



News from the Nest

January 27 – January 31/25 – Parent Edition



Coming Up Next Week:

Monday, February 3

- ABCD
- Grade 9 Girls TBA
- Grad 9 Boys at Yale at 5:30 pm
- Junior Boys at ACS at 5:30 pm
- Junior Girls vs Dasmesh at Bateman at 5:30 pm

Tuesday, February 4

- CDAB
- Senior Girls vs Chilliwack at 6:15 pm
- Senior Boys vs Langley at 8 pm.

Wednesday, February 5

- BADC

Thursday, February 6

- DCAB
- Junior Girls Playoffs
- Senior Boys vs Mission at 8 pm.
- EVAA zone Wrestling Championships

Friday, February 7

- BADC

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



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.

Accessing MyEd Family Portal for Semester 1 Grades

Parents and guardians of students in grades 9-12 can access their child's report cards, attendance records, and other key information through the MyEducationBC Family Portal.

Summaries of Learning and Graduation Status Updates will be available on the Family Portal as of **January 24th, 2025**.

1. If you completed your account registration last fall, you are ready to log in. **How to use the Family Portal** can be found here: [MyEducation BC Family Portal | Abbotsford School District](#)
2. **If you have NOT set up your account:**
You would have received an automated email with instructions on how to create your account on October 30th or 31st. New families to the District will receive one this week. We encourage you to access the email and complete this process.
3. Family members with accounts can use the **"I forgot my Password"** button on the login screen.

If you have any questions or need assistance with setting up your account, please don't hesitate to contact our office for support or visit [MyEducation BC Family Portal | Abbotsford School District](#).

Thank you for your ongoing dedication to your child's education.

Semester 2 is up on WJ Mouat

Welcome to Semester 2! This week, students were introduced to their new courses and teachers. We welcome a handful of new students to our International Student Program who are excited to experience life in Canada and life as a Hawk. We will be winding up the basketball and wrestling seasons and getting ready for rugby, girls soccer and track & field seasons.

Counsellors have finished with course changes. We would like students to be settled in their classes now.

Although we've only just begun Semester 2, we're beginning to plan for next school year. Counsellors will start the course planning process by explaining program options, directing students to the course guide listed on the school website, and explain how to add course requests on MyEd.

SafeArrival & Absence Reporting

If you know your student is going to be absent for one or more periods during the day, please contact our SafeArrival reporting hotline: 1-844-487-3701. Alternatively, you can access the SchoolMessenger app on the Apple App Store or the Google Play Store to create an account to report an absence. You can also access the SafeArrival website to report an absence. Please help us keep our phone lines clear by reporting absences through the SafeArrival system.

Parking Regulations on Mouat Drive

We hope this message finds you well. The Abbotsford Police Department is reminding parents and guardians of the parking regulations on Mouat Drive. Please note that: parking or stopping on Mouat Drive during pick-up hours is strictly prohibited.

This bylaw is in place to ensure the safety of our students, ease traffic congestion, and maintain a smooth flow of vehicles during busy times. Following these guidelines helps to create a safe and efficient environment for everyone.

If you need to park or stop briefly, it is encouraged you to utilize designated parking areas or nearby side streets, ensuring that you do not block driveways or impede traffic.

Reminder to Students & Parents!

As we kick off semester 2, let's set ourselves up for success by keeping a few important expectations in mind:

1. Instructional Time = Phone-Free Time

Cell phones should be kept out of sight and off during class time. Let's stay focused and engaged!

2. Hallway Passes

If you're in the hallways during class, you must have a bright pink hall pass. Only one hall pass, per student. If you do not have a hall pass you will be sent back to class. Any other pass will not be accepted.

3. Phones in the Hallways

Phones are not to be visible while in the hallways during class time. If they are, you'll be directed to the office and your phone will be left there for the remainder of the school day.

4. Attendance & Punctuality

Be in class and be on time! Every minute counts toward your learning.

5. Free Block/Spares

Any student with a free block is either in the Learning Commons or off campus. Off Campus does not include hanging out or loitering in cars or the parking lot. During classes, the cafeteria is to remain clear of students.

Weekly Athletic Recap

Grade 9 Girls Basketball

They are waiting for playoff schedule to be released.

Junior Girls Basketball

They finished in 6th place in league play and now will face #3 Dasmesh in the first round of the playoffs on Monday, February 3 at 5:30 pm at Bateman.

Senior Girls Basketball

They are 2-6 in league play. They play Chilliwack at home on Tuesday at 6:15 pm.



Grade 9 Boys Basketball

They finished in 7th place. They play at Yale at 5:30 pm on Monday.

Junior Boys Basketball

They finished in 6th place. They play ACS on Monday at ACS at 5:30 pm in the first round of the playoffs.

Senior Boys Basketball

They finished in 5th place. They play at home against Langley on Tuesday and Mission on Thursday at 8 pm.



