with having them hanging in the main hall is to start meaningful conversation and give these children and families the voice that was taken from them. 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.



Ways You Can Support PAC



Drop-off your empties to any Return-It Express location.
No sorting or line-ups!
Account Number:
956-682-8722
WJMOUATPAC

Bag labels can be picked up from the school office or printed at R&T Depot: Unit 23, 31550 South Fraser Way



Shop at Cobs on either Gladwin Road or Mt. Lehman Road.
Mention you're Raising Dough for WJ Mouat.
5% of your purchase will be donated back to Mouat PAC!

Cobs Bread Locations:
Unit 111, 2777 Gladwin Road, or
H175-3122 Mt. Lehman Road

Please help us keep our GREEN BINS in use as they generate monthly income for Mouat PAC!

THE BINS ACCEPT

- Clothing
- Shoes
- Purses
- Stuffies
- Linens

in good clean condition



Coming Up Next Week

Monday, September 23

- ABCD
- Cross Country Meet @ Aldergrove Bowl
- Senior girls Volleyball @ Brookwood @ 8 pm

Tuesday, September 24

- CDBA
- Senior Boys Soccer @ Langley @ 3:30 pm
- Canadian University Fair @ 6 pm

Wednesday, September 25

- BADC
- Grade 10 Girls Volleyball @ ACS @ 3:15 pm
- Grade 9 Girls Volleyball @ ATS @ 3:15 pm
- Tier 2 Girls Volleyball vs Imagine @ 8 pm
- Meet the Teacher @ 6 pm (big gym)
- Grad Parent Meeting @ 7 pm (theatre)

Thursday, September 26

- DCAB
- Orange Shirt Day
- Junior Football vs South Delta @ 3 pm
- Senior Boys Soccer vs Walnut Grove @ 3:30 pm
- Senior Girls Volleyball vs Mission @ 8 pm

Friday, September 27

- No school- Pro-D day
- Junior Girls Volleyball Tournament

Saturday, September 28

- Varsity Football @ South Delta @ 1:30 pm
- Junior Girls Volleyball Tournament