



# News from the Nest

March 10 – March 14/25 – Parent Edition



## Coming Up After Spring Break:

### Monday, March 31

- ABCD
- Admin Meeting at 8:30 am

### Tuesday, April 1

- CDBA
- Counsellor/Admin Meeting at 8:30 am

### Wednesday, April 2

- BADC
- World Autism Awareness Day
- Indigenous Role Model Ceremony

### Thursday, April 3

- DCAB

### Friday, April 4

- DCAB

**HAWK GEAR**



**\$35**

Crewneck



**\$40**

Hoodie

**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"

	L	XL	2XL
Chest	42" - 44"	46" - 48"	50" - 52"
Waist	35" - 38"	38" - 41"	41" - 44"
Sleeve Length-CI	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.*

## 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*



### **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.

### **Cultural Identity Art Exhibit at the Reach Gallery**

Congratulations to the following Mouat Art students who will be showing their artwork in the upcoming Personal Cultural Identity Art Exhibit at The Reach Gallery:

Annie Golubenko	Avery Kelly	Fern Kingston	Brooklyn Gilmore
Charlotte Haire	Husandeep Dubb	Joy Seo	Lillia Hildebrand
Matilde Sperotto	Parmeet Kaur	Sage Braithwaite	Shay Braich
Xauni de Figueiroa	Yovi Tokhai		



These students took the time to learn about and complete the application process for having their work exhibited in a gallery with support from Ms. White. This is a really unique opportunity for student to showcase their art in a National level gallery. I encourage everyone to check it out (maybe even as a walking field trip!). The Reach is open Tuesday-Saturday from 10am-5pm. More info to come on the opening reception in April!

### **Weekly Athletic Recap**

#### **Senior Boys Rugby**

Our Sr. Boys had a 64-12 win over our crosstown rivals Yale. Tries were scored by Charlie, Joel, Cole, Manraj and Caleb.

#### **Junior Boys Rugby**

They lost a spirited game to Yale on Wednesday.

Our Jr and Sr. Boys' rugby team will be practicing Tuesday and Thursdays over Spring break from 2 - 4pm for the next two weeks.

#### **Senior Girls Rugby**

Our senior girls beat Sardis 77-0 on Wednesday.

#### **Track & Field and Girls Soccer**

They are still practicing and getting ready for their season after spring break.

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



### **Band Festival**

Our two Jazz Bands and our Sr. Concert Band performed in the Chilliwack Lions Festival and all three groups won silver for their performances. The students are really excited and proud of their hard work.

Thanks again for releasing students and to the office staff for their support with all of the logistics!



### **Wrestling Team Honoured at School Trustee Meeting**

Our Provincial Championship wrestling team was honoured at the School Trustee meeting at the SBO on Tuesday. Trustees asked questions of the wrestlers and listened to the highlights from the meet. Congratulations to team and Coach Mitchell!!!



### **Thrive Corner**

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#### **Spá:th-Bear**

It's spring time! The bears are just starting to wake up from their winter hibernation. The bears have a lot to teach us!

In Stó:lō traditions our Elders tell us that the Bear is our Brother and he looks after us. Bear provided fur for warmth, and fat for medicine (See: Upper Stó:lo hunting). In the tradition of the Seven Teachings the bear represents Courage. Bear teaches people to be brave when facing obstacles, even in the most difficult situations. We have lots of different bears in BC. Can you name some? Did you know that we have a whole forest dedicated to bears in BC? It is called the Great Bear Rainforest located near Klemtu, BC. Check out <https://www.spiritbear.com/> to learn more about all the bears you can find in the Great Bear Rainforest.



<https://indigenous.abbyschools.ca/sites/default/files/Bear.pdf>

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### **DELFL Exams**

Link to DELF exam Schedule for those French Immersion students signed up to write it.

 DELF 2025 WJ Mouat- horaire.xlsx



Your WJ Mouat Admin Team



### **Self-Care Mondays**

March 10/25: This week's self-care tip is about: **BENEFITS OF NATURE- Mindfulness Activities.**

Mindfulness, in a nutshell, means to focus your awareness on the present. For example, if you're outside: What do you see? Hear? Smell? How do you feel? Etc. An increasing number of studies attest to the fact that combining the outdoors with mindfulness may lead to better concentration, reduced stress, increased performance, and an overall sense of wellbeing. So, give it a try.

Information:

<https://www.merrithew.com/blog/post/2016-05-26/8-benefits-of-being-mindful-outdoors>



Activity:

Go for a walk and/or sit outside. Or look out the window. Take a moment to think about what you see? Describe it in detail (for ex. I see a tree with small green leaves. The wind is blowing a bit and the leaves are moving., etc.) What do you hear? What do you smell? Pick up a leaf, if you can, and describe how it feels in your hand. Take 5-10 minutes to just focus on your senses (What you see, hear, smell, touch, taste, etc.?) Keep your focus on what is happening in the moment. Set your timer for 5-10 minutes and see if you can fill the time by just describing what you see, feel, hear, smell etc. in that moment. Every detail counts (colours, sounds, sensations, etc.).

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

Caring is both an action and a state of mind that demonstrates kindness and sensitivity to others.

How it can look when put into action:

- Paying it forward
- Being sensitive to other people's points of view
- Sharing.
- Listening.
- Volunteering to help.
- Being generous.
- Encouraging others.
- Protecting vulnerable members of the community.



### **Spotlight On Learning**

***Presented by: Ms. Nimmy Sidhu***

***Subject: Economics 12***

***Driving Question: Should the Rich Pay More Tax?***

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

In this project, students reflected on the impact, both positive and negative, on increasing taxes on the rich. Students were asked to consider economic, legal, and social implications of taxing the rich more, and to consider if this was a possible solution for alleviating poverty.

#### **STUDENT REFLECTIONS:**

This project really made me consider what it meant to tax the rich more and to consider if this was the easy solution it sounds like. I now understand how complicated this question is. It's not as simple as taking from the rich and giving to the poor even if you want to. It made me consider how increasing taxes on the rich often doesn't work because they find ways around paying, and how at the same time taxation decreases innovation and can hurt an economy. But in conclusion, we feel that the rich should have to pay higher taxes and the governments should figure out how to make sure they do.

