



News from the Nest

December 16 – December 20/24 – Parent Edition



ABBOTSFORD
SCHOOL DISTRICT

Coming Up Next Week:

December 21 to January 5

- Christmas Holidays

Monday, January 6

- ABCD
- Grad Photos

Tuesday, January 7

- CDBA
- Grad Photos

Wednesday, January 8

- BADC
- Grad Photos

Thursday, January 9

- DCAB
- Grad Photo

Friday, January 10

- DCAB
- Grad Photo
- Abby Canucks Grad Night

Saturday, January 11

- Grad Photo



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
WJMOUTAPAC

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



HAWK GEAR



\$35



\$40

AVAILABLE IN
THE OFFICE

All the Best during the Christmas Holidays and Happy New Year

And then there was the Christmas Holidays! Winter break has crept up on us and this week flew by and was packed fully with activities organized by our Leadership students. We kicked off the week with white lies and followed that up with an Alpine and Sunshine Day. We had a winter version of grade color wars on Wednesday followed by crazy Christmas gear, and to finish off our week a day of cozy pajamas and comfy clothes as we ease into Winter Break.



We wish all of our staff and WJ Mouat students and families all the best during the holiday season. We hope you have a relaxing and fun filled winter break with family and friends. Hopefully Santa will bring you what you are wishing for.

Merry Christmas and Happy New Year to all the Mouat family!!!

Student Attendance and Lates

As we prepare to return to school on Monday, January 6th, there are only three weeks left in the semester. We want to emphasize the importance of punctuality in supporting student success. Arriving on time ensures students start their day prepared and engaged, minimizing disruptions to their own learning and to their classmates. We encourage families to help their children establish routines that prioritize timely arrival, as consistent attendance is key to academic achievement. Thank you for your partnership in fostering a productive and respectful learning environment for all.



WEX Program Christmas Party

The WEX program is very thankful to Mr. Sloboda for making our Christmas Party possible. We are also thankful for having him join us for musical chairs. The students enjoyed the festive atmosphere and enjoyed some Christmas cheer. The staff in the program go above and beyond to support the students in their program.



Your WJ Mouat Admin Team

Abbotsford Canucks Grad Night on January 10/25

SPECIAL OFFER FOR WJ MOUAT SECONDARY STUDENTS!

The Abbotsford Canucks are thrilled to partner with WJ Mouat Secondary School to celebrate the Grads of 2025. Come join us in cheering on the Abbotsford Canucks while celebrating the graduating class.

This allows students, staff, and families to gain access to special rate tickets, prizes and memorable experiences! Start your race to be the student to sell the most tickets to win exciting prizes below!

\$5.00 from every ticket sold will go to the graduating class.

With the purchase of your ticket, you will be entered to win.

- Abbotsford Canucks Camping Mug
- Abbotsford Canucks String Bag
- Abbotsford Canucks Fleece Blanket
- Abbotsford Canucks Scarf
- Autographed Player Photo
- On Ice Competition Participant
- Fanboni ride

How it Works:

1. Choose the section where you'd like to be seated (don't worry, we'll do the rest).
2. Complete our easy purchase process in just two clicks.
3. Instructions will be sent via email and your mobile tickets will be available from the Abbotsford Canucks Account Manager 48 hours prior to the game.
4. Invite your friends and family to join you at the game and receive the special rate, by sharing your UNIQUE LINK from your purchase confirmation page.

Ticket Delivery:

All tickets are mobile only, you will receive an email before the game with instructions on how to access your mobile tickets.

Terms:

Tickets purchased through this offer are not available to ticket brokers or ticket resellers. Tickets may not be resold or otherwise distributed to individuals not associated with the ticket purchaser.

To purchase tickets use this link: <https://fevo-enterprise.com/event/Wjrmouat8>

Your WJ Mouat Admin Team



ABBOTSFORD GRADUATION NIGHT

JOIN THE ABBOTSFORD CANUCKS AS WE RECOGNIZE AND CELEBRATE ABBOTSFORD HIGH SCHOOL SENIORS AS THE CULMINATION OF YEARS OF HARD WORK AND COMMITMENT TO HIGH SCHOOL COMES TO AN END.

