



# News from the Nest

October 7 – October 11/24 – Parent Edition



## Spotlight on Learning: How to Survive in 2023?

Presented by: *Ms. Nancy Castonguay*

Course: *Français Langue 12*

Driving Question: How can we strive to navigate in an ever changing, complex and technology reliant world? How to survive in 2023?

**Part 1:** With your partner, create an evaluation grid using descriptive language for each level of accomplishment to help you target the essential characteristics of the task at hand.

**Part 2:** Work towards achieving the criteria established in your evaluation grid. Put together a presentation.

**Part 3:** Presentation / self-assessment/ reflection:

Teacher Description and / or Reflection: Young adults have never been as aware of the impact of a changing and complex world as they are now. They are constantly searching for ways to navigate life. In this project students identified some of the challenges they face as young adults preparing to move into their post-secondary lives. They searched for way sto make challenges more easily manageable.

Student Reflection: I've learned that I need to be better at avoiding procrastination. Since my teammates depended on me, I knew it was important for me to keep up with their pace of work. This meant that I had to work on the project sooner than I would have done individually. It ended up working in my favor, and I was reassured to know that I had done it all, a feeling I rarely experience as projects.

## Happy Thanksgiving from WJ Mouat

As Thanksgiving Day approaches, we reflect on the many things we are thankful for within our school community. Thanksgiving is a time to come together, share moments of kindness, and appreciate the people and opportunities around us.

At WJ Mouat, we are thankful for our amazing students, dedicated staff, and supportive families. Your ongoing efforts and contributions make our school a warm and welcoming place for all. Let's continue to lift each other up as we head into the holiday.

Just a reminder, school will be closed on Monday, October 14 for Thanksgiving Day. We hope everyone has a safe and restful holiday spent with family and friends.



Happy Thanksgiving! 🍁🐔

### Weekly Athletic Recap

Our athletic teams had another busy week of action. The senior boy's soccer team played Walnut Grove on Tuesday and lost their first game 2-1. The junior boy's soccer team played their second and third games of the season against Brookwood on Monday losing 2-0 and Chilliwack on Wednesday also losing 3-2.

The #5 ranked senior boys football team is sitting with a 5-1 record. They beat Kelowna last Friday 28-14. The boys play GW Graham at 4:30 pm at Exhibition Park in Chilliwack on Friday. This game is the BCHS Game of the Week. GW is ranked #7. Currently, Elijah Black leads the Province in Passing TDS and Passing Yards, Max Pratt is 3rd in receiving yards and first in TDS, Santiago Llarena is 4th in receiving yards and Joel Mueller is currently 4<sup>th</sup> in rushing yards. The junior boys football team played Abby Senior on Thursday and won 14-0.

The cross-country team did not compete this week.

On the volleyball court our 4 girls' teams were busy as well. The Senior girls team played Chilliwack on Tuesday and lost in 3 sets. The girls left on Wednesday morning for San Diego for a tournament and are back on Tuesday. Good luck to them on a great experience and thank-you to Mr. Rahe for all his work in organizing the trip. The Tier 2 Girls team beat Rick Hansen last week and lost to GW Graham on Monday. The juniors and the grade 9's both played at home against Yale 9's and Mission. The Juniors went 3-0 by beating Yale 9's, Mission & Mouat 9's. The 9's went 1-2 by beating Mission and losing to Yale 9's & Mouat juniors. Both teams were in Kelowna last weekend for the Best in the West Tournament and the junior girls finished 3<sup>rd</sup> out of 40 teams.

### Grad Cruise – Thursday, October 17<sup>th</sup>

All GRADS who have purchased a ticket must have ID with them and arrive at WJ Mouat at 3:45pm to load the busses to go to the boat. The cruise will be about 3 hours with food, dancing and lots of opportunity to take pictures. Grade 12's NEED to be in attendance for the full day-- it is not a day off for Grads! Reminder that all school rules apply and participation in further grad events may be in jeopardy for any infractions. This is a semi-formal event, and it will be cool in the evening so please bring a warm jacket!



### September Athletes of the Month

We are thrilled to announce and celebrate our **Athletes of the Month** for September! These students have shown exceptional dedication, teamwork, and sportsmanship, both on and off the field. These students exemplify what it means to be dedicated athletes and teammates. As well as being positive examples of our Athletic Code of Conduct. Their commitment to excellence and hard work sets a fantastic example for all. Congratulations to our September Athletes of the Month! 🎉

1) Junior Girls	Norah Guynup	Cross Country
2) Junior Boys	Jaxton Miller	Football
3) Senior Girls	Jorja Bacon	Volleyball
4) Senior Boys	Santiago Llarena	Football

### Attendance

As we head into the second month of the 2024-2025 school year, administration and counsellors will be taking a look at the students who have missed class time, contacting students, and be contacting home. In extreme cases, disciplinary action will occur. Think one or two classes a week isn't a lot? It all adds up!

