



# News from the Nest

February 10 – February 14/25 – Parent Edition



## Coming Up Next Week:

### Monday, February 17

- Family Day

### Tuesday, February 18

- CDBA
- International Student Welcome Lunch

### Wednesday, February 19

- BADC
- Early Dismissal Day
- UBC Indigenous Field Trip
- Grad Retakes

### Thursday, February 20

- DCAB
- Early Dismissal Day

### Friday, February 21

- DCAB
- Student Learning Surveys

Early Dismissal	
Extended day classes (AM)	
8:04 First Bell	
Period 1	8:10-9:00 (50 minutes)
Period 2	9:05-9:55 (50 minutes)
Period 3	10:00-10:50 (50 minutes)
Period 4	10:55-11:45 (50 minutes)
Lunch Break for Staff	11:45-12:25 (40 minutes)
Bus Pick Up for Students	11:55
Parent Connection	12:25-2:25 (120 minutes)

A reminder to parents that you need to make arrangements to meet with the teacher beforehand. We encourage you to email.

## 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!



## 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.


### 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.

### Black History Month

**Black History Month  
2025**

**To Learn More:**  
<https://www.thecanadianencyclopedia.ca/en/article/blackcanadians>



Today's **Black Brilliance** info is about Black Canadian roots. Black people in Canada have diverse backgrounds and experiences – while some can trace their roots in Canada for many generations, others have recently arrived in Canada. Black newcomers now come from approximately 125 different countries. Jamaica and Haiti are the main countries of birth for Black immigrants in Canada. Black Canadians continue to contribute to the growth, diversity and development of our country.

### 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 ASAP!



*Your WJ Mouat Admin Team*

### **Early Dismissal Days**

Wednesday, February 19th and Thursday, February 20th are Early Dismissal Days with students being dismissed at 11:45 am. At the high school level, it may be too early in the semester for teachers to have accurate academic progress for your child, but they may have other concerns. If they do, teachers will use the Connection Time to reach out to you regarding any concerns they have for your child. If you would like to request a face-to-face meeting with a teacher during this time, please [email](#) them directly in advance to arrange an appointment between 12:25 and 2:25 pm. Drop-in visits will not be possible during this time. Busses will come at 11:55 am to accommodate those students that take the bus. The complete schedule is below.

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### **Course Planning Sessions for 2025/26**

We have begun an exciting phase of your child's academic planning, and your involvement is crucial to its success. Our counsellors have begun explaining to our students the course planning process for next year's courses on Monday and Tuesday this week.

At WJ Mouat, the courses we offer depend on student interest and teacher qualifications. The choices students make now will determine available classes and teacher assignments for the next school year. It is crucial that you review your child's course selections to ensure they align with their post-secondary goals and career pathways. Please have this discussion with them before they submit on the **February 17th deadline**. Once we create teaching assignments for our teachers based on student original requests, there will be very few course changes at the start of the new school year in September.

If you missed your session, you will need to learn about requirements and the entry process by going to the WJ Mouat website and looking under the Parents & Students- course planning tab. The power point presentation for each grade, course selection sheets, and instructions are all available there. **All students must enter their course selections for next year by midnight on February 17** or counsellors will make them for you. If you have any questions, please contact your counsellor.

Trevor O'Neill -- Last Names A-Gh -- [trevor.oneill@abbyschools.ca](mailto:trevor.oneill@abbyschools.ca)

Lindsay McAleese -- Last Names H-N -- [lindsay.mcaleese@abbyschools.ca](mailto:lindsay.mcaleese@abbyschools.ca)

Michelle Nyberg-- Last Names O-Z -- [michelle.nyberg@abbyschools.ca](mailto:michelle.nyberg@abbyschools.ca)

*Your WJ Mouat Admin Team*

## **Weekly Athletic Recap**

### **Grade 9 Girls Basketball**

Congratulations to the team for winning a berth through the zone playoffs to the 21st Annual Grade 9 Girls BC Championships Invitational Basketball Tournament from February 26 to March 1, 2025! The tournament is being held at New Westminster Secondary School.

### **Junior Girls Basketball**

Their season is over. The girls competed hard through out the season and represented Mouat very well.

### **Senior Girls Basketball**

Their season is also over. We wish the graduating players all the best in their future endeavours. They will play in the alumni game on February 21.



### **Grade 9 Boys Basketball**

The boys completed their season after losing in the AMSSAA playoffs. They learned a lot about the game and improved their skills to get ready for next year.

### **Junior Boys Basketball**

The team made it to the AMSSAA semi finals and lost to Abby. Their season is over, but they improved so much over the season. The boys are looking forward to getting ready for next season and developing even more.

### **Senior Boys Basketball**

They finished in fifth place in league play and have qualified for EVAA playoffs. They play GW Graham on Tuesday at 6:15 pm at Abby Senior.



### **Wrestling**

The wrestling team competed for the EVAA championships this weekend. The boys won their 5<sup>th</sup> EVAA Championship in a row. The team won 16 medals in total and qualified many wrestlers for the BC Championships next week to try and defend their championship from last year. EVAA Champions are Room Ghuman, Nathan Thiel, Gurshan Khalon, Manjot Dhaliwal, Michaeljeet Grewal, Jagroop Dhinsa and Deep Sharma.