ABBOTSFORD HSK
FRI. JAN. 10 7PM

TICKETS \$25

WJ Mouat Secondary School

SCHOOL EXPERIENCES INCLUDE:

- Prizes at the game for select Grads
- Select Grads for intermission competition
- Select Grads chosen to ride the fanboni

PRIZES

For each ticket sold you'll be entered to win

- Abby Canucks Branded: Mug, String Bag, Scarf, Blanket
- Autographed Player Photo

CONTACT

Emily Pandick
Emily.Pandick@abbotsfordcanucks.ca or
604.743.5078

SCAN FOR TICKETS



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 lost in the APD final to Yale and finished in second place. They are playing in the GW Graham tournament this weekend. They also played Heritage Park in league play and beat them 41-17. Their record in league is 3-1.



Junior Girls

The junior girls also played 3 games in the APD tournament. They beat Rick Hansen (45-40) and SJB (59-19) and lost to ACS (56-33). They lost to MEI (50-36) on Wednesday in league play. Their record is 3-4 overall and 1-3 in league play.

Senior Girls

The senior girls played 3 games as well. They lost to Yale (81-32) and Abby Senior (52-46) and beat ATS (68-7). In league play they played Abby Senior and GW Graham but we did not get any scores reported.

Grade 9 Boys

The grade 9 boys lost both of their games in the tournament to Yale (89-43) and MEI (70-35). In league play, they lost to Bateman (67-43) and ACS. They also played against Sullivan Heights in a program game and will be playing in the GW Graham tournament this weekend.

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). In league play they lost to Bateman (69-65) and ACS. They also played Sullivan Heights in a program game and lost. Their record is 3-4.

The Senior Boys

The senior boys went 1-2 in the APD tournament. They lost to Abby (88-81) and ACS (73-62) and beat Dasmesh Punjabi School (94-52). They lost to Yale in a league game 81-70 and played Sullivan Heights in a program game. They are in the Burnaby South tournament this weekend.

Wrestling

The wrestling team did not compete this week.

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!

Athletes of the Month for November

The athletes for the month for November are Mannat Brar, Bailey Purper, Isaiah Black and Elijah Black.



Mannat Brar
Grade 9
Junior Volleyball



Bailey Purper
Grade 12
Senior Volleyball



Isaiah Black
Grade 10
Senior Football



Elijah Black
Grade 11
Senior Football

Staff vs Grads Hockey Game

Congratulations to our 'Miracle on Ice' staff team for an impressive 4-3 victory in a hard-fought, back-and-forth battle against a much younger Grad team. Experience, conditioning, training, and strategy plus a touch of magic on the ice carried the day. Well done, team!



Your WJ Mouat Admin Team

A Night to Remember - Calling all GRADS!

The deadline is approaching to purchase your ***Night to Remember*** tickets and to secure your commemorative t-shirt size!

Order by today December 20 to secure your shirt size.

Tickets are open for purchasing until January 8, but shirt size can only be guaranteed if ordered by today.

The event promises to be a great evening to create memories with your fellow Grads, a chance to enjoy various performances and entertainment throughout the evening. Enter for a chance to WIN a door prize and everyone leaves with some swag!

Event details:

Ticket price: \$70 available on School Cash

Friday February 14, 2025

6:15pm Doors Open

10:30pm Door Prizes and swag

11:00pm Event Ends



Thrive Corner

Tanisi,

Seven Grandfather Teachings – Courage/Bravery

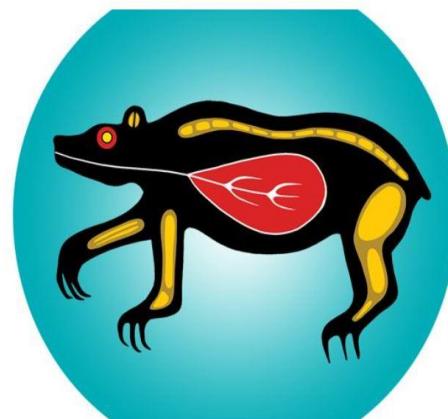
Zoongide'ewin

Zoongi = solid, strong

De'e = a form of heart

Win = a way it is done

To live with a solid, strong heart. Commonly referred to as Bravery or Courage.



