



# News from the Nest

April 7 – April 11/25 – Parent Edition



## Coming Up Next Week:

### Monday, April 14

- ABCD
- Vaisakhi Day
- PAC meeting at 7 pm

### Tuesday, April 15

- CDBA

### Wednesday, April 16

- BADC
- Q3 Learning Update Report Cards sent home
- Skills Canada Competition at Tradex

### Thursday, April 17

- Pro-D Day

### Friday, April 18

- Good Friday- NO SCHOOL

### Saturday, April 19

### Sunday, April 20

- Easter Sunday

### Monday, April 21

- Easter Monday- NO SCHOOL

## 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.

### **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:

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 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!

### **Weekly Athletic Recap**

#### **Senior Boys Rugby**

Our Sr. Boys rugby team played RE Mountain last Thursday and won 64 to 0. Tries were scored by Caleb Janzen (2), Treyson Harley (2), Joel Muller (2), Aiden Reitsma, Nico Pancubit, Dylan Marks, Brennen Neufeld, Gabe Currie, and Charlie Franson.

Our Sr. Boys had a bye this week and are back in action next week on April 17th at Sardis.

#### **Junior Boys Rugby**

They played DW Poppy last Wednesday. It was a controlled scrimmage. They played Chilliwack on Wednesday. The boys lost 35-5. Quinn Baker scored our lone try. The boys played hard to the final whistle. Well done!!



#### **Senior Girls Rugby**

The girls' rugby had a bye this week. They are playing in the Yale Seven A Side tournament.

#### **Track & Field**

The team had their first meet on Thursday. We have results next week.

#### **Girls Soccer**

Congratulations to our Sr. Girls soccer team on their convincing 5-0 win over Credo Christian. Goal scorers were Amber Sura, Zoe Tessier and a hat trick by Kirin Sura. The girls also beat Abby Christian on Monday 4 to 0. The girls are off to Osoyoos this weekend for a tournament. Good lucks Girls!

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

*Your WJ Mouat Admin Team*

### WJ Mouat Grade 8 Parent Info Night

Attention all parents/guardians of Grade 8s who will be coming to WJ Mouat in September!

**April 23, 2025, from 7pm-8pm in the WJ Mouat school gym there will be a Parent Information Night** that will include an overview of what to expect in terms of the school schedule, academics, sports/clubs and other programs. There will be a Punjabi-speaking administrator present to answer any questions following the presentation.



A date to put in your calendar is **August 26, 2025, from 10 am to noon**, incoming Grade 9 students are invited to a school info session, tour, games and a BBQ.



We look forward to seeing you and beginning your child's secondary learning journey at WJ Mouat Secondary School.

### We are Hawks Week & Talent Show

Hi Mouat,

April 28<sup>th</sup> to May 2<sup>nd</sup> is our annual We Are Hawks week! During this week, we celebrate what it means to be a Hawk: academics, athletics, French Immersion, arts, music, applied skills, ELL.....

Our leadership students are busy brainstorming ways to highlight all the incredible things we do here at Mouat.

#### **TALENT SHOW:**

Additionally, our talent show auditions are starting next week. If you have any students that come to mind that have a talent to showcase, PLEASE do not hesitate to push them in our direction and to audition.

### Thrive Corner

**Tanisi,**

Saturday, April 12<sup>th</sup>, there is a new moon. This new moon is the one that is closest to the planet earth. In Stolo territory, we are coming up on a new phase called **Temkwikwexel** (April 21 - May 19). Time for baby sockeye salmon to spawn.

The seventh month, around April, is called **Temkwikwexel** - time for baby sockeye salmon, by some people, **kwikwexel** is baby sockeye salmon. Some call the month **Lhemt'oles**, which means spring showers in the eyes.

### Miigwech

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### **Self-Care Mondays**

April 14/25: This week's self-care tip is about: **Sunsets**

Studies show that taking the time to experience natural beauty, such as a sunset, can make you feel better, increase your generosity and enhance your life satisfaction. It's about dropping all you're doing and appreciating the beauty of the moment. So, take that time today to appreciate the beauty of nature and if you can, watch a sunset, look at the trees and the sky, listen to the wind and really pay attention to what you see and hear and feel.



<https://www.psychologytoday.com/ca/blog/minding-the-body/201407/how-admiring-the-sunset-changes-you-the-better>

Activities to try with classes: <https://www.naturewise.com/blogs/blog/3-outdoor-mindfulness-activities-to-do-in-nature>

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

Having awareness means being informed about school, community and global issues, identifying with the needs of others, and considering all points of view.