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

## Thrive Corner - Bear

Tanisi,

Last night's Full Moon brings us the Bear Moon or Makwa Giizis in Anishinaabemowin.

The second moon of Creation is Bear Moon, when we honour the vision quest that began in the fall. During this time, we discover how to see beyond reality and to communicate through energy rather than sound. This moon also gives us a special teaching about the birth of bear cubs. In February, there is one morning when there is a heavy fog in the air and the traditional person knows that this is happening. Many communities hold a ceremony to honour the bears during this time. Now we will share with you an aadozhikaan / sacred story....



## We Honour the Birchbark Tree - An Anishinaabe Story

Wenabozho had other wen'enh in the story of Wenabozho (Nanabush). In my upbringing and also in my community, this is what we refer him to as Nanabush. In our indigenous communities, he goes by many names. His grandmother the moon was his greatest teacher. The water, another teacher, the sky and earth are all women that influenced him and his brothers. Wenabozho played a huge role in Anishinaabeg culture. However, never to forget his teachers, the women that still stand in our daily lives nurturing us. The moon, the water, the sky and the earth are still here with us. There's a woman's spirit that lives in the earth. She's a very powerful being that takes care of the medicines. As the sun rises, she works with the other spirits. She sings her songs. Calling in the water as she sings her songs to the little spirits that roam the lands.

Wenabozho learned medicine from this spirit. And all those other beings too learned from her the snakes, the frogs and the bear. It said that one-time Wenabozho was hurt and also very sick and alone. The spirit came out of the ground and aided him and doctored him. It is said that she came slithering like a snake and pulled the bone out of her mouth and sucked out the sickness. Before his very eyes after he got better, he saw the spirit turn into water returning into the Earth. We have all these spirits that are waiting for our tobacco, waiting for us to fill their pipes and birch bark bowls each day. They sit and wait. His niyawen'enh, the birch trees protecting him and us to this day. These spirits each day give us life and medicine. When you gather, never forget them. Because they are still here with us....

Teaching by: Joseph Ogimaawab Sutherland, Bear Clan, Fort Albany First Nation

Painting by: Frank Polson

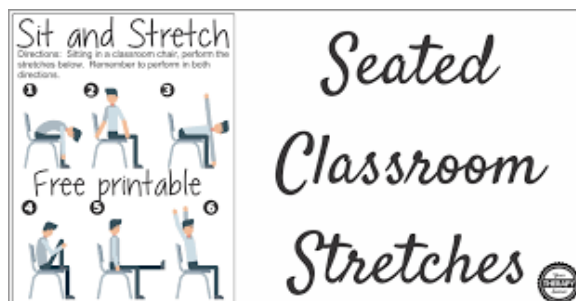
**Miigwech,**

*Your WJ Mouat Admin Team*

## **Self-Care Mondays**

February 17/25: This week's self-care tip is about: **Benefits of Chair Stretching.**

As students, you probably spend a lot of time hunched over a desk and seated. Remaining in such a position for such a long time isn't beneficial for your physical or mental health. To combat issues such as back pains, headaches, and lowered productivity, there are simple seated stretching exercises you can do anywhere! So, give chair stretching a try!



Information:

<https://www.fitday.com/fitness-articles/fitness/stretching/sitting-in-a-chair-all-day-6-reasons-why-you-should-utilize-office-stretching-exercises.html>

Activity: [https://www.youtube.com/watch?v=xRH1To\\_xyr8](https://www.youtube.com/watch?v=xRH1To_xyr8)

## **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**

**Extension Project: "Reach"-ing Out!**

**Presented by: Ryan Porth**

**Subject: Socials Studies 9**

**Driving Question:** How can we effectively portray history to establish meaningful connections between individuals and the past?

**TEACHER DESCRIPTION and/or REFLECTION:**

As a way of extending their learning in Social Studies 9, students were given an opportunity to plan a visit to The Reach Museum in Abbotsford and analyze its exhibits to discover how museums make history relevant to our lives today. At the time of their visit, the keynote exhibit was called Des Pardes, a look at the historical experiences of the South Asian community in the Abbotsford area. Students were told to take pictures of themselves at the museum with the exhibits and then prepare a brief class presentation of their experience, including a 3-D representation of some aspect of the museum. While at the museum, students were asked to reflect on a number of key questions, such as, which part of the museum’s exhibits attracted you the most, how did this visit change the way you look at life in the past, and, if you could change any part of history, what would you do and why? Student presentations, including their creatively made 3-D models, demonstrated a keen awareness of the historical connections that museums bring to the there and then, and the here and now. I will definitely offer this opportunity to future classes!

**STUDENT REFLECTIONS:**

One student remarked that she could put herself in the shoes of others while walking around the museum and imagine how they must have felt at that time. She continued that she was able to look at the exhibits with the perspective of today and see how things have both stayed the same and also changed. Another student reflected that her experience changed how she saw the past because it allowed her to see what different cultures went through and how those experiences affected them now. Furthermore, it changed how she looked at the past in the sense that it gave her an opportunity to look at all sides, in this case, the experiences of the South Asian community in Abbotsford, and not just the ones she’s heard most about in school.



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## HAWK GEAR



Crewneck

**\$35**




Hoodie

**\$40**

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