



News from the Nest

November 18 – November 22/24 – Parent Edition



ABBOTSFORD
SCHOOL DISTRICT

Coming Up Next Week:

Monday, November 25

- ABCD

Tuesday, November 26

- CDBA

Wednesday, November 27

- BADC

Thursday, November 28

- DCAB

Friday, November 29

- DCAB
- Grad Breakfast 7:30 to 8:30 am



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



SELECTED GOLDEN JUBILEE MERCHANDISE AVAILABLE FOR PURCHASE

Ladies full zip in Grey (1 Small, 1 XL) - \$50

Grey Unisex ¼ zip (1 Small, 1 XL) - \$45

Black half sleeve t-shirts (1 Small, 1 XL) - \$15

Ladies fit Black polo (1 XL) - \$40

Men's fit polos Red (1 Small, 2 Medium) - \$40

Men's Izod polos Black (3 Large), Red (1 Large), Navy (1 Large), Navy (1 Medium) - \$40

Please contact the Library Learning Commons 604-853-7191, Local 4115

or ranbir.mangat@abbyschools.ca



Weekly Athletic Recap

The BC School Sports fall season of play is winding down and the winter season teams officially start on Monday, November 25th.

The Winter season of play begins with EIGHT MOUAT TEAMS & about 100 WJM student athletes.

Here are the team coaches/teachers to contact for our teams. Please feel free to contact these leaders regarding the team. The academic classroom success is a very important part of the student athlete's success. Please help your child and the coaches by helping them stay on the top of their studies.

Boys Basketball: Mark Loewen - Grade Nine, Junior, Senior

Girls Basketball: Ana Larson - Grade Nine

Danielle Booth - Junior

Tanis Grozell - Senior

Wrestling: Jim Mitchell - Boys Team & Girls Team

Thank You, for supporting our MOUAT students!!

Football

Senior Hawks defeated New Westminster in the BC Quarter Finals by a score of 31-19. They now have a 11 - 1 record and play South Delta at 4 pm on Saturday in the BC Semi Finals.

Go Hawks! Keep up the great work, and let's cheer our teams on for continued success!

Keeping Our Campus Safe

A reminder to all visitors to WJ Mouat that our building is a *closed campus*. Our front doors are on timers and will be unlocked for student arrival in the mornings.

Though students may exit through any door at lunch time, only the main entrance doors will be unlocked for access back into the building.

If you are visiting our campus, we ask that you please sign in at the office at Ms. Chamber's desk.

Before school, after school and at lunch, select staff are present in the hallways and at various access points for supervision.



SCHOOL SAFETY:
IT'S EVERYONE'S
RESPONSIBILITY



Thrive Corner

Tanisi,

The Story of The Seven Grandfather Teachings – Ojibway Teachings

The Seven Grandfather Teachings form the foundation of an Indigenous way of life. Key concepts of respect and sharing are built into the Seven Grandfather Teachings. There are many versions of the Seven Grandfather Teachings.

The Creator gave the seven grandfathers the responsibility to watch over the people. In this recounting of the story, the seven grandfathers, seeing that the people were living a hard life, sent a messenger down to the earth to find someone who could tell what Ojibway life should be and bring him back. The messenger searched all directions – North, South, West and East – but could not find anyone. Finally, on the seventh try, the messenger found a baby and brought him back to where the grandfathers were sitting in a circle. The grandfathers, happy with the messenger’s choice, instructed him to take him all around the earth so the baby could learn how the Ojibway should lead their lives. They were gone for seven years. Upon his return, as a young man, the grandfathers, recognizing the boy’s honesty, gave him seven teachings that he could take with him. They are as follows: Nibwaakaawin—Wisdom; Zaagi’idiwin—Love; Minaadendamowin—Respect; Aakode’ewin—Bravery; Gwayakwaadiziwin—Honesty; Dabaadendiziwin—Humility; and Debwewin—Truth.



Miigwech,

Self-Care Mondays

November 25: This week’s self-care tip is about: **Positive thinking and Expressing Gratitude.**

There is more and more research to support that expressing gratitude is of tremendous benefit to both your physical and mental health. Not only does it help reduce stress, increase your immunity, and improve your sleep quality but it can also help with emotional regulation, improve your mood, and improve your performance and motivation. So why not try it out.

Information:

<https://www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier>

<https://www.forbes.com/health/mind/mental-health-benefits-of-gratitude/>

Your WJ Mouat Admin Team



Activity: On a scrap piece of paper jot down 10 things that you are grateful for. The mere act of writing it down or even just thinking about it can improve your mood immediately. Hold on to the piece of paper and give it a read every once in a while to improve your mood and to just make you happy.

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.

Spotlight On Learning

O Canada

Presented by: Janet Irvine

Subject: Recording Arts 11

Driving Question: How does a performer's interpretation/performance of 'O Canada' reflect their personal identity and values?

TEACHER DESCRIPTION and / or REFLECTION:

We are used to hearing *O Canada* two ways: sung traditionally or played traditionally. So often we forget that it is possible for *O Canada* to be performed in a variety of ways, just like all music. Encouraging students to find their own voice and arrangements for *O Canada* was very hard for some students to grasp, but through this project students recognized that each performer brings their unique background, experiences, beliefs, and musical tastes into their rendition of *O Canada*. It also encouraged students to appreciate the diversity of interpretations and gain a greater understanding that music serves as a medium for individuals to convey their identity and values.

STUDENT REFLECTIONS:

"I liked listening to different versions of O Canada and Star-Spangled Banner, especially Jimi Hendrix. Made me appreciate that where you live, your cultural background, and what's happening in society then." - **Student A**

Your WJ Mouat Admin Team

“I learned that everyone brings their own background and beliefs into their performance of the national anthem. When we listen to different singers or musicians sing O Canada, we can hear how they express their feelings about Canada and what it means to them personally. For example, some performers may emphasize certain words or phrases to show their pride in Canada's diversity, while others might sing it in a more solemn or reflective way, reflecting their thoughts on Canada's history and future. Each performer's interpretation of O Canada can convey different emotions like pride, patriotism, or even a call for unity. This made me realize that music is a powerful way for people to share their feelings and beliefs with others.” - **Student B**

“Exploring this question helped me understand more about Canada's cultural diversity. I noticed that performers from different backgrounds may interpret O Canada in unique ways that reflect their heritage and values. This taught me that our national anthem can be a symbol of unity, bringing together people from all walks of life. Not everyone will sing O Canada in the same way, and that's okay. Each interpretation is valid and meaningful, and it's important to appreciate and learn from these differences.” - **Student C**

