



# News from the Nest

September 23 - 27 – Parent Edition



## Spotlight on Learning: Debate: BC is Not a Racist Province

Presented by: *Mr. Matt Born*

Course: *Social Justice 12*

Driving Question: What factors led to changes or continuities affecting groups of people differently? Compare how different groups benefitted or suffered because of a particular change?

Teacher Description and / or Reflection: Reflecting on the unit and the culminating debate on, “BC is not a racist province,” the topic is both complex and sensitive. As an educator, I am continually reminded that such discussions require a skillfully navigated balance of providing opportunities for inquiry, fostering open dialogue, and ensuring a respectful environment where all students have a voice.

The debate brought to light various perspectives, highlighting the importance of understanding racism not simply as individual acts of prejudice, but as systemic issues that affect communities.



Students showcased their knowledge and were engaged in critical thinking about societal issues, reflecting on historical and contemporary contexts of racism in British Columbia.



Overall, the debate served as a valuable learning experience, not only for the students but also for me, in understanding the dynamics of classroom discussions on sensitive topics. This has

been a great opportunity to reflect on my teaching practices and the impact of these conversations on student perspectives and community awareness.

## Meet The Teacher Night – Tuesday, September 25

We are thrilled to report that our **Meet the Teacher** event was a resounding success! Thank you to all the families who attended and took the time to connect with our amazing teaching staff. It was a pleasure to welcome you into our school community and share our plans for an exciting and productive school year.



The evening was filled with positive energy, as parents, students, and teachers engaged in meaningful conversations about the upcoming year. Our teachers enjoyed meeting you and discussing how we can work together to support your children’s learning and well-being.

Your involvement is a key part of our success, and we’re excited to continue building strong partnerships with you throughout the year. If you were unable to attend, or if you have any further questions, please don’t hesitate to reach out to your child’s teacher. We’re here to ensure this school year is a positive experience for everyone.

### **Grad Parent Night**

We are excited to share that our **Grad Parent Night** was a huge success! Thank you to all the parents and guardians who attended and contributed to an informative and engaging evening. It was a fantastic opportunity to discuss the exciting journey ahead as our graduating students prepare for this important milestone in their lives.

The night covered graduation requirements, post-secondary pathways, and key dates to keep in mind. Our counselors shared information about scholarships and provided resources to help you and your child navigate this pivotal year.



We're grateful for your continued involvement and support as we work together to ensure a smooth and successful graduation experience for all our students. If you were unable to attend or have any follow-up questions, please feel free to reach out to our team—we are here to assist you every step of the way. We look forward to celebrating your child's accomplishments in the months ahead!

### **Picture Retake Day is October 2/24**

Vibrant photos will be back at WJ Mouat on Wednesday, October 2 to take photo retakes if you qualify. Reasons to take a photo retake are if you missed the original photo day, had a poor expression, your mouth open, eyes shut, messy hair or had glass glare. If you are coming to the camera for any other reason, it must be with the intention of buying a photo package from this second photo session. All students coming to the camera for this final photo day to have their photo **REDONE**, will be charged a \$5 fee that will be used towards your photo package purchase and is non-refundable if not used. You do not pay the \$5 fee if you missed the original photo day or for the reasons listed above.

You need to sign up prior to getting your photo retaken at the vibrant photo website. Information was sent home via synervoice on Friday and is on our website.

### **Rules for Parking Lot in Front of the School**

Just a reminder about some rules for the parking lot in front of the school in the mornings and afterschool. There are in fact 2 lanes that enter our school by Trethewey Street. A left lane into staff & guest parking and a right lane into drive through in front of the school. It is never a good idea to switch lanes when pulling into the front of the school as another car is turning as well. We have had several near accidents and people getting upset at each other due to this. Please also note that when exiting the front parking lot that there are also 2 lanes. Please turn left if you are in the inside lane and turn right if you are on the outside lane. Again, please do not switch lanes when exiting.

Also be careful when turning left off Mouat Drive onto Trethewey Street. We have at least one accident every month as cars in the inside lane do not see the car turning left. We encourage you to turn right and take the longer way around in the morning and afters school as it is safer. Thank-you in advance for following these rules for the front parking lot.

