



News from the Nest

October 15 – October 18/24 – Parent



Spotlight on Learning:

What is the history of Snauq (False Creek) and its importance to First Nations communities? How did the change of Snauq affect First Nations people?

Presented by: Rachel Coan

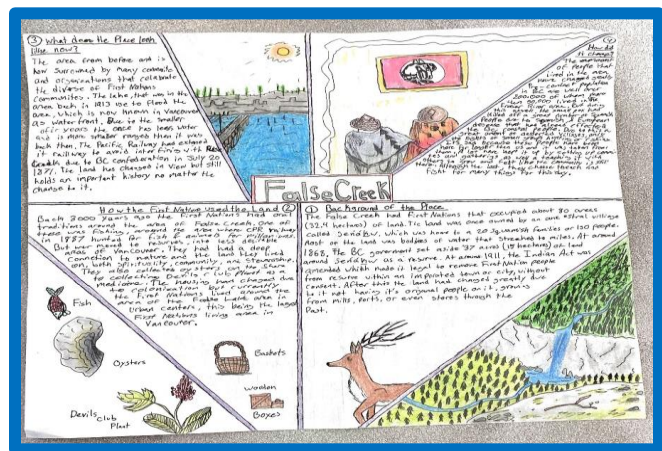
Subject: English First Peoples 12 (Connect)

TEACHER DESCRIPTION:

In a recent assignment for our short story unit in English First Peoples 12, we focused on False Creek as a setting for one of our stories. Students were tasked with conducting their own research of the False Creek area and finding out the significance of this place to First Nations peoples. This assignment served as a precursor to reading the short story “Goodbye, Snauq” by Lee Maracle. Students explored various sources to gather information, and once the information was recorded, students decided how they wanted to share this information. Some of the ways students did this was through a podcast, poem, drawing/painting, one pager, etc. I was very impressed to see some of the many creative ways students displayed their learning! The result of this project was a diverse range of presentations. This project also helped students really understand the meaning behind the title of the short story. After this project and reading the short story, we spent time as a class reflecting on Lee Maracle’s choice of titling it “Goodbye, Snauq” which resulted in a powerful discussion with my 12’s.

STUDENT REFLECTION:

I chose to create a one-pager for this short story project. Before researching about Snauq (False Creek), I did not know much about the history of this place even though I have visited it before. It was eye-opening learning about the way this place was taken from First Nations people and changed into what we see today. I am proud of the one-pager I created because I think it reflects my learning well. I also enjoy drawing, and I am glad we got to have choice with how we wanted to express our findings. Overall, I found this project to be interesting and I learned so much from it before even reading the short story. It also made the story much more meaningful because I already knew about the history of False Creek before.



Weekly Athletic Recap

It's been an action-packed week for our Hawks teams, filled with thrilling victories and hard-fought battles! Here's a look at the highlights:

Junior Hawks Football:

The Junior Hawks flew high with a stellar 14-0 shutout victory over Abby Senior! This marks their second win of the season, and the team continues to showcase incredible defense and teamwork.



Senior Hawks Football:

Our Senior Hawks dominated the field with a 31-14 win against G.W. Graham. With powerful plays on both sides of the ball, the Hawks proved why they're a force to be reckoned with this season.

Senior Boys Soccer:

The Senior Boys soccer team played a tough match against Walnut Grove, ending in a 2-2 draw. Despite the result, the Hawks hold an impressive season record of 4 wins and 1 loss—a great run so far!

Girls Volleyball:

Junior Girls: The Junior Girls swept the competition, winning 3-0 in their latest match.

Grade 9 Team: In a close match, our Grade 9 girls finished with a 1-2 result.

Senior Tier 1: The Senior Tier 1 team put up a fight but lost to Chilliwack.

Senior Tier 2: The Senior Tier 2 team faced G.W. Graham but unfortunately came up short.

Let's keep cheering on our Hawks as they continue to soar through the season! Go Hawks!

Early Dismissal Days October 23rd & 24th

Wednesday October 23rd and Thursday October 24th are Early Dismissal days for students. Teachers will be using these afternoons to reach out to parents if they have concerns about student progress. Parents may also choose to reach out via email to their child's teacher if they would like to meet between 12:00 and 2:25. Please note that teachers will not be able to accommodate drop-in meetings. If you would like to meet with your child's teacher, please send them an email.

