



## News from the Nest

April 28 – May 2/25 – Parent Edition



### Coming Up Next Week:

#### Monday, May 5

- ABCD
- National Day for Awareness of Missing & Murdered Indigenous Women & Girls

#### Tuesday, May 6

- CDBA
- Red Dress Day Assembly – Hawk Day Schedule (Students asked to wear black or red)

#### Wednesday, May 7

- BADC
- ICBC Presentation to Grade 12's

#### Thursday, May 8

- DCAB

#### Friday, May 9

- BADC

#### Saturday, May 10

#### Sunday, May 11

- Mothers Day

## HAWK GEAR



**AVAILABLE IN  
THE OFFICE**

## THE W.J. MOUAT PAC IS FUNDRAISING!



#### GREEN INSPIRATION CLOTHING BINS

Drop your unwanted clothing off in the bins located in our front parking lot.

#### RETURN-IT EXPRESS

When dropping off bottles, use the number 956-682-8722 (WJ MOUAT PAC), and PAC will receive the donation from your recycling efforts.

#### COBS BREAD

When you mention your child attends W.J. Mouat at the Gladwin & Highstreet locations, a percentage of your purchase will be donated to WJ Mouat PAC

### 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.*

## **Weekly Athletic Recap**

### **Senior Boys Rugby**

The Senior Boys play in the Stadium series against Riverside on Friday. This series is seeding for the BC Championships. Teams play other teams from different regions. We will have an update next week on how they did.

### **Junior Boys Rugby**

The junior boys beat Robert Bateman B team in an exhibition game.

### **Senior Girls Rugby**

Congratulations to the senior girls' rugby team who had an amazing game against Bateman, the score was 66-22 and tries were scored by Adrianna H, Alexia G, Brooklyn C, Katelyn M, Kaydence D and Sierra. They play in the Stadium series against Carson Graham on Friday.

### **Track & Field**

The track athletes just practiced this week as there was no meet.

### **Girls Soccer**

Congratulations to our Senior Girls soccer team on their convincing 6-0 win over the Hansen Hurricanes. Goal scorers were Ella W, Kirin S, Amber S, Dakota D and Lucia L, game MVP, with her first goal as a Hawk! They also had a 5-2 win over Mission Secondary. Goal scorers were Kirin Sura with 4 and grade 9 Elise Mackenzie with her first goal as a Hawk! With the win the Hawks remain in 1st place with a stellar 7-0 record. Big week next week as the Hawks are home against Bateman Monday and Abby Sr. Wednesday. Come on out and support girls' soccer!

### **Wrestling**

Congratulations to all eleven WJ Mouat Wrestlers who competed at the 2025 WCL National Wrestling championships in Calgary.

Michealjeet Grewal, Manraj Dhaliwal and Jagroop Dhinsa who all won 2 Gold medals each In Freestyle & Greco Roman Styles.

Nathan Thiel won a National Bronze Medal in Greco Roman at his first National Wrestling Championship.

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

*Your WJ Mouat Admin Team*



### Reach Art Gallery

Three students from Mouat won awards from the Reach Art Gallery contest. There were more than 70 high school artists who took part from across the Lower Mainland and only 5 awards—so Mouat cleaned house! 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.

Our Mouat students made us very proud!

- Lillia Hildebrand, "Basilique Cathedrale Saint-Denis" (Technical 2-D Award)
- Avery Kelly, "The Time Will Pass Anyway" (Best Visual Storytelling Award)
- Xauni de Figueiroa, "Bitter Sweet" (Best Connection to Concept Award)

The exhibit is available to view until May 31, with The Reach open from Tuesday to Saturday each week.

### Thrive Corner: Tipi Teachings

#### **Tanisi, MMIW May 5th**

We are asking that staff and students wear BLACK or RED on Monday, May 5th and Dress Semi Formal on May 6th. Black, because it is the traditional colour of mourning and Red since it is the colour of spirit. Small vinyl stickers will be available on Monday morning at the front of the school.

This ceremony is to honor lives that have been lost. It is a somber event and will require students to conduct themselves respectfully. Thank you for helping the students make good choices before and during this event.

Thrive leadership is making every effort to be respectful and honoring in this ceremony. It is understood that this topic may be triggering for some persons.

Migwec for your support. **Miigwech**

### **ATTENTION ALL GRADS! Grad 2025 Prom Guest Passes are here!**

Prom guest forms are now available in the office. If you are planning to attend prom on Wednesday, June 25<sup>th</sup> and want to take someone who is not a current Mouat Grad, you need to complete this guest form and return all the necessary information to the office by Friday, May 23rd.

Don't delay as there will be no exceptions.

*Your WJ Mouat Admin Team*



### **Self-Care Mondays**

May 5/25: This week's self-care tip is about: **Compassion**

We often talk about being kind and compassionate to others which is very important, but you must also practice self-compassion and being kind to yourself. For some, this comes easily, but for others it takes work. Just know that you're worth the effort! Take the time today to say one kind thing about yourself or do something kind for yourself. **YOU ARE WORTH IT!**

<https://www.health.harvard.edu/healthbeat/the-power-of-self-compassion>

Activities to boost self-compassion:

<https://www.health.harvard.edu/mental-health/4-ways-to-boost-your-self-compassion>



### **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.



### **Spotlight On Learning**

***Presented by: Mr. Duncan Drummond***

***Subject: New Media 11***

**Driving Question:** Critical Research Inquiry

Students were asked to research a topic of their choice and then present it in a 3-5 minute monologue. The intent is to introduce students to the research process and compiling and delivering information. Students have to find a question that is not easily answerable, and provide an answer based on the research.



**TEACHER DESCRIPTION and / or REFLECTION:**

This is the first time that I've ever run something like this with students, and I have been so impressed with the depth of questions that students choose to answer. What makes people happy? How do we know that aliens exist? How is equestrian therapy a reasonable alternative to traditional counselling?

**STUDENT REFLECTION:**

The Final Project for New Media was a Research Project, which was very helpful and beneficial. For this project we needed to think of a question that interested us and use the library database and google scholar to answer the question. This project introduced me to new ways to get reliable information and how to properly write a research paper, which I had not done before. I'm positive that I will need to write many research papers after high school, so this project was a very good introductory of how to write a research paper.