



News from the Nest

October 27– November 1/2024 – Staff Edition



Spotlight On Learning

My Career Path Inquiry

Presented by: Coleen Fillion

Subject: Career Life Education 10

Driving Question: What information do I need to acquire to make an informed decision about potential career paths?

TEACHER REFLECTION:

Even though this project seems daunting at first, I love seeing my students have a-ha moments where they realize an aspect about themselves or their needs/wants that leads them to a career choice where they feel like it's a good fit and will provide them with an opportunity to achieve their life vision. I love seeing my students overcome their fear of oral presentations and gain confidence in their abilities in this area. Finally, I love that this project not only allows them to show their competence in several key Curricular Competencies in CLE 10, but also demonstrate their skills and growth in the Core Competencies of Communication, Collaboration, Critical and Reflective Thinking, Creative Thinking, Personal Awareness and Responsibility, and in some cases even Social Responsibility and Cultural Awareness!



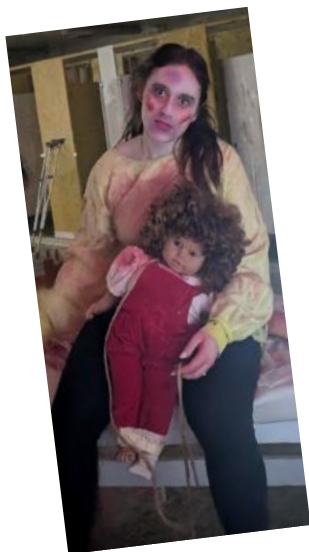
STUDENT REFLECTION:

CLE 10 students complete a 6-question personal reflection at the end of every project that they complete including reflecting on what they think they did well, challenges they faced and how they overcame them this time as well as making a plan for overcoming a similar challenge next time, and how elements of this experience connect to their current and future lives in school as well as outside of the school environment. Below is an excerpt from Simran Man's personal reflection:

"A big connection I made to my life from this project was being realistic about my goals. As a kid or even prior to this presentation I could say I wanted to be anything but that was just not realistic. From this project I recognized the reality of pursuing my occupation like how much I would have to pay for schooling, how many hours I would have to work, and overall, my life. I had to be realistic about what I want my future to look like and use those characteristics to find the right occupation. It's good to dream big, but you must account for all the factors in your life so you're left satisfied and not thinking why I couldn't reach this goal. This was something I learnt from this presentation and want to incorporate into my life."

Haunted Hallways - Another Huge Success

A big shout out to our leadership team who put on quite a spooktacular event during the annual haunted hallways. Many students and even teachers brought their children to experience the mystery of the haunted hallways. The leadership students and teachers go above and beyond every year to put on this fantastic event for school culture. You almost thought they didn't have it because when you arrived in the morning there wasn't a trace of evidence. They should be commended for their ability to set up *and* clean up all in one day!!! Well done leadership students (and mentors), as always!



The Thrive Corner

Did You Know We Have a Knowledge Keepers Program?

The Knowledge Keepers Program intends to support schools, educators and students with the opportunity to invite members of Indigenous communities into classrooms to share their cultural expertise, stories, voice and wisdom with students. Knowledge Keepers provide cultural enrichment to complement the provincial curriculum and learning opportunities provided by educators.



The Indigenous Education Department has worked to curate a list of preapproved Knowledge Keepers and their specializations to support teachings around First Peoples Principles of Learning. The handbook outlines cultural protocols that school leaders and educators should be mindful of before, during and after inviting Knowledge Keepers into their schools or classrooms, there is a copy in your mailbox.

Miigwech,

Your WJ Mouat Admin Team

Weekly Athletic Recap from Oct 21-26

Hawks Weekly Sports Recap

Hello Hawks fans! Here's a quick look at the recent results across various sports:



Football

- **Junior Hawks** took on Bateman but fell short, with a final score of 28–14.
- **Senior Hawks** had a huge win, dominating Langley with a 60–13 victory!

Soccer

- **Senior Boys** shut out Mission with an impressive 3–0 win.
- **Junior Boys** played hard but were defeated by Brookwood, 3–1.

