



News from the Nest

February 24 – February 28/25 – Parent Edition



Coming Up Next Week:

Monday, March 3

- ABCD
- Ramadan
- District Jazz Band Concert @ Abby Arts

Tuesday, March 4

- CDBA
- Ramadan
- Earthquake & Fire Drill

Wednesday, March 5

- BADC
- Ramadan

Thursday, March 6

- DCAB
- Ramadan

Friday, March 7

- CDBA
- Ramadan
- Manning Park Overnight Ski/Snowboard Trip

Saturday, March 8

- Ramadan
- International Women's Day
- Manning Park Overnight Ski/Snowboard Trip

Sunday, March 9

- Manning Park Overnight Ski/Snowboard Trip

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
- Stuffed
- 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
Chest	42" - 44"	46" - 48"	50" - 52"
Waist	35" - 38"	38" - 41"	41" - 44"
Sleeve Length-CB	35" - 36"	36" - 37"	37" - 38"
Sleeve Length-CI	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.

Parent Information Session

(La version française suit)

Public Safety Canada presents
Understanding and Guiding Youth in Gaming, by GamerSafer

Public Safety Canada is hosting a series of webinars to raise awareness and promote knowledge sharing about the crime of online child sexual exploitation (OCSE) amongst partners and stakeholders across Canada.

March 5, 2025 | 1:30pm - 3:00pm EST | Via Zoom

Targeted participants: Parents, caregivers, educators and civil society organizations.
[CLICK HERE TO REGISTER](#)

The presentation includes:

- **Why Youth Love Online Games & Tips to Engage Positively**
 - What makes gaming so engaging for children and teens?
 - The social, educational, and emotional benefits of gaming
 - Strategies for parents, caregivers and educators to connect with youth through

PSSG is excited to share this learning opportunity from Public Safety Canada:

This session will explore strategies to protect children from sexual exploitation and abuse within online gaming environments, providing practical guidance and expert perspectives. The webinar is facilitated by GamerSafer, a safety tech company focused on protecting players and gaming communities from digital risks and harms.

This session will be hosted on Zoom. To register, please click on the link below. You will then receive a confirmation email with login details.

Understanding and Guiding Youth in Online Gaming, March 5, 2025 from 10:30 am – 12:00 pm PST. [CLICK HERE TO REGISTER](#)

Targeted participants: Parents, caregivers, educators and civil society organizations.

Participants will be able to ask questions during the event. Please be advised that this event may be recorded.

For any questions about the event, please do not hesitate to email Public Safety Canada at: onlinecseeseenligne@ps-sp.gc.ca.

Your WJ Mouat Admin Team

Black History Month

Black History Month
2025

To Learn More:

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



Today's **Black Brilliance** is **Daniel Igali**, a wrestler born in Port Harcourt, Nigeria. Daniel Igali is Canada's first-ever gold medalist in Olympic wrestling. Igali grew up in Nigeria as one of 21 children. Wrestling was an important part of the culture of the Ijaw tribe. Each match was accompanied by drumming, thought to be instructing the wrestler during the match, with traditional tribal wrestling songs being hummed in the background. Victory was gained with a single takedown.

Weekly Athletic Recap

Grade 9 Girls Basketball

The team is playing in 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 their game tomorrow at 12:30 pm.

Wrestling

The team defended their championships in the boy's division and are BC Champions again.

Here are the Mouat Highlights:

Mouat "Boys Team Champions"

BCSS Most Outstanding Male wrestler " Michealjeet Grewal "

BCSS Championships Boys Most Outstanding Match:

Mouat's "Nathan Thiel " & Marcus Lee Heritage Woods - 60 kg

Mouat Male Results.

GOLD:	Jagroop Dhinsa	130 Kg
	Michealjeet Grewal	110 Kg
	Nathan Thiel	60 Kg



Your WJ Mouat Admin Team

SILVER: Manraj Dhaliwal 130 Kg
 Manjot Dhaliwal 84 Kg

BRONZE: Gurshaan Kahlon 70 Kg

Placement Matches:

Roop Ghuman	Fifth
Diljot Sidhu	Sixth
Jodhan Deol	Sixth

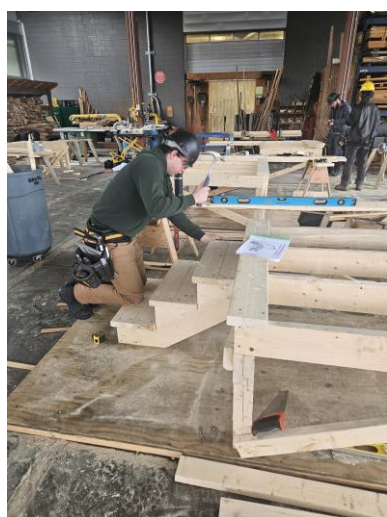
Go Hawks! Keep up the great work, and let's cheer our teams on for continued success!