Bravery is represented by the bear. The mother bear has the courage and strength to face her fears and challenges while protecting her young. To face life with courage is bravery. Awaken the warrior within by facing adversaries with integrity. We see these traits embodied in mother bears, who guide and protect their young with strength and a playful heart. Remember, you can't take care of others without taking time for yourself first. Conquer fears so you can help those you love. Don't forget the power of play and humour. "Bravery is to face the foe with integrity." This simply means that we need to be brave in order to do the right thing even if the consequences are unpleasant. It is easy to turn a blind eye when we see something that is not right. It is harder to speak up and address concerns for fear of being retaliated against. Often times, one does not want to 'rock the boat.' It takes moral courage to be able to stand up for those things that are not right. Miigwech

Your WJ Mouat Admin Team

Self-Care Mondays

December 23/24: This week's self-care tip is about: **Word Searches as Brain Breaks!!**

Several studies have shown that regular brain-breaks across the school day enhance students' cognitive functioning and ability to sustain focus. While these brain breaks take only a little amount of time in the classroom, the benefits of increased engagement and cognitive functioning have been shown to increase school performance significantly. All that to say, **BRAIN BREAKS HELP WITH LEARNING!**

So, on that note, try a Word Search as a brain break today!

Information:

<https://www.edtechreview.in/trends-insights/insights/what-are-brain-breaks-why-is-it-necessary-for-students/>

Activity: Teachers, put it up on your screen. Take 5 minutes and try and locate the words.

<https://thewordsearch.com/puzzle/183/fruits/>

En français

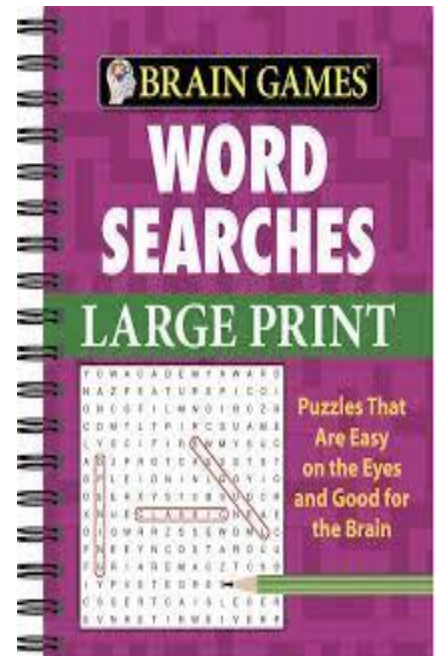
<https://www.wordsearchwhiz.com/french/index.shtml>

Character Word of the Week: AWARENESS

Having awareness means being informed about school, community and global issues, identifying with the needs of others, and considering all points of view.

How it can look when put into action:

- Learning about other cultures.
- Including everyone.
- Seeking fairness and equity for all.
- Having self-control.
- Volunteering to help.
- Sharing.
- Showing gratitude.
- Finding your passion.
- Taking initiative.



Spotlight On Learning

Community Connection and Involvement

Presented by: Adrienne Leclerc

Subject: FOODS 11/12

DRIVING QUESTION

Providing students with the opportunity to support and contribute to school improvement events and giving students experiences to learn, share, and celebrate with each other and our school community.

TEACHER DESCRIPTION and / or REFLECTION:

Honestly, as a teacher, I've been finding it harder and harder to get students excited about contributing to the greater good of the community without expecting to be rewarded for their efforts. Before I became a teacher, I had the opportunity to live in a Hindu Ashram (this was before "Eat, Pray, Love" was a thing). The ashram required all residents to practice selfless service at least once a day. The ashram community called it Karma Yoga, a form of yoga that helps keep the community functioning. Members were required to perform services without seeking acknowledgment for their efforts.

I've always integrated the idea of Karma Yoga into my classroom and made it part of my pedagogy. However, I've noticed that recently, students are becoming more reluctant to participate, so I've had to be very creative in how I present the idea of doing things for others without expecting anything in return. This year, I presented it as an opportunity to build their resume and even provided written examples of how students could add their experiences to their resumes.

Students had three opportunities this year to participate in various catering components for our school community: Elementary School Hot Lunch, catering for Mouat's Golden Jubilee event planning, decorating, and catering for the academic banquet. Opportunities like these have helped instill work ethic, pride, and a sense of community in the classroom.

STUDENT REFLECTIONS:

In Food Studies 12, we got to create a menu, cook, and show off our food at the big academic banquet. Mrs. Leclerc set us up with guidelines to find recipes that were easy to make ahead, didn't cost much, and looked good to everyone from kids to seniors. We spent the whole week getting ready for the event. I actually got to go and it felt amazing to see everyone enjoying what we made. It was extra cool when Ms. Rajabally came by to thank us in person.