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| Period 1 | 8:10-8:52 |
| Period 2 | 8:58-9:40 |
| Period 3 | 9:46-10:27 |
| Period 4 | 10:33-11:15 |
| Bus Pick Up | 11:20 |
| Lunch | 11:15-11:55 |
| Parent Connection | 12:00-2:25 |



Your WJ Mouat Admin Team

Learning Enhancement Day Friday November 1st

Although the school is open to all students, our teachers' focus will be on students who need support to get caught up or earn a passing grade before the formal report card is issued. We will not have a block schedule on this day. Instead, teachers will be asking some students to attend specifically to demonstrate their learning by completing an important project, lab, or missed test. Students with "IE" plans (insufficient evidence plans

communicated to families before October 31) will be strongly encouraged to attend on November 1; our goal is to help all students improve their learning and pass their classes.



A Week in the Life of a WJ Mouat Office Clerk

- Handling Student Records: Managing and updating student files, attendance records, and other necessary documentation.
- Answering Inquiries: Responding to phone calls, emails, and walk-ins from parents, students, and teachers regarding schedules, events, or school policies.
- Administrative Support: Assisting school administrators with tasks such as preparing reports or drafting correspondence.
- Managing Office Supplies: Keeping track of inventory and ordering office supplies, ensuring the office runs smoothly.
- Supporting Teachers: Assisting teachers with clerical tasks such as photocopying, distributing materials, or coordinating with parents when needed.
- Event Coordination: Helping organize school events such as parent-teacher meetings, school assemblies, or extracurricular activities.
- Dealing with Emergencies: Handling unexpected situations like student illnesses, discipline issues, or facility maintenance requests.
- Welcoming TTOC and Replacement Staff: Greeting Teachers Teaching on Call (TTOC) or other replacement staff, providing them with necessary schedules, materials, and information to ensure a smooth transition.
- Document Preparation: Preparing letters, memos, or flyers to distribute to students, staff, or parents about upcoming events, or important notices



Self-Care Mondays

October 23:

This week's self-care tip is about:

Meditation and Deep Breathing

Research has found that meditation has many benefits that can improve a person's mental and physical well-being. It may ease pain, improve sleep quality, and reduce stress.

A key benefit of meditation is that it is simple to begin and requires no special equipment. When starting, it is important to be consistent and patient. With time and practice, it becomes easier and will help with focus and just provide a general sense of wellbeing.

<https://www.mayoclinic.org/tests-procedures/meditation/about/pac-20385120#:~:text=Meditation%20can%20also%20reduce%20the,consumption%2C%20dec reased%20carbon%20dioxide%20expired>

<https://www.medicalnewstoday.com/articles/benefits-of-meditation>

A short activity to try: Mini Meditation by Headspace

<https://www.youtube.com/watch?v=uNHLhHyjbd0&t=114s>



Character Word of the Week: TEAMWORK

Teamwork is working collaboratively and cooperatively to attain a shared goal.

How it can look when put into action:

- Participating in class and school activities.
- Challenging yourself.
- Supporting and encouraging others.
- Considering how to accommodate the needs of others.
- Providing leadership.
- Being willing to follow.
- Taking turns.



Coming Up Next Week

Monday, October 21

- ABCD
- Junior Boys Soccer at Sardis at 3:30 pm
- PAC meeting at 7 pm

Tuesday, October 22

- CDBA
- Night to Remember Parent meeting #1 6 pm in LC
- Senior Boys Soccer at Mission at 3:30 pm
- Senior Girls' Volleyball vs MEI at Mouat at 8pm

Wednesday, October 23

- BADC
- Early Dismissal
- EVAA Cross Country Championship at Aldergrove Bowl
- Gr. 9 Girls Volleyball at Heritage Park at 3:15 pm
- Junior Girls Volleyball at Yale at 3:15 pm
- Junior Boys Soccer vs Langley at 3:30 pm
- Sr Girls Tier 2 Volleyball vs Sardis at Mouat at 8 pm

Thursday, October 24

- DCAB
- Early Dismissal
- Junior Boys Football at Bateman at 3:30 pm
- Senior Girls' Volleyball vs Bateman at MEI at 6 pm

Friday, October 25

- Professional Development Day-NO SCHOOL
- Varsity Football vs Langley at Rotary at 7 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
- Stuffies
- Linens

in good clean condition