Interventions from WJ Mouat staff will be:

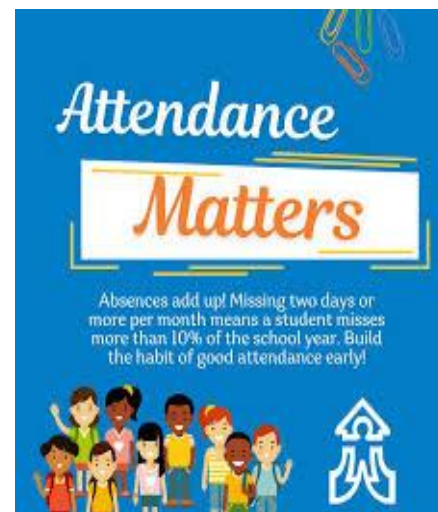
Step 1: Teacher conversation

Step 2: Teacher consequence

Step 3: Admin intervention which includes a conversation and a phone call home

Step 4: Attendance letter home

Step 5: Attendance card or other consequences by admin



### Parent-Teacher Interviews

Save the Date! The time is quickly approaching for Parent-Teacher interviews which occur on October 23rd and 24th (with October 25th being the Provincial Pro-D Day.) Early dismissal will occur on the 23rd and 24th. Students will be dismissed at 11:15 am. Teachers will be reaching out to parents about students they are concerned about. If you would like to discuss your child's progress, please email their teacher.



### It Happened Last Week - A Week in the Life of a WJ Mouat Custodian

- Start early each day to ensure hallways, classrooms, and communal areas are clean and ready for students and staff.
- Perform daily cleaning of high-traffic areas, including wiping down desks, sweeping floors, and maintaining washrooms.
- Set up and take down chairs, tables, and equipment for assemblies, meetings, and after-school events.
- Respond to maintenance requests, such as repairing broken lockers, light fixtures, or plumbing issues.
- Ensure the school grounds are safe and free of hazards, including inspecting outdoor areas, removing trash, and maintaining walkways.
- Regularly check and replenish supplies such as hand sanitizer, soap, and paper towels in washrooms and classrooms.
- Conduct routine deep cleaning tasks, including vacuuming carpets, scrubbing floors, and sanitizing high-touch surfaces.
- Work with the administrative team to address urgent maintenance needs and ensure compliance with health and safety regulations.
- Handle unexpected issues such as spills, broken equipment, or emergencies, ensuring the school runs smoothly for everyone.

## **Self-Care Mondays**

October 14: This week's self-care tip is about: **Deep Breathing**

Deep breathing has several benefits to us. It helps to reduce our heartrate after exercise. It helps us digest our food. Deep breathing also helps to calm us and helps improve our focus. Practicing deep breathing can be of tremendous benefit just before writing a test to help sharpen our focus as well as to reduce some anxiety. Give it a try today!

<https://www.healthline.com/health/diaphragmatic-breathing>

<https://www.verywellmind.com/the-benefits-of-deep-breathing-5208001>



A short activity to try: Square breathing activity

<https://drive.google.com/file/d/1szHqOLLGwiEFldLdFS5f6A4CaS0fxMcZ/view?usp=sharing>

## **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

## **News from Thrive**

History is fun: The Stó:lō "People of the River".

As part of a larger First Nations group, the Coast Salish Peoples of the Pacific Northwest, much of their traditional lifestyle is based around the subsistence gathering of local plants, hunting, fishing, and trading goods with other Coast Salish Peoples. Did you know the school grounds and sport fields were once full of moose and game? Can you picture a game of moose soccer? Miigwech.

**Family Gathering:** A huge thank you to Ms. Brown, Ms. Bird and our Indigenous leadership crew for organizing such a welcoming and fun Indigenous Family Gathering on Thursday. From drumming and ice cream to bingo and art, it was a fantastic event and a full house with full hearts..... and very full bellies. Also, a big thanks to Chef Gerry for preparing and serving the food. We even saw non-Indigenous families joining in, adding to the tremendous sense of community. Thanks again to our Indigenous Education Team for a job well done.



Your WJ Mouat Admin Team

## Coming Up Next Week

### Monday, October 14

- Thanksgiving Day-NO SCHOOL

### Tuesday, October 15

- CDBA
- Aldergrove Bowl Cross-Country Meet at 3:45
- Senior Boys Soccer at Yale at 3:30 pm

### Wednesday, October 16

- BADC
- Grade 9 Girls Volleyball at Bateman at 3:15 pm
- Junior Girls Volleyball at Mouat at 3:15 pm
- Junior Boys Soccer vs RE Mountain at 3:30 pm
- Senior Girls' Volleyball vs Langley at Chilliwack at 6 pm
- Tier 2 Girls Volleyball vs High Road at Abby at 6 pm

### Thursday, October 17

- DCAB
- Junior Football vs Sardis at Howe at 3:00 pm
- Senior Boys Soccer vs Sardis at 3:30 pm
- Senior Girls' Volleyball at RE Mountain at 6 pm
- Grad Cruise 3:45pm to 10:30 pm (we ask that students arrive at 3:45pm)

### Friday, October 18

- ABCD

### Saturday, October 19

- Varsity Football at Rutland in Kelowna at 1:30 pm
- Provincial Election. Get Out and Vote!

## 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
- Stuffedies
- Linens

*in good clean condition*

