



News from the Nest

February 3 – February 7/25 – Parent Edition



Coming Up Next Week:

Monday, February 10

- ABCD

Tuesday, February 11

- CDBA

Wednesday, February 12

- BADC
- Lockdown & Fire Drill (Weather Dependant)

Thursday, February 13

- DCAB

Friday, February 14

- Pro-D Day
- A Night to Remember

HAPPY VALENTINE'S 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
- Stuffies
- Linens

In good clean condition

HAWK GEAR



\$35



\$40

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.

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.

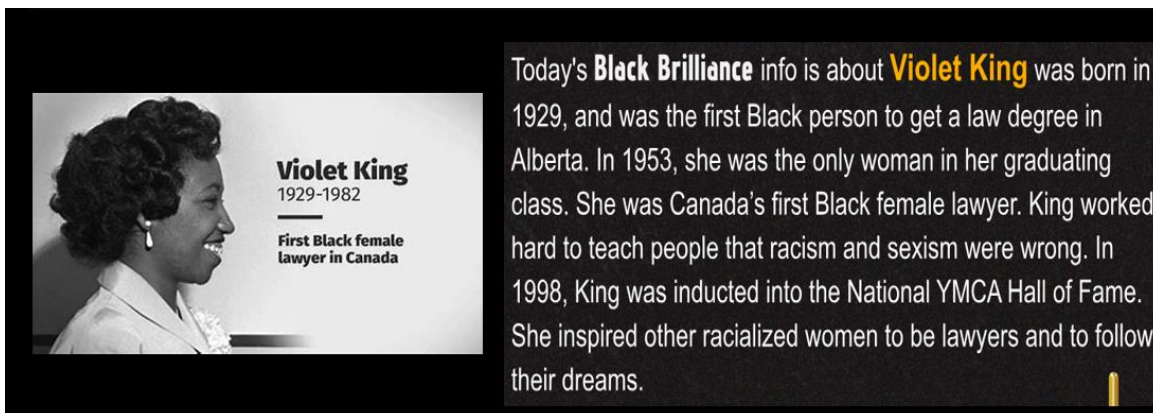
Parking Regulations on Mouat Drive

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.

Black History Month



Today's **Black Brilliance** info is about **Violet King** was born in 1929, and was the first Black person to get a law degree in Alberta. In 1953, she was the only woman in her graduating class. She was Canada's first Black female lawyer. King worked hard to teach people that racism and sexism were wrong. In 1998, King was inducted into the National YMCA Hall of Fame. She inspired other racialized women to be lawyers and to follow their dreams.

Grad Cruise #2

ATTENTION ALL GRADS of 2025! GRAD CRUISE #2

Those of you who did not get a chance to attend the Grad cruise in October have first dibs at tickets for Grad Cruise #2 in May.

DATE: Thursday, May 1st (evening event)

COST: \$115 on schoolcashionline starting on Monday

From February 10-14, sales are open only to those that did not get a chance to go in October. On February 15 it will be open to all grads.

Deadline to get tickets is February 21 and we must sell 200 tickets for this event to happen.

Get your tickets on Monday!

Your WJ Mouat Admin Team



Course Planning Sessions for 2025/26

Each grade is assigned a block for course planning. Students will meet with counsellors in the theatre on either Feb. 10 or 11.

Block B: all current grade 11s

Block C: all current grade 10s

Block D: all current grade 9s

December Student of the Month

Iris Qi is the deserving recipient of our December Student of the Month.

Multiple teachers recognized Iris as exemplifying all the character traits of teamwork, respect, integrity, caring, responsibility, and awareness. It goes without question that Iris achieves high grades academically and has a tremendous work ethic. Additionally, her nominating teachers describe her as “very self-aware, kind and thoughtful.” She is extremely intelligent and always willing to help those around her. Iris can be often found tutoring other students and always gives 100% effort in everything she does. Her integrity is beyond reproach. She is also a tremendous leader.



Weekly Athletic Recap

Grade 9 Girls Basketball

They are waiting for playoff schedule to be released.

Junior Girls Basketball

They played #3 Dasmesh in the first round of the playoffs on Monday and lost. They play again today.

Senior Girls Basketball

They are 3-6 in league play. They beat Chilliwack 54-45 at home on Tuesday.

Grade 9 Boys Basketball

They finished in 7th place. They lost their first playoff game and now are in a must win game.

Junior Boys Basketball

They finished in 6th place. They beat ACS on Monday in the first round of the playoffs. They play Abby Senior in the AMSSSAA semi final. They have qualified for the EVAA championships.

Senior Boys Basketball

They beat Langley on Tuesday.

Wrestling

The wrestling team competed for the EVAA championships this weekend. We have results in next weeks NFTN.



