



# News from the Nest

September 30 – October 4 – Parent Edition



## Spotlight on Learning: Calculus Bridge Project

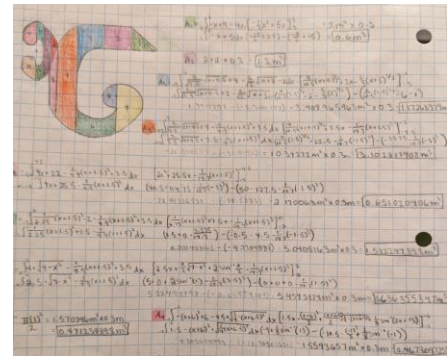
Presented by: *Ms. Karen Bowater*

Course: *Calculus 12*

Driving Question: To create a bridge structure by graphing and transforming functions and then to use their Calculus integration skills to calculate the area and volumes of their structures.

Teacher Description and / or Reflection: I'm always amazed to see the depth and breadth of the work that my students put into this project. They take the integration skills that have been taught in class and go above and beyond my expectations and the curriculum.

Student Reflection: The infamous bridge project was a hands-on way of applying integration techniques to plan a strong structure. It was the "bridge" ;) between the theory we learned in class, and practice. This project was difficult at times, however, once it was completed, it was incredibly rewarding!



## Monthly Recap

The first month of school was a busy one for staff and students! We had our first grad council meeting, 3 emergency drills, Canadian University Night, grade assemblies, photo day and retakes, an international lunch, grad parent meeting, meet the teacher night, Orange shirt day, pep rally, 2 fun Fridays, PAC meeting and a professional development day.

On the athletic side of things, our student athletes have been leaving it on the field and in the gym. The senior boy's soccer team is off to a great start with a 4-0 record. They beat Langley 2-0, Abby 3-1, RE Mountain 1-0, and GW Graham 4-1. The junior boy's soccer team played their first game against DW Poppy and lost 3-0.

The #4 ranked senior boys football team is sitting with a 4-1 record. They beat Centennial 26-14, Robert Bateman 25-6, Mount Doug 42-6, Terry Fox 62-17 and lost to South Delta 31-21 last week. They host Kelowna at 7 pm on Friday at the Howe field. The junior boys football team is learning the game with a lot of new players that have never played. They have a 1-3 record. They beat West Van 26-20 on Wednesday and have lost to Carson Graham 36-22, Terry Fox 43-0 and South Delta 27-8.

The cross-country team has competed in 4 races so far. The team was at the multi-zone Campbell Valley Cross Country meet on Wednesday. It was a beautiful course, and a few of our team members got their personal best times for the season! Norah Guynup came in at 24<sup>th</sup> out of 135 runners in the 4km race, brother Marek was 42<sup>nd</sup> in his race of 98 people in the 5km. Juniors Quentin Haffner, Micah Lanigan and Sukhleen Gill all had amazing times, and seniors Josiah Lanigan, Konrad Rothmann and Jeanne Grotto found their stride as well.

On the volleyball court our 4 girls' teams are working hard. The Senior girls team has a 0-4 record so far in a hard league with losses to Brookwood, Mission, GW Graham and Walnut Grove. The girls finished second in the silver bracket of the Ice Breaker tournament and in the consolation side of the City Classic and TWU tournaments. The girls are off to San Diego next week for a tournament. The Tier 2 Girls team is off to 1-1 record with a win over Imagine and a loss to Abby. The grade 9 and junior girls' teams are still learning the game. The juniors are off to a 5-3 start and the grade 9's are sitting with a 4-3 record. Both teams are in Kelowna this weekend for the Best in the West Tournament.

### **World Teachers' Day**

We join the global community in celebrating World Teachers' Day—a day to recognize and honor the incredible work that teachers do every single day to shape the future of our world. At WJ Mouat, we are fortunate to have an outstanding team of teachers who are committed to nurturing curiosity, sparking creativity, and empowering students to achieve their best. Their dedication, expertise, and unwavering passion for education make a lasting impact not only in our classrooms but in the lives of students far beyond.

To all of our teachers, thank you for your commitment, your passion, and for making learning an inspiring journey for our students. You are truly appreciated, today and every day! Our teachers do more than just teach—they inspire, mentor, and guide. Every day, they shape the future, nurturing the potential in each student and creating a supportive and encouraging environment where all can thrive.