Skills Competition

Congratulations to following students for winning top awards in the Skills Canada Regional Competition at UFV Chilliwack on February 27th

- 1) Aiden Reitsema - Gold in the Electrical Competition
- 2) Atticus Brummitt - Gold in the Carpentry Competition
- 3) Will Dahlman - Gold in the Automotive Competiton
- 4) Jin Kim - Silver in the Carpentry Competition
- 5) Finn Tielmann - Silver in the Architectural Drafting Competition

Students that have won Gold will move on to the Skills Canada Provincial Competition being held on April 16th at the Tradex building in Abbotsford. This event is open to the public. Doors open at 8:00 am until 4 pm.



Your WJ Mouat Admin Team

Thrive Corner

Tanisi,

The Story of Lhilheqey (Mount Cheam)



Watch the video here: (QR Code)

This is the story of Lhilheqey, or the Legend of Mount Cheam. This story was told by Mrs. Cooper of Oliver Wells. Mount Cheam is a lady, and Mount Baker is a man. This is an old legend. So Mount Baker, he comes over, and he looks for a wife. And he finds a nice looking girl. So he takes her over to the State of Washington. They live there, and they have three boys. Mount Hood, Mount Rainier, and I can't tell you what the other one is. And they have three girls, but the boys are the oldest ones. After the boys grew up and she had three little girls, she says, "I had better go back home", she says, "to my people, to the Fraser River". So she comes back and she says, "I'll stand guard", she says. "I'll stand and guard the Fraser River that no harm comes to my people". "And no harm comes to the fish that comes up to feed them".

That's the legend. And then she takes her three children and she stands up there, and coming down from up the road there's three little points, and those three little points are her children. They say she holds the smallest one in her hand. Behind her, toward this way, is the head of the dog that followed her. And she told the dog to go back home, and it stood there, and stayed there. So I guess right now there, if the snow isn't all off, you can see that dog head playing.

Miigwech,

Self-Care Mondays

March 3/25: This week's self-care tip is about: **Benefits of Nature – Take a walk outside.**

Being in nature, or even viewing scenes of nature, reduces anger, fear, and stress and increases pleasant feelings. Exposure to nature not only makes you feel better emotionally, but it also contributes to your physical wellbeing, reducing blood pressure, heart rate, muscle tension, and the production of stress hormones. So, on that note get outside, rain or shine and take in nature with deep breaths. Look at the trees and the sky and take it all in. It WILL relax you.



Information:

<https://newsnetwork.mayoclinic.org/discussion/mayo-clinic-minute-prescribing-nature-for-mental-physical-health/https://www.apa.org/monitor/2020/04/nurtured-nature>

Activities:

- 1) Take a nice 10 minute stroll around the building. Take deep breaths and take in the beauty of trees and sky.
- 2) If it's too cold and rainy, watch this 😊 <https://www.youtube.com/watch?v=4DaZ0cBIxpg>

Your WJ Mouat Admin Team

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

Extension Project: Incline Plane Lab: Theory to Practice

Presented by: Oreste Rimaldi

Subject: Physics 12

TEACHER DESCRIPTION and/or REFLECTION:

This was their second formal lab in physics 12. Students were tasked with determining the coefficient of static friction and kinetic friction for 3 different objects. I described what they needed to achieve and did a quick demo using the apparatus that they would need to use. The students had to come up with their own procedure. As well, the students needed to figure out what data they need to collect and how to organize that data as well as what calculations they needed. The write up of the lab had to be clear enough that they could hand it to another student and that student would be able to perform the lab and meet the objectives of the lab without needing to ask for any further questions. There are always many hiccups to this lab. Students do not write a thorough enough lab procedure, or they do not organize their data in an efficient manner or in an easy-to-follow manner. Giving proper diagrams of the procedure was not done very well. Organizing their data in an easy way to determine the results and if their results were easy to compare between static and kinetic coefficients of friction was done, for the most part, poorly. The calculations were for the most part, organized well, and calculated correctly (the theory). Overall, I was surprised at how poor their skills were in how to write up a procedure and general organizing of data and not knowing what data they needed to collect. In the past, students were quite good at

these skills. These are all things that I will try to emphasize more in the future. Maybe this was just a hiccup for this year.

STUDENT REFLECTIONS:

- **Critical and reflecting thinking strengths: I think that I am really good at...**
 - Solving problems on my own then.
 - Troubleshooting the setup of the lab when things are not going as planned.
 - Why experimental results are not same as theoretical expectations.
- **Here are some specific examples of how I have shown my strengths in critical and reflective thinking:**
 - When I am stuck on a problem/equation, I find a different way to do it, then use that to figure out the next question for homework incline plane problems.
 - When I calculated our results and they did not make sense with theory, I went back and realized that the block was not accelerating but moving at constant speed, so I increased the mass to make sure the block was accelerating.
- **In the area, my goal for moving forward and improvement is:**
 - To think through the lab more thoroughly to know what data I need to collect.
 - Organizing my tables of the data collected. After feedback, I realized how poorly my organization was.
 - I think because I know what I meant for the procedure for the lab, I knew what to do, but when my lap partner read it, they did not know what to do, for the lab. I need to be more clear when writing out a procedure.
- **To do this, I will challenge myself to:**
 - Ask for other students what they think of my procedure and data.
 - Ask a friend who is not in physics to read my procedure and see if they understand it or could do it.