### **It Happened Last Week - A Week in the Life of the WJ Mouat Teacher**

- Taught 4 classes daily across various grades and subjects, in different classrooms tailoring lessons to meet diverse learning needs.
- Managed classroom routines, including attendance, grading, and providing feedback on assignments.
- Planned lessons during prep time (If my prep is in this semester), meeting curriculum standards while integrating technology and engaging activities.
- Participated in department meetings, collaborating with colleagues on instructional strategies and student success.
- Supervised students during transitions ensuring a safe and respectful environment.
- Held one-on-one meetings with students needing extra support or help with academic progress.
- Attended Meet The Teacher Night and participated in pro-d to improve my practice.
- Engaged with parents via emails, phone calls, or meetings, keeping communication open regarding student progress or concerns.
- Help coach, supervise school events, teams or clubs, enriching the student experience outside the classroom.
- Supported students' well-being by creating a positive classroom culture and addressing behavioral challenges as well as engaging in SEL activities.
- Still ended my week with a smile.

### **Self-Care Mondays**

October 2:

This week's self-care tip is about: **The Smartphone or Social Media Diet**



Studies show that a reduction of smartphone use by just one hour per day for one week can result in long-term reduced smartphone use, as well as reduced depression and anxiety, and improved physical activity and life satisfaction. So, why not ditch that phone for just one hour a day. We DARE you to try it, or does your phone CONTROL you? Turn it off right now for one hour and see how it feels.

<https://www.verywellmind.com/reducing-smartphone-use-can-improve-mental-health-5271918>

Strategies to help curb your smartphone addiction: <https://www.cnbc.com/2018/01/03/how-to-curb-you-smartphone-addiction-in-2018.html>

### **Character Word of the Week: Responsibility**

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



### **The Thrive Corner**

#### **National Day for Truth and Reconciliation**

The National Day for Truth and Reconciliation is observed on September 30th each year. The day honors the lost children and Survivors of Canada's residential schools, their families, and communities. It is a direct response to Calls to Action from the Truth and Reconciliation Commission of Canada (TRC), which examined the legacy of the Indian Residential School system that operated for over a century in Canada.

Residential schools, funded by the government and run mostly by churches, forcibly removed Indigenous children from their families and communities. These schools aimed to assimilate Indigenous children into Euro-Canadian culture, often through abusive and dehumanizing methods. Many children suffered physical, emotional, and sexual abuse, and thousands are believed to have died as a result of mistreatment, neglect, or disease. The establishment of Truth and Reconciliation Day is part of Canada's effort to acknowledge the lasting trauma caused by these schools and work towards healing. It is a day for all Canadians to reflect on this dark chapter of history, learn about the ongoing impacts of colonialism, and commit to meaningful action toward reconciliation with Indigenous Peoples.

#### **Orange Shirt Day**

September 30th is also Orange Shirt Day, which originated in 2013 as a grassroots movement. The day was inspired by the story of Phyllis Webstad, a residential school Survivor who, as a child, had her new orange shirt taken away on her first day at a residential school. The orange shirt has since become a symbol of the stripping away of culture, freedom, and self-esteem experienced by Indigenous children over generations.

This day is an opportunity for education, reflection, and building stronger relationships between Indigenous and non-Indigenous people in the spirit of reconciliation. Many people wear orange to show solidarity and remember the children who were affected by these schools.

We celebrated Orange Shirt Day at WJ Mouat on Thursday, September 26<sup>th</sup> as Friday was a pro-d day and Monday is a holiday. Miigwech.

Your WJ Mouat Admin Team

## Coming Up Next Week

### Monday, September 30

- No school
- National Day for Truth & Reconciliation

### Tuesday, October 1

- CDBA
- Senior Boys Soccer @ RE Mountain @ 3:30 pm
- Senior Girls Volleyball @ GW Graham @ 6 pm

### Wednesday, October 2

- BADC
- Photo Retake Day
- Junior Football at west Van @ 3 pm
- Campbell Valley Cross Country Meet @ 3:00 pm
- Grade 10 Girls Volleyball @ SJB @ 3:15 pm
- Grade 9 Girls Volleyball @ Mouat @ 3:15 pm
- Tier 2 Girls Volleyball vs Hansen at Aldergrove @ 6 pm

### Thursday, October 3

- DDCAB (Hawk Day Schedule)
- Teacher Appreciation Day
- Athletic Kickoff Pep Rally (Second Block D)
- Senior Boys Soccer vs GW Graham @ 3:30 pm
- Senior Girls Volleyball vs Walnut Grove @ 8 pm

### Friday, October 4

- BADC
- Varsity Football vs Kelowna at Howe

### Ways You Can Support PAC



Drop-off your empties at 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*