### **Student of the Month**

Every month, students are nominated to be the student of the month by teachers. Students are nominated by how they demonstrate the Mouat character traits of teamwork, respect, integrity, caring, responsibility and awareness as well as committing to:

1. Showing respect for other students, staff, school rules and property.
2. Having a positive influence on self and others.
3. Having achieved a distinguished position either in the classroom, sports or within his/ her life.
4. Having been a community helper/ volunteer.
5. Showing a willingness to challenge his/herself by working to achieve more than what is expected.



Landon O'Neill is our September Student of the Month. His nominating teachers described him as an absolute joy inside and outside of the classroom. As well, Landon is highly respected and tremendously kind to others. He leads with integrity and is a very positive role model. Landon is also involved in student leadership, and he truly leads by example. Congratulations Landon!

### **Athletics Kickoff Pep Rally**

On Thursday, October 3 the Mouat gymnasium was filled with excitement as students, staff, and athletes gathered for the much-anticipated Athletics Kickoff Pep Rally. The event marked the start of the fall sports season, celebrating our school's athletes, teams and igniting school spirit.

The rally kicked off with Mr. Gibson and Mr. Perry leading the student body in some cheers and a sing along to "Don't Stop Believing". The cheerleaders then energized the crowd with a spirited routine. The atmosphere was electric as students roared in support of their teams, decked out in school colors. After the lively introduction, each of the fall sports teams – including football, soccer, volleyball, cross country, and swimming – were introduced to a rousing applause. The team captains took the stage to share their excitement for the season, encouraging their fellow students to come out and support them at their upcoming games and meets. To add even more fun to the event, athletes participated in a series of contests against teachers based on the Pros vs Joes tv show. The friendly competition brought laughter and unity as everyone joined together to celebrate the start of the season.

The Athletics Kickoff Pep Rally set the tone for a season of school pride and athletic achievement. As students filed out of the gym, the excitement was palpable – everyone was ready to hit the stands and cheer on their Hawk teams. Here's to a fantastic fall sports season!



### **Club Fair Success**

Club Fair took place on Friday, September 20 at lunch in the large gym with 28 diverse opportunities for students to participate to enrich their high school experience. Thank you to the staff and students who participated – listen to announcements to find out about meeting dates. Also, a big thank-you to all the coaches and sponsors who give up their time to run the various clubs and teams.



### **A Look at Who Makes Up WJ Mouat**

Our current school population is at about 1520 students. Here's a breakdown of who's who:

- 59 students are participating in our International Student Program.
- 10 different countries are represented including Chile, Germany, Denmark, Spain, France, Italy, Japan, Korea and Mexico.
- 139 students participate in our ELL program.
- 126 students identify as Indigenous.
- The top languages spoken at home by our students and families are:
  - English (663 families)
  - Punjabi (507 families)
  - Arabic (68 families)
  - Spanish (39 families)
  - Tagalog (25 families)
  - Hindi (23 families)
  - Portuguese (15 families)
  - Japanese (14 families)

### Provincial Assessments

Provincial Assessments are mandatory and part of the graduation program. Students must complete Literacy 10 and 12 as well as Numeracy 10 prior to being eligible to graduate. Assessments results can be found on students' MyEd profile approximately 1 month after writing the exams. Provincial assessments are written electronically. The scheduled dates for this school year are:

- 1) October 28 – November 5
- 2) January 13 – January 24
- 3) April 7 – April 11
- 4) June 2 – June 13

### It Happened Last Week - A Week in the Life of an Educational Assistant at WJ Mouat

- Educational Assistants typically work in classrooms alongside teachers to specific support students
- They start each day preparing materials and resources to support the students assigned to their caseload.
- They work one-on-one or in small groups with students who need extra help, whether academically or behaviorally, providing tailored support.
- They assist teachers in the classroom by helping students with their work, focusing on personalized learning plans.
- **Assist with Learning:** They help students understand lessons, provide individualized instruction, and sometimes help with modifying assignments.
- **Behavioral Support:** EAs assist in managing behavior, helping students stay on task, and providing strategies to manage emotions or social situations.
- **Physical Support:** Some EAs may help with mobility, feeding, or personal care for students with physical challenges.
- **Accommodations:** Implementing accommodations, such as providing assistive technology, note-taking, or sensory breaks, for students who need them.
- Supervise students during transitions, recess, and lunch to ensure they are safe and engaged in appropriate activities.
- Attend to Individual Education Plans.
- Some of the challenges faced by EA's are:
  - 1) **Diverse Student Needs:** Every student has unique needs, which requires flexibility and adaptability.
  - 2) **Emotional Demands:** Supporting students with behavioral or emotional difficulties can be emotionally draining at times.
  - 3) **Physical Demands:** Some EAs support students with physical disabilities, which may involve lifting, helping with equipment, or personal care.
  - 4) **Balancing Multiple Students:** In some classrooms, EAs may work with multiple students who have a range of needs, requiring strong time management and multitasking skills.
- Educational Assistants play a crucial role in supporting inclusive education, providing hands-on, day-to-day assistance that helps students with diverse needs thrive in the classroom environment.

