



News from the Nest

December 9 – December 13/24 – Parent Edition



ABBOTSFORD
SCHOOL DISTRICT

Coming Up Next Week:

Monday, December 16

- ABCD
- Change for Cheer
- 12 Days of Christmas
- Spirit Week – White Lies

Tuesday, December 17

- CDBA
- Change for Cheer
- 12 Days of Christmas
- Spirit Week – Alpine vs Sunshine
- Grads vs Staff Hockey Game

Wednesday, December 18

- BADC
- Change for Cheer
- 12 Days of Christmas
- Spirit Week – Grade Colors or Xmas Theme

Thursday, December 19

- DCAB
- 12 Days of Christmas
- Spirit Week – Crazy Xmas Gear
- Indigenous Family Gathering at 5 pm in the cafeteria

Friday, December 20

- BADC
- 12 Days of Christmas
- Spirit Week – PJ Day



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



HAWK GEAR



Crewneck



Hoodie

AVAILABLE IN
THE OFFICE

Weekly Athletic Recap

It was another busy week on the basketball courts with all teams playing in the Abbotsford Police tournament.

Grade 9 Girls

The grade 9 girls won both their games in the tournament by beating Bateman (61-14) and MEI (63-15). They play in the final at 8:30 am on Saturday at CBC. Good luck and bring home the banner.



Junior Girls

The junior girls also played 3 games in the tournament. They beat Rick Hansen (45-40) and SJB (59-19) and lost to ACS (56-33).

Senior Girls

The senior girls played 3 games as well. They lost to Yale (81-32) and Abby Senior (52-46). They beat ATS (68-7).

Grade 9 Boys

The grade 9 boys lost both of their games in the tournament to Yale (89-43) and MEI (70-35).

Junior Boys

The junior boys went 1-2 in the tournament. They beat Hansen (61-39) and lost to ATS (70-45) and MEI (64-46).

The Senior Boys

The senior boys lost their first 2 games in the tournament to Abby (88-81) and ACS (73-62). They were playing their final game against Dasmesh Punjabi School on Friday at 3:30 pm.

Wrestling

The wrestling team competed in a beginner meet at Mouat on Wednesday and attended the BC Elite Wrestling tournament at Queen Elizabeth Secondary School in Surrey on Friday, December 13th.

Thank You, for supporting our MOUAT student athletes!!

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

Ms. Fillion's Career Classes



Ms. Fillion's CLC 12 class and all 3 of her CLE 10 classes are participating in this year's "Think of Me - Don't Drive Impaired" initiative created by ICBC in partnership with the APD, Abbotsford School District, and local private liquor stores. The students have decorated plain paper bags with messages and artwork that remind people to make safe transportation choices in order to keep themselves and everyone else in the community safe, especially during the

festive holiday season. The students really took this challenge seriously and have developed some really creative pieces.



Thrive Family Gathering

Happy Holidays Thrive Families and Community members!

We hope to see you and your families at our Thrive Family Gathering Dinner on *Thursday, December 19th in the cafeteria from 5:00pm – 7:00pm.*

This family gathering will have a focus on being together, the laughter and joy we feel from the excitement and magic of the holidays. We would like to honour those who made our Gatherings a possibility with a special honoured guest place for Sema:th and Mathxwí First Nation members.

Our Thrive Family Gatherings are a wonderful time that we can all come together and share a meal, some laughs and of course some giveaways. It takes a village, and we like to build those strong connections to wrap around our students and lift them up.

Your WJ Mouat Admin Team



This is also a time our Thrive leadership serves our community, it is an honour to take care of our elders and families, it is our leadership who hosts, cooks, and runs our family gatherings.

What can we look forward to at the Family Gathering Holiday Dinner:

- An artisan market for any last-minute stocking stuffers or gifts (the only part with a cost)
- Photo booth with Santa and Hot Chocolate Bar
- Minute to win it games
- Face painting and Sing Along Songs
- Clothing closet - please take anything you like/want/need
- A surprise guest for the kids!!