Wrestling

The wrestling team will be preparing for the EVAA championships.

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

Thrive Corner

Tanisi,

Young Warriors

Yesterday was our first official Young Warriors Mentorship get together at Collen and Gordie Howe. We had a blast getting to know the grade 8 class of Indigenous youth. During our meet up we got some amazing conversations going between our grade 8's and our grade 9-12 Thrive leadership students about high school and all that comes with "leveling up" as the kids say. Great connections were made, a lot of laughter was had. We learned about protocols, about our upcoming canoe trip and we even had time to play some language games. We love playing Halq'eméylem rock – paper – scissors (pictured). Connections are being made, community is coming together, culture is being shared, we couldn't be happier to share these wonderful experiences together. What an honor.



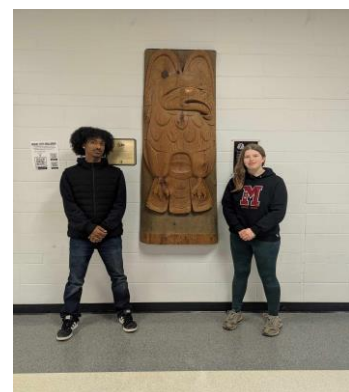
Congratulations to Isaac Lindsay and Hailey Bishop

Congratulations to our Successful JR Police Academy Applicants Isaac Lindsay and Hailey Bishop

joining the JRPA Class of 2025. Future Constable Lindsay and future Constable Bishop. Your hard work and dedication to your academics and community are unmatched, we couldn't be prouder of the work you have done in Thrive Leadership, in the Young Warriors Mentorship Program, and most importantly the work you two have done to learn about who you are and where you fit in your culture. You two are true inspirations for the next seven generations.

Aho!

Miigwech,



Your WJ Mouat Admin Team

Substance Use Prevention Webinar

The Ministry of Education and Child Care, in partnership with adolescent clinical psychologist Dr. Hayley Watson from Open Parachute, will host three, free virtual sessions for parents, guardians and caregivers that will focus on practical skills you can teach your child and youth (ages 0-19) to prevent substance use and mental health needs. These sessions will build on a previous presentation, which focused on practical conversation tools for speaking about substance use prevention with your children/youth. The previous session is not a pre-requisite for this session.

Key takeaways for participants during this session:

- Learn the factors that lead to substance use and mental health needs from a trauma-informed lens
- Focus on prevention rather than intervention/response
- Applies to parents, guardians and caregivers of all age groups (youth aged 0-5, 6-10, and 11-18)
- Learn ways that these skills can be applied to yourself and the rest of your family to support the mental health of parents, guardians and caregivers

Participants must register in advance. Session dates are:

- February 20, 6:00-7:30 pm PST
- February 25, 6:00-7:30 pm PST
- February 26, 6:00-7:30 pm PST

Please share this information within your school community to reach parents, guardians, and caregivers of all ages. If you have any questions, please email the Mental Health and Substance Use team at educ.mentalhealth@gov.bc.ca.

Self-Care Mondays

February 3/25: This week's self-care tip is about: **Benefits of Chair Zumba!**

Seated exercises are good for posture, strengthen your core and your shoulders and help improve your flexibility. Adding music and some choreography just makes it more fun. So, give chair Zumba a try!

Information:

<https://www.webmd.com/fitness-exercise/features/4-benefits-chair-exercises-senior>

Activity: Chair Zumba

<https://www.youtube.com/watch?v=6ahcosaMblk>



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

There and Back Again with Gravity

Presented by: Ian Newton

Subject: Physics 11

Driving Question: What principles of physics are demonstrated in a car that moves forward and backwards powered by gravity alone?

TEACHER DESCRIPTION and/or REFLECTION:

The final assessment in Physics 11 this year involved a multi-day (during and after school), design, prototype construction, test and rebuild of a "Gravity" powered car. The engineering involved had students meeting a minimum design requirement to build a vehicle that can move forward a minimum of 2.5 meters and return (backwards) across the starting line.

The data and observations of the project, including a detailed logbook of design decisions are to be used to create a formal "Engineering Report" which is used to demonstrate student understanding of the principles of physics taught in Physics 11. This project incorporates over 90% of the material content delivered in Physics 11. Student engagement in the project inevitably drives learning into Physics 12 principles thereby creating an extended passion for deeper learning.

After the Engineering Report is finished each student provides a self-assessment of their work and are interviewed based on their report and self-assessment.



Video Presentation



STUDENT REFLECTIONS:

"...this project is the best way to let me not only show what I have learned but keep learning more by the process of simply doing it... We are able to work at our own pace, and in our own way which has also lets us discover the importance time management..... A standard final exam is not nearly as flexible, and it doesn't give us a chance to show our work ethic as well as Physics knowledge."