Volleyball

- **Grade 9 Girls** competed fiercely in the Mountain Tournament.
- **Junior Girls** placed 10th out of 20 teams in the Peach Arch Tournament.
- **Junior Girls** currently sit in 3rd place in the AMSSAA standings.
- **Senior Girls Tier 1** defeated Bateman in an exciting league play match!



Swimming

- At the **EVAA Zone Championships**, three Hawks relay teams qualified for the upcoming BCSS Championships!
- Special shoutout to **Alex Rasachack** and **Conor Holmgren** for placing in the Top Eight across all their events.

The following swimmers have advanced to the Provincials on November 16th in Richmond: Conor Holmgren, Alex Rasachack, Bodhan Vasylenko, Ostap Vasylenko, Gabu Boxall, Liam Liable, Jedidiah Balme, Shayan Meghdadi, Aiden Thipphavang, Demetrius Pavel, Summer Coulson, Aaliyah Schmidt

Cross Country

- At the **EVAA Championships**, our **Senior Boys team** qualified for the BC Championships! Congratulations to **Sam May, Konrad Rothmann, Landon O'Neill, Josiah Lanigan, and Zachary Driegen**.
- Also heading to the BCs are junior qualifiers: **Norah Guynup** and **Sydney O'Neill** in the Junior Girls division, and **Conor Holmgren** in Junior Boys.
- The BC Championships will take place on November 2nd—good luck to our runners!

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

Self-Care Mondays

November 4:

This week's self-care tip is about: POSITIVE THINKING and AFFIRMATIONS



Positive Mind
Good Vibes
Great Life

Making the effort to think positively can improve both mental and physical health for many. Shaping and framing your thoughts to spark joy and contentment can do wonders for you. An example of this is positive affirmations. A positive affirmation can be defined as positive phrase or statement that we repeat to ourselves such as: "I am a nice person." "I work hard." Even something like "I love sunshine." So take a moment today to say 10 positive statements about yourself!

Information:

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/positive-thinking/art-20043950#:~:text=The%20health%20benefits%20of%20positive%20thinking&text=Lower%20rates%20of%20depression,psychological%20and%20physical%20well%2Dbeing>
<https://www.webmd.com/mental-health/positive-thinking-overview>
<https://www.bettersleep.com/blog/how-positive-thinking-can-improve-your-mental-health/>

Activity:

On a piece of scrap paper, write down at least 10 positive affirmations (10 positive statements about yourself). Read the list at least 10 times. You are amazing and don't you forget it.

Character Word of the Week: RESPECT

Self-discipline, courtesy and upholding the dignity of others are qualities that define respectful people.

How it can look when put into action:

- Being patient
- Caring for yourself.
- Standing up for what you believe is right.
- Saying please, thank you and excuse me; showing good manners
- Showing good sportsmanship.
- Allowing others to go first.
- Following school code of conduct.
- Considering the safety and well being of others.
- Showing appreciation for the opportunities and privileges you are offered.



2025 Student Safety Video Contest



**Show up,
speak up
for safety**

Tell us how young workers can show up and speak up at work to improve safety for everyone.

Submit your video and you could win a cash prize.

Bonus prize: Actsafe Aspiring Filmmaker Award

Prize includes tickets to the 2026 Actsafe Entertainment Safety Conference, screening of the film at a future event attended by members of the Directors Guild of Canada - and more!

Deadline for submissions is Tuesday, April 1, 2025

Visit worksafebc.com/studentvideocontest



Coming Up Next Week:

Monday, November 4

- ABCD
- Numeracy and Literacy Assessments

Tuesday, November 5

- CDBA

Wednesday, November 6

- BADC
- Take Your Kid to Work Day
- Grad Council Meeting at lunch



REMEMBRANCE DAY

Thursday, November 7

- DCAB
- Remembrance Day Assembly – Hawk Day Schedule
- Senior Girls Volleyball at Rally in the Valley

Friday, November 8

- Professional Development Day
- Senior Girls Volleyball at Rally in the Valley



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



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