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

Your WJ Mouat Admin Team

Thrive Corner

Tanisi,

Black and Indigenous

Many Canadians have stories that wind back to families with Indigenous heritage in both Africa and what is now Canada.

Canadians have started to hear more Afro-Indigenous voices in the media, online and in the arts. Here are some Afro-Indigenous people making their mark in Canada today. For example:

ADELINE BIRD

Identifies as Afro-Anishinaabe. She is an author, filmmaker and broadcaster. She wrote the book *Be Unapologetically You: A Self Love Guide for Women of Color*.

JAHKEELE MARSHALL-RUTTY

A forward for the Toronto FC soccer team. He identifies as being of Jamaican, German and Mi'kmaq descent.

JULIAN TAYLOR

A musician who has been nominated several times for Canada's national music awards, the Juno. He describes himself as having Mohawk and West Indian roots.

Learn more here: <https://www.canadashistory.ca/explore/first-nations-inuit-metis/black-and-indigenous>. **Miigwech,**

Self-Care Mondays

February 10/25: This week's self-care tip is about: **Benefits of Zumba!**

Last week we sat in a chair. This week we are kicking it up a notch! Zumba is not only fun but also beneficial to both our mental and physical health. It's a great way to relieve stress and to get fit. Give it a try. You are sure to have FUN!



Information:

<https://www.healthline.com/health/fitness-exercise/benefits-of-zumba>

https://www.healthline.com/nutrition/10-benefits-of-exercise#TOC_TITLE_HDR_12

Activity: Short standing Zumba routine

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

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

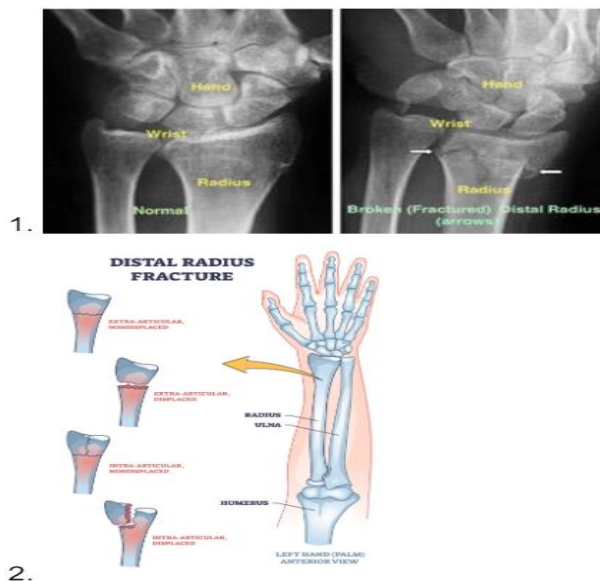
Deeper Learning and Practical Application: Mind, Body & Sport

Presented by: Mike Perry

Subject: Sports Medicine 11

TEACHER DESCRIPTION and/or REFLECTION:

For the purposes of this summative assessment assignment, students were presented with a driving question: How do sports injuries and/or common health-related problems affect individuals on a physiological, psychological, and social level? From a biological perspective, students were asked to evaluate injuries from an anatomically and physiological perspective. To broaden their understanding of the concepts and complexities of sports injuries, students provided video evidence (YouTube), images/graphics and academic research (Google Scholar). From a psychological perspective, students were asked to draw on previous (personal) experiences and/or the experiences of others (interviews) as to how injuries effect the psychology of an individual during the initial phases of the injury (the event), rehabilitation (recovery) and return-to-play period. To obtain a holistic understanding of sports-related injuries students were asked to evaluate the effects injuries have on the social elements of an athlete's life from an individual, team-based and family/friend perspective. This project acts as a summative assessment as it requires students to draw of several of the important topics discussed in Sports Medicine 11. The hope is that students take what they have learned and apply it specifically to dealing with future injuries and the recovery efforts needed to return to play.



STUDENT REFLECTIONS:

“In this activity I was given a choice as to what injury or ailment I wanted to research. Recently I had a cousin who broke their wrist while jumping on his trampoline. I wanted to know more about what happened from a human anatomy side of things. I also wanted to know what I would expect as it related to his recovery. I wanted to be able to support him physically but also wanted to know how I could support him mentally to ensure he didn’t get depressed or feel left out when it came to not being able to play the way he used to be able to play. Because we had studied bones and muscles in Sports Medicine 11 earlier in the year, I was quite familiar with how long it would take for him to recover and how important it would be for him to not use his arm to allow bone healing. As annoyed as he got with me about fussing over him, I think he appreciated me knowing about this issue and how I could best support him in his recovery. This assignment provided me with an excuse to help him out!”