### **Self-Care Mondays**

October 7:

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

### **Yoga**

Now how can chair yoga benefit you? By focusing on your movement, your breathing, and how your body is reacting to the exercise creates a kind of moving meditation that promotes relaxation, reduces stress, and improves mental clarity. Like other forms of exercise, seated yoga may also help improve mood, your confidence and relieve anxiety and depression. As a bonus, it can help clear your mind so that you're ready for new learning!

So, teachers, give it a try today in class!



<https://globalhealthaging.org/2021/03/04/chair-yoga-for-strength-balance-and-mental-health/>

A short chair yoga video to do in class or at home:

<https://drive.google.com/file/d/15B0WZuO2VO2mDPaa-kug9JSWFNRgrDbH/view?usp=sharing>

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

Integrity is a commitment to honesty that is clear because actions are consistent with stated beliefs or promises. Honest, truthful, trustworthy people have integrity.

*How it can look when put into action:*

- Doing the right thing even when no one is watching.
- Telling the truth.
- Producing work that is honest and sincere.
- Keeping confidences.
- Keeping promises and commitments.
- Communicating honestly, openly and respectfully.



### News from Thrive

**Temkw'ó:lexw** Dog Salmon time : September 15 - October 25

The names of the months each have a meaning. The first month is **Tempó:kw** which means "time for Chehalis Spring Salmon"; **tem** means time or season and **pó:kw** means Chehalis River Spring salmon. This type of salmon begins to run about October and is smoke dried in smokehouses during this month.

Also, the first Thrive Family Gathering Dinner is on October 10th in the cafeteria from 5:30pm – 7:00pm. The Thrive Family Gatherings are a wonderful time where we can all come together and share a meal, some laughs and of course some giveaways. It takes a village, and we like to build those strong connections to wrap around our students and lift them up. This is also a time our Thrive leadership serves our community, it is an honour to take care of our elders and families, it is our leadership who hosts, cooks, and runs our family gatherings. This family gathering will have a focus on our littles with drumming, medicine bag teachings and activities, and face painting. Don't worry, we have bingo for the adults. Miigwech.

### October: Vitamins For Vitality Month

You probably know that the food you eat affects your body. Many studies have shown the connection between your food choices and your overall health. Proper nutrition keeps skin, teeth, and eyes healthy, supports muscles, boosts immunity, strengthens bones and helps reduce the risk of diabetes, heart disease and other chronic illnesses. New research finds that your food choices may also affect your mood and mental health. You should eat foods that contain vitamins and minerals. This includes fruits, vegetables, whole grains, dairy, and a source of protein. It's not easy for everyone to eat healthy but you CAN make better choices for yourself!



## Coming Up Next Week

### Monday, October 7

- ABCD
- Junior Boys Soccer vs Brookwood at Mouat at 3:30 pm
- Senior Girls Tier 2 Volleyball vs GW Graham @ Imagine at 6 pm

### Tuesday, October 8

- CDBA
- Island 22 Cross-Country Meet @ Chilliwack at 4 pm
- Senior Boys Soccer vs Walnut Grove @ 3:30 pm
- Senior Girls Volleyball vs Chilliwack @ Mission at 6 pm

### Wednesday, October 9

- BADC
- See Something, Say Something Grade 10 Assembly
- Grade 9 & Junior Girls Volleyball @ Mouat at 3:30 pm
- Junior Boys Soccer at Chilliwack at 3:30 pm

### Thursday, October 10

- DCAB
- Junior Football @ Abby Senior at 3 pm
- Thrive Family Gathering at 5:30 pm

### Friday, October 11

- DCAB
- Varsity Football at GW Graham at 4:30 pm

## 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
- Stuffed
- Linens

*in good clean condition*