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

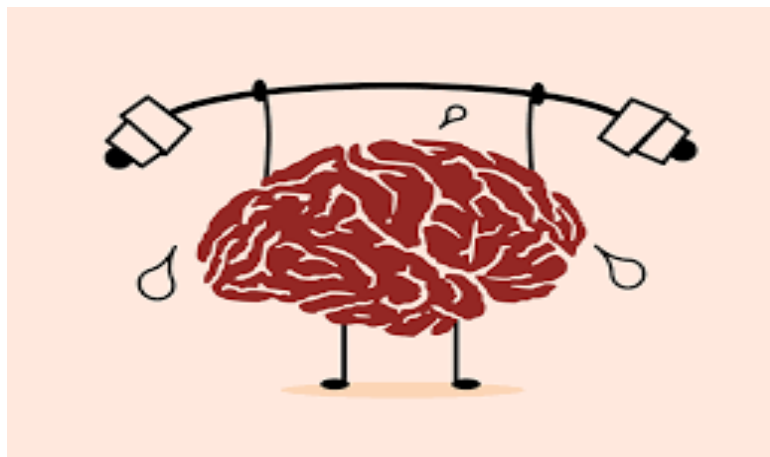


Your WJ Mouat Admin Team

Self-Care Mondays

December 16/24: This week's self-care tip is about: **Memory Games as Brain Breaks.**

People of all ages use brain-training games to [improve mental functioning](#) and [prevent brain aging](#). Backing them up is research showing that brain-training games may help improve attention levels, memory, response time and logic skills. So, on that note, try a memory game as brain break today!



Information:

<https://www.verywellmind.com/top-websites-and-games-for-brain-exercise-2224140>

Try this activity:

<https://www.youtube.com/watch?v=Aa5WLqDikCg>

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.



Spotlight On Learning

Independent Research Project

Presented by: Sarah Kehler

Subject: English 9

DESCRIPTION OF THE PROJECT

In this project, students are allowed to research anything that they would like to know more about. I give a few guiding questions to help them choose, like; does someone in your family have a mental illness you would like to know more about? Or is there an event in history that affected your family that you'd like time to be better informed about? Or would you like to start understanding more about what you want to be when you grow up?

The assignment is split into three sections, the research, the citations, and the organizing/writing, with the students getting separate grades for each. The marks students get for proper citations is equal to the weight of the actual writing, as I want to emphasize the importance of giving credit to information you find – a skill that becomes more and more important as AI becomes more pervasive in our lives. Also insert 1 to 3 photos (take a picture of the work or works).

TEACHER DESCRIPTION and / or REFLECTION:

This is an assignment that I've done in various forms for a number of years. My ultimate goal with it is to give students early baby steps toward the English 12 Research Essay so that they feel less overwhelmed by the mere idea of it.

As with any project, I get solid variation in kind of work I receive, but I often find that students who otherwise write with a sort of dull acceptance of necessary schoolwork all of a sudden write with a much more passionate voice. This is always great to read, and often allows me the ability to chat with kids about their own interests, which ultimately builds the social competency of the classroom as well.

For a long time now, I used the project to teach kids how to use sites like Wikipedia for good instead of evil, and how it can be a useful tool. This year I have been learning alongside my students how this project can utilize AI for good instead of evil as well. One student introduced me to Phind, an AI that cites its sources, which are something that the students can use. Another student was using a video for research and used AI to create a transcript of the video so that it was easier for him to take his research notes.

Your WJ Mouat Admin Team



Next year I'm planning to preface the project throughout the year with several mini-research projects/paragraphs so that we have more consistency with the concept.

STUDENT REFLECTIONS:

Student 1: The research project was unlike any other projects I've done before. It gave students the opportunity to choose something they are interested in and show their knowledge while putting in full effort as this was a topic they chose, and it interested them. This project also gave us different options on how to make it to better highlight our strengths. Overall, this was a wonderful project that set us up for success and I really enjoyed it.

Student 2: I really enjoyed this project. This research project gave me so much free liberty to learn about whatever I wanted to learn about, and it gave me an opportunity to also educate others on a topic that should be talked about. This project allowed me to really talk about something I was passionate about, instead of something non-essential and useless. I loved learning more on topics I had not previously known about. In end, I really had fun doing this research project, and I would love to see something similar in the years to come.