




News from the Nest

March 31 – April 4/25 – Parent Edition



Coming Up Next Week:

Monday, April 7

- ABCD
- DELF Exams
-  [DEL 2025 WJ Mouat- horeaire.xlsx](#)
- Numeracy & Literacy Exams

Tuesday, April 8

- CDBA
- DELF Exams
- Numeracy & Literacy Exams

Wednesday, April 9

- BADC
- DELF Exams
- Numeracy & Literacy Exams

Thursday, April 10

- DCAB
- Numeracy & Literacy Exams

Friday, April 11

- Learning Enhancement Day
- Numeracy & Literacy Exams

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
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.

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



Numeracy and Literacy Schedule

April			
Monday, April 7			
8:10-11:10			
Teacher	Class	Block	Assessment
Atkinson	MWP 10	A	NUM 10
Homoncik	PreC 10	A	NUM 10
11:35-2:35			
Teacher	Class	Block	Assessment
Coan	EFP 10	C	LIT 10

Wednesday, April 9			
8:10-11:10			
Teacher	Class	Block	Assessment
Homoncik	PreC 10	B	NUM 10
Jaswal	MWP 10	B	NUM 10
11:35-2:35			
Teacher	Class	Block	Assessment
Barnett	PreC 10	D	NUM 10
Sharma	PreC 10	D	NUM 10

Tuesday, April 8			
8:10-11:10			
Teacher	Class	Block	Assessment
Homoncik	PreC 10	C	NUM 10
Jaswal	MWP 10	C	NUM 10
11:35-2:35			
Teacher	Class	Block	Assessment
Sharma	PreC 10	B	NUM 10
Corbett	EFP 10	B	LIT 10

Thursday, April 10			
8:10-11:10			
Teacher	Class	Block	Assessment
Corbett	EFP 10	D	LIT 10
Kehler	ENG 10	D	LIT 10
11:35-2:35			
Teacher	Class	Block	Assessment
Corbett	EFP 10	A	LIT 10
Poss	EFP 10	A	LIT 10

DELFL Exams

Link to DELF exam schedule for those French students signed up to write it next week. Make sure that you have paid on schoolcashionline.

 DELF 2025 WJ Mouat- horaire.xlsx



Cultural Identity Art Exhibit at the Reach Gallery

Fourteen Mouat students had their artwork accepted into the Cultural Identity Exhibit on *now at The Reach Art Gallery!* Please come out to support our Mouat Students. Here is the information:

We're thrilled to invite you to the inaugural Fraser Valley Secondary Art Contest at The Reach Gallery Museum, opening April 1! This inspiring showcase features artwork by over 70 talented students from 10 secondary schools across Chilliwack, Abbotsford, Langley, and Mission School Districts. The exhibition will run from April 1 to May 31.

Students were encouraged to explore the theme of personal identity in their own unique way—through reflections on self, family, ancestry, culture, and personal passions. The result is a diverse

Your WJ Mouat Admin Team

and thought-provoking collection of work that highlights the creativity and individuality of young artists in the Fraser Valley.

Join us for the Opening Reception & Awards on April 10 from 5 pm to 7 pm!

Meet the artists, celebrate their achievements, and be part of the awards ceremony, where students will be recognized for their outstanding work. Plus, you'll have the chance to cast your vote for the People's Choice Award!

We can't wait to celebrate these incredible young artists with you. See you at The Reach!

Learning Enhancement Day - April 11/25

Our mid-semester Learning Enhancement Day is on April 11th, it is a day for students to connect with their classroom teachers and get supports if needed. Students who are struggling to demonstrate competencies and learning goals may be required by their teachers to attend next Friday. This is a great time for students to have some one-on-one teacher time, discuss an "IE" plan to ensure future success, write or review tests and assignments, or gather with like-minded kids and adults for learning extensions. Buses will run as normal on this day

Weekly Athletic Recap

Senior Boys Rugby Our Sr. Boys played RE Mountain on Thursday. Score will be posted next week.

Junior Boys Rugby

They played DW Poppy on Wednesday. Score will also be posted next week.

Senior Girls Rugby

The girls' rugby team beat Walnut Grove 99-0 on Wednesday. Tries were scored by Adrianna Huber, Mehar Sidhu, Alexia Giesbrecht, Brooklyn Cybuliak, Ella Pan, Katelyn McLaughlin, Evelyn Langerud, Ryah Kambho, and Sierra Mosser.

Track & Field

They are still practicing and getting ready for their first meet.

Girls Soccer

Congratulations to our Sr. Girls soccer team on their convincing 10-2 win over SJB. Goal scorers were Kiran Sura with 6! Amber Sura with 2, and game MVP Simran Randhawa, in her first soccer game, with 2. Shout outs to Eunice M'Bikata on her first game as goalie and everyone else for their hard work and positive play. The girls are at home on Monday vs. Abby Christian for a 3:30 pm kickoff.

