



News from the Nest

November 25 – November 29/24 – Parent Edition



ABBOTSFORD SCHOOL DISTRICT

Coming Up Next Week:

Monday, December 2

- ABCD
- Change for Cheer

Tuesday, December 3

- CDBA
- Change for Cheer

Wednesday, December 4

- BADC
- Change for Cheer

Thursday, December 5

- DCAB
- Change for Cheer
- 12 days of Christmas starts
- Winter Pep Rally (Hawk Day)

Friday, December 6

- ABCD
- Change for Cheer
- 12 Days of Christmas

HAWK GEAR



\$35



\$40

AVAILABLE IN THE OFFICE

The Authentic T-shirt Company GENERAL SIZING GUIDE

	XS	S	M
Chest	30"- 32"	34"- 36"	38"- 40"
Waist	26"- 29"	29"- 32"	32"- 35"
Sleeve Length-CB	31"- 32"	32"- 33.5"	34"- 35"
Sleeve Length-CI			
	L	XL	2XL
	42"- 44"	46"- 48"	50"- 52"
	35"- 38"	38"- 41"	41"- 44"
	35"- 36"	36"- 37"	37"- 38"
	37"- 37.5"	38"- 38.5"	39"- 39.5"



This information is intended for use as a general guideline.

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



Weekly Athletic Recap

The winter season of play has begun with basketball and wrestling in full swing. We have six basketball teams up and running & 2 wrestling teams. There is about 100 WJM student athletes participating.

The team coaches have selected their teams and have been hard at work practicing for league play that started this week. Please feel free to contact the coaches with any questions. Just a reminder that academic success is a very important part of the student athlete's success. Please help our students and coaches by communicating successes and of concerns for those with classroom challenges. They are students first and foremost.



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 lost a heart breaker to South Delta in the BC Semi Finals by a score of 43-42. They finished with a 11 - 2 record. South Delta scored a 2-point conversion at the end of the game to get the win. The coaches and players made WJ Mouat very proud with their effort. They represented Mouat with class and should be holding their heads high for a outstanding season. GREAT JOB BOYS!!

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.



Your WJ Mouat Admin Team

Winter Pep Rally and News From Leadership

Thursday, December 5th is our Christmas Pep Rally. It's a Hawk Day (DDCAB) with the pep rally happening in the second D. The theme is White Out and we're asking everyone to wear white.

Next week is our Food for Food drive. You can buy baked goods with a donation to the food bank. Purchase Candy Grams on Tuesday and Wednesday.

Change for Cheer will be happening all week during D block. The winning class will get a pizza party. Wednesday at lunch in the theatre is Christmas karaoke. Come listen to Perry, McCall and Gibson hit those high notes.

Thursday also kicks off our 12 Days of Christmas.

Friday the 6th is our Christmas Rave in support of the food bank. Come to the small gym at lunch with a can of food or a twoonie to join the fun. Wear neon and a Santa hat.

Thrive Corner

Tanisi,

Seven Grandfather Teachings - Wisdom

Nibwaakaawin

Ni = the soul within

Waa = pertaining to sight

Kaa = an abundance

Win = a way it is done



To live with vision. Commonly referred to as Wisdom.

The beaver represents wisdom because he uses his natural gift by altering the environment for his family's survival.

Wisdom, a gift from the Creator, is to be used for the good of the people. The term "wisdom" can also be interpreted to mean "prudence" or "intelligence." This means that we must use good judgement or common sense when dealing with important matters. We need to consider how our actions will affect the next seven generations. Wisdom is sometimes equated with intelligence. Intelligence develops over time. We seek out the guidance of our Elders because we perceive them to be intelligent; in other words, they have the ability to draw on their knowledge and life skills in order to provide guidance.

Miigwech,

Your WJ Mouat Admin Team

Self-Care Mondays

December 2/24: This week's self-care tip is about: **Brain Boosting Hand Exercises.**

After 20 minutes of being seated, brain ability to focus decreases. By using a brain break, we can encourage the brain to become more engaged by using small bouts of mind/body challenges. Brain breaks have been proven to improve cognitive skills, increase brain activity and encourage social and emotional growth. So, on that note, try a brain boosting hand exercise activity today!



Information:

<https://extension.sdstate.edu/brain-breaks-classroom>

Activity: Hand coordination

<https://www.youtube.com/watch?v=DJt6ORwxKmE>

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.

Spotlight On Learning

3D Shapes Exploration: Surface Area and Volume Project

Presented by: Parm Jaswal

Subject: Workplace Math 10

TEACHER DESCRIPTION and / or REFLECTION:

The aim of this project was to give students hands-on experience in understanding the concepts of surface area and volume by exploring and constructing various 3D shapes. I observed students

Your WJ Mouat Admin Team

become more invested into their learning during this process. Working with real figures improves their spatial awareness and provides deeper understanding. Some students built impressive shapes but when it came to calculating surface area and volume, they really had to think, and problem solve on the fly. I remember one student had an eclipse built into their shape, we hadn't talked about this shape. So, this student had to research on their own on how to find the area of an eclipse. This project really made students focus on small details and stressed the importance of having a well laid out plan that includes a miniature model before building the real shape. Overall, surface area and volume project was an enriching experience for my students, that not only reinforced mathematical concepts but also help build a variety of other skills valuable in academic and real-world contexts.

STUDENT REFLECTIONS:

"It is so much harder to calculate the SA/Volume of shapes in real life, there are many more details to pay attention to." – **Student A**

"I was going to paint my room this summer, now I know exactly how much paint to buy because I can find the surface area of my room." – **Student B**

"I didn't like the project because it made me carefully measure all the dimensions and then find the appropriate formula for my calculations. It's not cut and dry like the practice questions in our booklets." – **Student C**

"I liked the fact that I got to be creative and build what I wanted. I ran into some shapes which we didn't study in class, so I had to do my own research to learn about them. It was a fun experience." – **Student D**

