



News from the Nest

January 13 – January 17/25 – Parent Edition



Coming Up Next Week:

Monday, January 20

- ABCD
- Non-Interruption Week
- PAC Meeting at 7 pm
- Junior Girls vs Bateman at 6:15 pm

Tuesday, January 21

- CCDD
- Non-Interruption Week
- Senior Girls at Chilliwack at 6:15 pm
- Senior Boys at Abby Senior at 8 pm

Wednesday, January 22

- BBAA
- Non-Interruption Week
- Grade 9 Girls vs Bateman at 5:30 pm
- Junior Girls at ATS at 5:30 pm
- Junior Boys vs SJB at 7 pm

Thursday, January 23

- Learning Enhancement Day
- Senior Girls Game TBA
- Senior Boys at Sardis at 8 pm

Friday, January 24

- Learning Enhancement Day
- PAC Appreciation Lunch
- Junior Boys Tournament at WJM

Saturday, January 25

- Junior Boys Tournament at WJM

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

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 Artwork on Display

Check out the amazing artwork from Ms. Bisgaard's photography students on display on the digital screen across from the office. The photos change each day of the week! Special thanks to Mr. Skelton for putting it together. As well there are beautiful cardboard sculptures on the office walls.



Learning Enhancement Days

Please note that Thursday, January 23rd, and Friday, January 24th, will be Learning Enhancement Days. These days are provided for all students to engage with their learning after regular classes have concluded and before Semester Two begins. For both days, resource programs will run as normal, and district buses will maintain their regular schedules.

A variety of learning opportunities are available. Students can complete missing assignments, access one on one support, meet with a counsellor, improve an assignment or course mark, complete IE plans, or explore learning extensions.

For students with "IE" (Insufficient Evidence) these days provide the final opportunity to resolve their plans and improve their grades for the first semester. Teachers will inform you by January 22nd if your child has an IE plan. For more information on your child's progress, please contact their teacher directly. In addition, various activities may be available, such as meeting in study groups, arranging learning extensions with staff, or planning for team or club initiatives. We look forward to seeing your child take advantage of these opportunities to enhance their learning.

Student Attendance and Lates

As we prepare to for the end of the semester and beginning of the second 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.



PAC Staff Appreciation Lunch

Please join us in the Cafeteria on Friday January 24th at 11:00 am. The WJ Mouat PAC want to thank you for all your hard work this semester with the work you have done with our students.

Your WJ Mouat Admin Team

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 lost to Yale 61-29 and beat MEI 53-24.

Junior Girls

Their record is 4-5 overall and 4-4 in league play. They beat SJB this week 55-26 and lost to ACS 55-48 in overtime.

Senior Girls

They played Sardis and beat them 71-16.

Grade 9 Boys

They played at Hansen and lost 39-34 and lost to ATS 57-47. They play

Junior Boys

They beat Hansen 50-30 on Monday and lost to ATS 58-54 on Wednesday.

The Senior Boys

They played Chilliwack but we had no score as of yet.

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!

Thrive Corner

Tanisi,

Seven Grandfather Teachings - Honesty

Gwayakwaadiziwin

Gwayak = correctly, straightly, and rightly

Aadizi = he/she lives

Win = a way it is done

Honesty is represented by either the raven or the sabe (Sasquatch).

They both understand who

they are and how to walk in their life. It takes bravery to be honest in

our words and actions. One needs to be honest first and foremost with oneself. Practicing honesty with oneself makes it easier to be honest with others. The raven, who uses his own cleverness to prosper, is a potent symbol of the power of honesty. Remain true to yourself, love and respect your own natural form.

Your WJ Mouat Admin Team



Self-Care Mondays

January 20/25: This week's self-care tip is about: **Benefits of Art and Music Together.**

Sometimes playing just the right song at the right time can improve our mood. We also know that drawing and doodling help with focus and tuning out some of the negative thoughts we might have. ART and MUSIC together are a recipe for improved mental focus and reducing stress. So, combine the two for double the benefits!



Information:

<https://www.innerbody.com/health-benefits-of-art-and-music>

Activity: Do exactly what is shown in the video below. (doodle with music)

<https://www.youtube.com/watch?v=ZxW35fp3tDY>

Character Word of the Week: Responsibility

Taking responsibility means being accountable for your actions, your words and your obligations.

How it can look when put into action:

- Attending regularly and being on time.
- Admitting mistakes and making amends.
- Setting and pursuing goals; taking initiative for self-improvement
- Working diligently.
- Communicating clearly and honestly; listening carefully.
- Showing courage.
- Being persistent.
- Planning ahead and using time wisely.

Spotlight On Learning

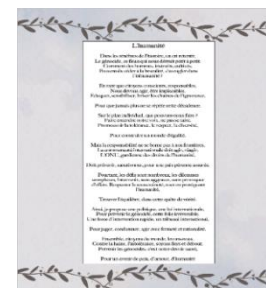
How, as responsible citizens, can we contribute to preventing the recurrences of Genocides?

Presented by: Babine Mallo

Subject: French Immersion History 12

TEACHER DESCRIPTION and / or REFLECTION:

After having studied the different war crimes with a heavy focus on the Holocaust, my aim was to deepen students' comprehension of past genocides and present-day similarities. To do this, students focused on topics pertaining to human rights, conflicts involving different ethnic and religious groups, and programs that support tolerance, diversity, and peace. They were prompted to consider their own values and beliefs as a result of the ethical and moral issues—such as accountability, responsibility, justice, and reconciliation - that are brought up by genocides. Students were able to gain empathy and understanding for the experiences of people impacted by genocides through documentaries and real-life experiences, which improved understanding all around. Researching more about different genocides and their underlying causes is crucial for enhancing students' awareness and knowledge, for not only a better understanding but also to help prevent future genocides. Furthermore, collaborating with a partner, they explored four distinct sub-inquiry questions: How is it possible for educated and seemingly normal people to engage in acts of such brutality? What measures should be taken, on an individual level, to ensure that such tragedies never happen again? In light of previous genocides, how much do you think the UN should be doing to stop these crimes against humanity? What obstacles and problems can the international community face while trying to intervene to stop or prevent a genocide? They then presented their findings in a format of their choice, allowing for individualized approaches tailored to each pair's preferences.



STUDENT REFLECTIONS:

One enjoyable aspect of this project was the questions that required you to think more critically and make connections to the present situation. These specific questions were designed so you think out of the box and learn how to better analyze and deepen your understanding on your own or with a partner. An example of this is “Why do you think it is possible, that seemingly normal people engage in genocide and inhumane crimes?” Personally, this was a very thought-provoking question, considering it is not something most people ponder on daily. Since the project was to be completed in French, it was also a fantastic opportunity for us to practice our vocabulary, verb, and sentence

Your WJ Mouat Admin Team


structure. For me, one challenging element was working with a partner. Usually, I prefer working by myself to have better control over how to manage each part. Overall, it was a fantastic opportunity to learn more about past and current genocides along with reaching out of my comfort zone to practice my collaborative skills.

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.*