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

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Travel Club Trip to Greece & Turkey during Spring Break

The travel club students journeyed through Greece and Turkey and shared many unforgettable experiences. Over the course of their adventure, they explored some of the most iconic UNESCO World Heritage sites, bringing ancient history to life before their eyes.

Athens was a city that truly left a lasting impression. Seeing the Parthenon up close and exploring the Acropolis Museum was an unforgettable experience, allowing them to connect with the grandeur of ancient Greece. Being a part of the Greece Independence parade and witnessing the patriotism from the Greek people was amazing. As they strolled through Plaka and Syntagma Square, they also got a taste of modern Greek culture—enjoying incredible food, lively streets, and a vibrant atmosphere that made the city come alive. It was amazing for them to witness the blend of ancient history and contemporary life.

One of the biggest highlights of the trip was the three-night Greek Islands cruise. Visiting three different islands gave us the perfect mix of adventure, relaxation, and cultural discovery.



French Field Trip

Madame Grozell's French students had the opportunity to travel to downtown Vancouver and watch "Mademoiselle Bottine", a French film at the International Film Festival. The film was about an orphan that gets reunited with her uncle. It was a very touching and emotional film. The students were able to practice their French language and skills and had a great time.



Thrive Corner

Tanisi,

On Friday, students from three secondary schools embarked on a journey of learning how to live off the land. With the help of the Ridgedale Rod & Gun club, the students learned about traditional and new aspects of bow hunting as well as traditional hunting systems. Over the next 4 weeks students will become familiar with archery and how to use the equipment as well as hunting protocols. Here are a few pictures from day one.



Miigwech

Self-Care Mondays

April 7/25: This week's self-care tip is about: **THE BENEFITS OF SUNSHINE on Mental Health**

Sunlight helps boost a chemical in your brain called serotonin, and that can give you more energy and help keep you calm, positive, and focused. And we can all use a little bit of that! Five to 15 minutes of direct sunlight when it's earlier in the day is recommended.

Information:

<https://www.youtube.com/watch?v=RMUL5KhEICU>

Activity: Just get out there and spend a good 5 to 15 minutes, daily, enjoying the sun beating down on your face. Just think about the warmth and how lovely it feels.

MENTAL HEALTH BENEFITS OF SUNLIGHT

- 1 Sunlight works as a natural anti-depressant**

It is the most accessible and easy-to-absorb antidepressant you will find. It is an excellent source of vitamin D. A lack of Vitamin D has been associated with depressive disorders.
- 2 Sunlight aids the production of Serotonin**

The action of sunlight on your eyes causes the production of serotonin. Serotonin is the happiness hormone of the brain. It gives us feelings of joy and pleasure. It increases our tolerance to stress.
- 3 Sunlight helps alleviate Anxiety**

The sun may have an important role in reducing anxiety. When the sun rises, we tend to do things differently. We become more active and tend to spend more time outside. These activities are linked to mental well-being and reduced anxiety.
- 4 Sunlight exposure induces good sleep**

When the sun sets, the lack of sunlight prompts the brain to break down serotonin into melatonin. Melatonin is the hormone that puts you to sleep. So more serotonin would also mean more melatonin and eventually a good night's sleep.



www.yourmentalhealth.com

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Character Word of the Week: TEAMWORK

Teamwork is working collaboratively and cooperatively to attain a shared goal.

How it can look when put into action:

- Participating in class and school activities.
- Challenging yourself.
- Supporting and encouraging others.
- Considering how to accommodate the needs of others.
- Providing leadership.
- Being willing to follow.
- Taking turns.



Spotlight On Learning

Presented by: Ms. Charlene Storozuk

Subject: FSL 9

Driving Question: *Escape Room Final Assessment*

TEACHER DESCRIPTION and/or REFLECTION:



This semester I wanted to try an escape room concept with my students as their final assessment. I thought it would be a good way for them to demonstrate their language skills as well as their critical thinking and collaboration skills. I provided 8 different puzzles/activities for them to solve and when they did, they were left with a 3, 4 or 5 digit number as their “code”. Once the group had completed their individual puzzle, they entered all of their codes onto a master sheet, and I told them how many codes they had correct.

Some groups were off by just one number and quickly worked as a group this time to figure out what they needed to fix.

They were able to enter codes 4 times (once for each member of their group) before their time expired and they were “locked in”. I provided 3 different levels of puzzles for each group and asked

them to decide which one they wanted to work on (DEV, PRF or EXT). I was pleased to see that students who finished a DEV puzzle early tried a PRF level one for their next turn!



STUDENT REFLECTIONS:

In our French 9 class, we had an escape room as our final assessment. In my experience, it was a fun and enjoyable assessment. We worked as a group and individually solved puzzles to figure out a code. It was an exciting challenge that tested our language skills and vocabulary. It went very well. We used our critical thinking skills to figure out the codes, which I had some difficulties with at first but then figured it out. Our group was very invested in the assessment and wanted to finish before time. This assessment was much better than a regular final exam because we got to showcase our knowledge in a very fun and interesting way rather than having a lot of stress about it! Jasmin D.