



News from the Nest

January 6 – January 10/25 – Parent Edition



Coming Up Next Week:

Monday, January 13

- ABCD
- Grad Photos
- French Immersion Literacy Assessment Blocks C/D in the library
- Grade 9 Girls vs MEI at MEI @ 5:30pm
- Junior Girls vs ACS at ACS @ 5:30 pm
- Grade 9 Boys vs Hansen @ Hansen @ 6:15pm
- Junior Boys vs Hansen @ Hansen @ 7:45pm

Tuesday, January 14

- CDDBA
- Grad Photos
- French Immersion Literacy Oral Assessment Blocks C/D Library (see Mme Castonguay's list)
- International Student Farewell Lunch
- Senior Girls vs Brookwood @ Mouat @ 6:15pm
- Senior Boys vs Chilliwack @ Mouat TBD

Wednesday, January 15

- BADC
- Grad Photos
- Grade 9 Girls vs Yale @ Mouat @ 3:15pm
- Junior Girls vs SJB @ Mouat @ 4:45pm
- Grade 9 Boys vs ATSS @ Mouat @ 6:15pm
- Junior Boys vs ATSS @ Mouat @ 7:45pm

Thursday, January 16

- DCAB
- Grad Photo
- Numeracy & Literacy Assessments
- Sr Host Tourney @ WJM Jan 16-18

Friday, January 17

- ABCD
- Numeracy & Literacy Assessments
- Senior Girls at Bateman Tournament

Saturday, January 18

- Senior Girls at Bateman 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!

THE BINS ACCEPT

- Clothing
- Shoes
- Purses
- Stuffedies
- Linens

A Night to Remember – Calling all GRADS!

The deadline to purchase your **Night to Remember** tickets has been extended! Only grads that purchased their ticket by January 8 will be guaranteed their t-shirt size on the night.

The event promises to be a great evening to create memories with your fellow Grads! There is entertainment such as a hypnotist, snack buffet, casino, silent disco DJ, a caricature artist and much more throughout the evening. Enter for a chance to WIN a door prize and everyone leaves with some swag including a t-shirt and a lanyard.

Event details:

Friday February 14, 2025

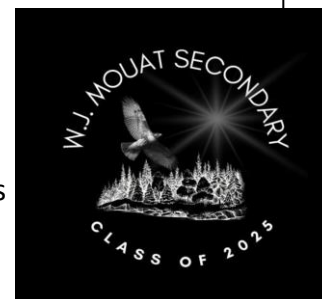
6:15pm Doors Open

6:15-10:30- various

entertainment and snack bar access

10:30pm Door Prizes and swag

11:00pm Event Ends



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.



Marketing and Promotions 11 Small Business Project

Students in **Marketing & Promotions 11** this semester are running their small businesses next week. This is their final “exam”.

Sales are happening at lunch on **Tuesday – Thursday, Jan 14 – 16th.**

You can find the businesses around the cafeteria and main hallway.

Bring your money... cash or debit cards.



Come out and support the students of Hawksville for their first adventure in entreprenering!

Weekly Athletic Recap

The sports season will resume full steam ahead, as teams get ready for to finish their seasons and start to look forward to the playoffs.

Grade 9 Girls

Their record in league is 3-1. They have 2 league games next week at MEI and home vs Yale.

Junior Girls

Their record is 3-4 overall and 3-3 in league play. They beat Abby this week 55-33. They play at ACS on Monday and SJB at Home on Wednesday.



Your WJ Mouat Admin Team

Senior Girls

In league play they played Chilliwack, Yale and Sardis. They play Brookwood next Tuesday and are in the Bateman tournament next weekend.

Grade 9 Boys

They played Abby this week and won 56-48. Next week they play at Hansen on Monday and host ATSS on Wednesday.

Junior Boys

Their record is 3-4. They played Abby this week and are in the Sardis tournament on the weekend. They play at Hansen on Monday and host ATS on Wednesday.

The Senior Boys

They lost to GW Graham this week and are at the Bateman tournament on the weekend.

Wrestling

The wrestling team will be in a wrestling meet this Friday, January 10.

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 December

The athletes for the month for December are Haymin Johal, Shawn Pan, Eunice M'Bikata and Marek Guynup.



Haymin Johal
Grade 10
Junior Basketball



Shawn Pan
Grade 10
Junior Basketball



Eunice M'Bikata
Grade 12
Senior Basketball



Marek Guynup
Grade 12
Senior Basketball

Thrive Corner

Tanisi,

Seven Grandfather Teachings - Humility

Dabasendiziwin

Dabas = low or lower

End = pertaining to thought

Izi = state or condition

Win = a way it is done

Humility is represented by the wolf. The wolf lives for his pack and the ultimate shame is to be an outcast. As Indigenous people we understand our relationship to all of creation. Humility is to know your place within Creation and to know that all forms of life are equally important. We need to show compassion (care and concern) for all of creation.

Miigwech

Self-Care Mondays

January 13/25: This week's self-care tip is about: **The Benefits of Art on Mental Health!!**

Studies have shown that expression through art can help people with depression, anxiety, and stress. Art has also been linked to improved memory, reasoning, and resilience. The best part is art is something everyone can participate in. It does not prescribe to any particular set of norms and is unique to each and every one of us. So why not give it a try? It may be the best trick for health yet!



Information:

<https://ucalgary.ca/news/brain-research-shows-arts-promote-mental-health>

<https://thewholeu.uw.edu/2022/04/11/art-for-self-care-and-mental-health/>

<https://www.youtube.com/watch?v=wN1AgchixP8>

Activity: Take out a piece of paper and a pen or pencil and give this a try! Breathing and doodling.

https://www.youtube.com/watch?v=y6LMuv21_4M



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

Spotlight On Learning

Multi Color Vinyl Graphic – self Directed Project

Presented by: David Liversidge

Subject: Vinyl Graphics 11/12

DRIVING QUESTION

How can we take a personally drawn, Anime cartoon style graphic done on a cell phone app into a cut vinyl graphic.

Process of creation on phone app ---> Export to intermediate file type ---> import graphic into Signlab ---> Vectorize ---> Edit (a lot of edits – hours of edits) ---> connect paths, group, order & layer, Organize layers for output ---> Cutout on vinyl cutter ---> Assemble... Hours of detail work and then finally an incredible piece of work.

TEACHER DESCRIPTION and / or REFLECTION:

The challenge for the student was about how to capture an image from one program and use it cross platform into tool path vector-based software and be able to create the graphic as a fully cut Vinyl graphic. The student started with their own creation on an app of their cell phone. The student has a passion for creating anime characters and was always “doodling” on this particular app. The problem is these are low resolution bit mapped graphics. So how to convert the image to a cut able image? First find an export filter that would allow us to import the image into Signlab.

Your WJ Mouat Admin Team

Then use the Signlab vector tracing features to produce the vector traced image.. then complete hour of node editing, layering connecting paths, grouping and ungrouping etc... Once the image was complete let the cutting begin., Using the vinyl cutter to cut out 25 layers of color, some layer pieces as small as 2 mm in size. Then the student needed to weed the vinyl and compile the image. In total about 14 hours of work went into producing these characters.

STUDENT REFLECTIONS:

It was a cool challenge. I am glad it was finally over. (**she was a student of very few words)



HAWK GEAR



**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.
Sizing and fit may vary.*