



News from the Nest

December 2 – December 6/24 – Parent Edition



Coming Up Next Week:

Monday, December 9

- ABCD
- Change for Cheer
- 12 Days of Christmas

Tuesday, December 10

- CDBA
- Change for Cheer
- 12 Days of Christmas
- Artisan Market 530-8pm
- Winter Music Concert 7-8pm
- APD Basketball Tournament

Wednesday, December 11

- BADC
- Change for Cheer
- 12 Days of Christmas
- APD Basketball Tournament

Thursday, December 12

- DCAB
- Change for Cheer
- 12 Days of Christmas
- APD Basketball Tournament

Friday, December 13

- CDBA
- Change for Cheer
- 12 Days of Christmas
- APD Basketball Tournament



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!



HAWK GEAR



AVAILABLE IN THE OFFICE

Weekly Athletic Recap

It was a busy week on the basketball courts with all teams starting their league play and tournaments.

Grade 9 Girls

The grade 9 girls played 3 leagues games. They lost to Yale and beat MEI and Robert Bateman.

Junior Girls

The junior girls also played 3 games. They beat Rick Hansen and lost to Yale and Dasmesh Punjabi school.

Senior Girls

The senior girls opened with 2 very close losses Walnut Grove and Re Mountain.

Grade 9 Boys

The grade 9 boys are 1 and 1 in their 2 league games. They beat Hatzic and lost to Yale. They also played in the Abby Senior Tournament (2-1) and the Pinetree tournament (1-3).

Junior Boys

The junior boys won their 3 league games against Mission, Dasmesh and Yale. They also played in the Abby Senior and RE Mountain tournaments.

The Senior Boys

The senior boys won their league game against RE Mountain. They also played in the Big Ticket tournament (finishing second in their zone) and the Joe Mauro tournament.



All the teams are in the Abbotsford Police Tournament next week from December 10-14.

Thank You, for supporting our MOUAT students!!

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

Keeping Our Campus Safe – Driving

Dear W.J. Mouat Families,

As a community that values the safety and well-being of our students, staff, and families, we are reaching out regarding a concerning trend of reckless driving during drop-off and pick-up times.

Recently, we have observed unsafe driving practices, including speeding, failing to yield to pedestrians, and ignoring designated traffic patterns. These behaviors pose significant risks to everyone on and around our school grounds. We kindly ask for your assistance in addressing this matter by modelling safe driving habits when dropping off and picking up your children. Additionally, if your child is driving themselves to school please have a conversation with them and emphasize the importance of responsible driving.

By working together, we can create a safer environment for our students and ensure that W.J. Mouat remains a secure place for everyone. Thank you for helping us foster a community of care and responsibility.

If you have any questions or concerns, please do not hesitate to contact us.

Your WJ Mouat Admin Team

Thrive Corner

Tanisi,

Seven Grandfather Teachings – Love Zaagi’idiwin

Zaag = to emerge, come out or flow out

Idi = in a reciprocal way

Win = a way it is done

The eagle represents love because he has the strength to carry all of the teachings. Love is one of the greatest teachers. It is one of the hardest teachings to demonstrate especially if we are hurt. Benton-Banai (1988) states that “To know Love is to know peace.” Being able to demonstrate love means that we must first love ourselves before we can show love to someone else. Love is unconditional; it must be given freely. Those who are able to demonstrate love in this way are at peace with themselves. When we give love freely it comes back to us. In this way love is mutual and reciprocal.

Miigwech,

Your WJ Mouat Admin Team



Self-Care Mondays

December 9/24: This week's self-care tip is about: **The Benefits of Colouring and Mental Health.**

Coloring is a healthy way to relieve stress. It calms the brain and helps your body relax. This can improve sleep and fatigue while decreasing body aches, heart rate, respiration, and feelings of depression and anxiety. So, if you haven't already tried it, give colouring a try!

Information:



<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/coloring-is-good-for-yourhealth#:~:text=Coloring%20is%20a%20healthy%20way,feelings%20of%20depression%20and%20anxiety>

Activity:

Either print up this page to colour it with pencil crayons OR do online colouring.

<https://www.mombooks.com/dp-online-activity/art-therapy-adult-colouring-book/?imprint=1>

Character Word of the Week: Caring

Caring is both an action and 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.

Spotlight On Learning

Hobby Meets Science

Presented by: Kirti Kalia

Driving Question: Can you decode the science that elevates your hobby?

Subject: Science 10

TEACHER DESCRIPTION and / or REFLECTION:

The 'Hobby Meets Science' project revealing the remarkable ability of students to integrate scientific principles into their personal interests. As a teacher, I am profoundly impressed by the ingenuity and creativity displayed. The students not only embraced the complexities of physics, chemistry, and biology but also applied them in ways that enhanced their hobbies, leading to a deeper appreciation and understanding of the subjects. Their projects were a testament to the power of hands-on learning and its potential to inspire a lifelong passion for science. It was truly inspiring to witness the students' enthusiasm and the innovative ways they connected their hobbies with scientific concepts, making it a memorable educational experience.

STUDENT REFLECTIONS:

During this project I learned a lot of stuff about my hobby that I never knew before. Connecting science to my hobby helped me to understand my hobby. I enjoyed doing this project because it was something unique that I have never done before, it was fun to do, and I hope to get an opportunity to do something like this again.

