



News from the Nest

February 17 – February 21/25 – Parent Edition



Coming Up Next Week:

Monday, February 24

- ABCD
- Howe Middle Grade 8 visit
- Diversity Week - Cultural
- PAC meeting at 7 pm

Tuesday, February 25

- CDBA
- Diversity Week – Neurodiversity

Wednesday, February 26

- BADC
- Diversity Week – Pink Shirt Day
- CDG Middle Grade 8 visit

Thursday, February 27

- DCAB
- Diversity Week - Physical Disabilities and Chronic Health
- Grade 9 immunization

Friday, February 28

- ABCD
- Diversity Week – Pride Day

HAWK GEAR



AVAILABLE IN THE OFFICE

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
WJMOUTPAC

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 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

Wednesday February 14, 24
Black History Month

To Learn More:

<https://www.thecanadianencyclopedia.ca/en/article/michaëllejean>



Today's **Black Brilliance** info is about **Michaëlle Jean**, who was born in Haiti in 1957. In 1968, she immigrated to Canada with her parents, and became fluent in five languages. She worked in women's shelters and taught Italian at a University. She became the first person of Caribbean descent to star on French television news in Canada. In 2005, Michaëlle Jean became the Governor General and Commander-in-Chief of Canada.

Grad Cruise #2

ATTENTION ALL GRADS of 2025! GRAD CRUISE #2

DATE: Thursday, May 1st (evening event)

COST: **\$115** on schoolcashionline.

It is open to all grads now. Deadline to get tickets is February 21 and we must sell \$200 tickets for this event to happen.

Get your tickets ASAP to make the cruise happen!



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. They are practicing hard to get ready for next week.

Senior Boys Basketball

They played against GW Graham in the first round of the EVAA Championships on Tuesday at 6:15 pm at Abby Senior. Unfortunately, the boys lost 74-61 and that brings an end to their season. The boys fought hard and represented the school very well.

Wrestling

The team won 16 medals in total at The EVAA Championships 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!

Diversity Week at WJ Mouat

Next week is Diversity Week at WJ Mouat. For each day of the week, leadership will make available an info piece for teachers to share with their first block classes.

Monday - Cultural Diversity: Wear your cultural attire and come check out the cultural fair at lunch. Video for first block classes.

Tuesday - Neuro-Diversity: Wear blue and attempt some trivia questions at lunch. Infographic and discussion questions for first block classes.

Wednesday - Pink Shirt Day: This year's theme is "Let Kindness Grow". Video for first block classes.

Thursday - Physical Disabilities and Chronic Health: Wear red and attempt some trivia questions at lunch. Video for first block classes.

Friday - Pride: Wear the rainbow and come join our morning celebration or visit the photo booth at lunch. Info piece for first block classes.

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A Night to Remember - Dry Grad 2025 Recap

On Friday, February 14/25, our Grade 12's celebrated their milestone in style at "A Night to Remember"—an unforgettable Dry Grad event filled with fun, laughter, and excitement!

From mind-bending performances by a hypnotist and magician to high-energy silent DJ dancing, the night was packed with entertainment. Students tried their luck at casino games, had their personalities captured by a caricature artist, and struck a pose in the 360-degree photobooth. Of course, no celebration is complete without delicious treats! The grads enjoyed a variety of food and drinks, indulged in a decadent ice cream bar, and satisfied their sweet tooth at the candy station.

A huge thank you to all the volunteers, sponsors, and organizers who made this magical night possible. It was truly a celebration worthy of our incredible Class of 2025! 🎓 🎉



Thrive Corner

Tanisi,

Fraser Valley Student Art Competition

This year we are excited to invite current Secondary students from the Fraser Valley (Abbotsford, Mission, Langley, Maple Ridge, Pitt Meadows, Chilliwack, and Fraser Cascade school districts) to submit their artwork for exhibition at the Reach! Submissions will be juried by professional artists and curators, with an exhibition of selected student artworks from April to May. Students are asked to create an artwork on the theme.

Personal Identity

Artworks responding to this theme could be representations of self, family, ancestors, personal interests, or family cultural practices. Selected artworks will be eligible for prizes totaling \$500! Project submissions are due MARCH 8, 2025. Come to Thrive for submission information.

Miigwech,

Self-Care Mondays

February 24/25: This week's self-care tip is about: **Compassion.**

We often talk about being kind and compassionate to others which is very important, but you must also practice self-compassion and being kind to yourself. For some, this comes easily, but for others it takes work. Just know that you're worth the effort! Take the time today to say one kind thing about yourself or do something kind for yourself. **YOU ARE WORTH IT!**



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Information: <https://www.health.harvard.edu/healthbeat/the-power-of-self-compassion>

Activities to boost self-compassion: <https://www.health.harvard.edu/mental-health/4-ways-to-boost-your-self-compassion>

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

Extension Project: Reflection on a “Rose”

Presented by: Josue Quezada

Subject: Art Metal 9

TEACHER DESCRIPTION and/or REFLECTION:

The metal rose project was an assignment where we cut a long piece of metal for the stem, then used a template to cut out rose petals out of tin. After we had prepared the petals and the stem, we attached them so we could weld. The first time that I tried welding, I struggled tremendously, but I never gave up. With some support from my teacher and other classmates, I completed the project. I am very proud of the result of the metal rose that I made. This project showed me the value of trying my best even if it's difficult and the importance of asking for help when needed.

STUDENT REFLECTIONS:

Sohpia Aujla has been one of my top students in Art Metal this semester. Sophia was always the ringleader with her peers, asking about next steps and checking on quality standards well ahead of

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most of the class. This paid off for her whole work bench as they all benefited from Sophia's keen desire to have a deeper sense of technique. I have observed that Sophia is always willing to lend a hand to one of her peers and is quick to laugh and contribute to a positive classroom environment. I hope Sophia continues to explore her talents in metals and tool usage and that I see her in my classroom again.

