



# News from the Nest

March 2 – March 6/25 – Parent Edition



## Coming Up Next Week:

**Monday, March 10**

- ABCD
- Music Concert

**Tuesday, March 11**

- CDBA

**Wednesday, March 12**

- BADC

**Thursday, March 13**

- DCAB

**Friday, March 14**

- BADC
- Fun Friday student leadership

**Saturday, March 15 – Sunday, March 29**

- Spring Break



## 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.

### **Physics Olympics**

A Huge Congratulations to the Physics Olympics Team. At UBC, on Saturday March 1<sup>st</sup> WJ. Mouat was represented by a group of 17 students all aspiring to reach higher levels in Science, Physics and Engineering. This year, like last year, one of our engineering build teams came in 3<sup>rd</sup> place out of 83 teams from across BC. This is a Major accomplishment and was only possible by the dedication and time spent after school to get the job done. Many 12-to-15-hour days were exhausted.

The Final overall results for the entire event will come out later. However, I want to acknowledge the commitment of the entire team. After only just returning to the UBC Olympics these last two years... your team from WJMouat has represented you and your school in an amazingly positive way. Such GREAT Work.” More news to come...



### **Weekly Athletic Recap**

#### **Grade 9 Girls Basketball**

The girls played four games at the BC Championships. They played hard and represented Mouat very well. They finished in 13 place out of 24 teams. They beat Byrne Creek and Frank Hurt and lost to Heritage Woods and Collingwood. Great season girls!!

Rugby for boys and girls is in full swing. The teams played exhibition games this week as they get ready for the regular season next week.

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



## **Thrive Corner**

Tanisi,

**Welék'es:** Little Frog Season: March 23 - April 20

The sixth month, around March, is called **Welék'es**, little frog season because the **welék'** - little frog begins to croak about this time. The same month is also called **Qweloxythi:lem** - making music, because the birds start singing then.



<https://indigenous.abbyschools.ca/node/54598>

Miigwech,

## **Leadership Fun Friday, March 14**

The theme is spring things.

- 1) 9's are Bumble Bees (wear yellow and black)
  - 2) 10's are Lady Bugs (wear red and black)
  - 3) 11's are Flowers (wear bright colors)
  - 4) 12's are Bunnies (wear white)
  - 5) Staff are Leprechauns.
- Fun all day! Stay tuned for details.

## **Self-Care Mondays**

March 10/25: This week's self-care tip is about: **Benefits of Nature – Yoga-Style!**

We know that being in nature helps to reduce stress and improves mental health. Going for walks and any form of exercise outside is not only improves our mood but it also improves our physical health. So, why not try some yoga outside or inside for that matter.

Information:

<https://yoganowchicago.com/why-you-should-try-outdoor-yoga/>



Activity:

<https://www.youtube.com/watch?v=4AELzGcD9So>

(The sound on this video is quite low so feel free to have these relaxing nature sounds on in the background <https://www.youtube.com/watch?v=eKFTSSKCzWA> ).

Your WJ Mouat Admin Team



### **Character Word of the Week: Integrity**

Integrity is a commitment to honesty that is clear because actions are consistent with stated beliefs or promises. Honest, truthful, trustworthy people have integrity.

How it can look when put into action:

- Doing the right thing even when no one is watching.
- Telling the truth.
- Producing work that is honest and sincere.
- Keeping confidences.
- Keeping promises and commitments.
- Communicating honestly, openly and respectfully.
- 



### **Cultural Diversity Awards Night**

A huge congratulations to Isaac Lindsay for being nominated as the Youth Champion of Diversity. He is recognized as a strong advocate for youth empowerment, providing them opportunities to grow and showcase their skills and leadership qualities.

Walida Abdo was also nominated for her volunteer work for children with language barriers at Terry Fox Elementary.



### **Spotlight On Learning**

***Presented by: Johanne Sauve***

***Subject: Cinema et Litterature Francophones 11***

**Driving Question:** What books/movie/program had an impact on you when you were younger?

#### **TEACHER DESCRIPTION and/or REFLECTION:**

Students were asked to think of an art form (book, movie, etc.) that influenced them when they were younger and had an impact on who they are today. They had to talk about the values they learned from that book(s), movie, and how it had a lasting impact. They had to describe that product but also convince their peers of its positive impact so that they too would explore that art form.

#### **STUDENT REFLECTIONS:**

I enjoyed the final project because it was a good way for us to talk about ourselves in a nostalgic sort of way and reconnect with our youth. I really enjoyed listening to other people's presentations. It was unique because hardly anyone chose the same book or movie or tv program. It even made our teacher nostalgic because she had enjoyed some of the same things as us. For example, someone chose the tv series Little House on the Prairie.