How it can look when put into action:

- Learning about other cultures
- Including everyone
- Seeking fairness and equity for all
- Having self-control
- Volunteering to help
- Sharing
- Showing gratitude
- Finding your passion
- Taking initiative



### **Spotlight On Learning**

***Presented by: Ms. Taylor***

***Subject: English First Peoples 10***

**Driving Question:** How can we use poetry to explore and develop understanding of First Peoples themes and to foster empathy through personal connections?

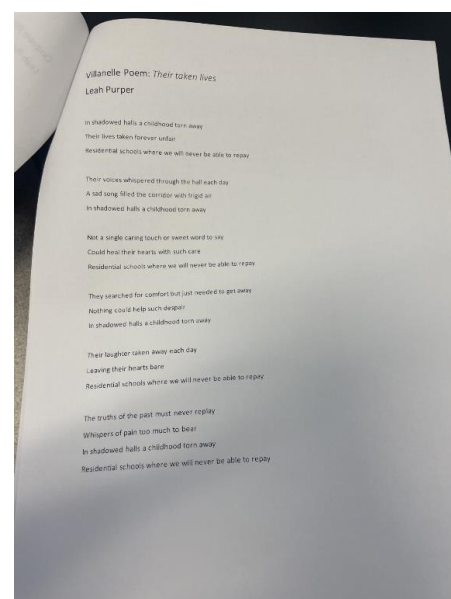
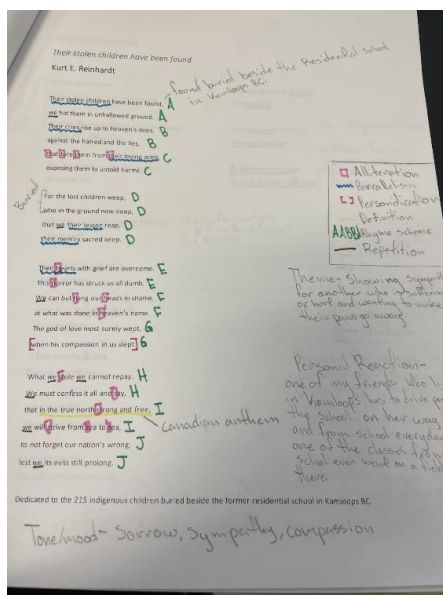
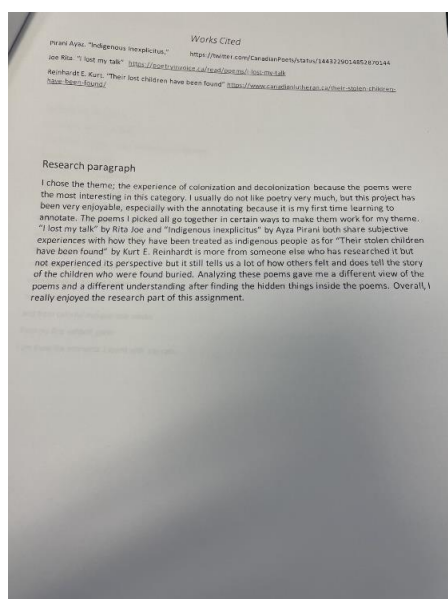
### **TEACHER DESCRIPTION and/or REFLECTION:**

Through poetry, students explored their choice of one of the following Indigenous themes from the Ministry curriculum: connection to the land, the nature and place of spirituality as an aspect of wisdom, the relationships between individual and community, the importance of oral tradition

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(storytelling), the experience of colonization and decolonization, loss of identity and affirmation of identity, tradition, healing, role of family, importance of Elders, or another topic of their choice. Students developed understanding of varied perspectives on their chosen theme by collecting, analyzing, and reflecting on several poems by Indigenous authors. They then responded personally and empathetically by writing original poetry on the same theme and reflecting on what they learned through the creative process. Highlights of this project for me as the teacher were reading the students' "Where I'm From" poems, which were delightfully unique, and their reflections, where they demonstrated how their own perspectives of Indigenous issues were expanded through their research and where they often expressed their sense of gratitude for their own families, cultures, and experiences.



### **STUDENT REFLECTIONS:**

From our final poetry inquiry project my theme was: the experience of colonization and decolonization. I first found some poems randomly not really knowing what I was doing but when I started annotating the first poem I started to really connect and understand the poems meaning. I figured that I should find new poems for the other two poems now that I understood it better so they would all go together. I really enjoyed this project because I have never found poetry interesting but since this was indigenous related, that made it easier to put more thought and effort into it as it is an interesting subject. Writing my own poems was also more fun than it has been in the past mostly because after annotating the first three poems it made me understand the poem structure better so I could write more. I think I did quite excellent job on this final project and am proud of the poems I have written, and I hope my teacher sees the effort I put into this project.

Your WJ Mouat Admin Team