



# News from the Nest

May 5 to May 9/25 – Parent Edition



## Coming Up Next Week:

### Monday, May 12

- ABCD
- PISA test for selected students
- Black Connections Event

### Tuesday, May 13

- CDBA

### Wednesday, May 14

- BADC

### Thursday, May 15

- DCAB
- Talent Show

### Friday, May 16

- Pro-D Day

## 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

## 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.*

**ATTENTION ALL GRADS! Prom Tickets and Prom Guest Passes are here!**

Prom tickets can be purchased NOW on [schoolcashionline.com](http://schoolcashionline.com)

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.

**Attention all French Immersion GRADS of 2025!**

You are all cordially invited to celebrate the French Immersion Grad Class of 2025 at WJ Mouat Secondary.

We are hosting a dinner banquet on Wednesday, June 4<sup>th</sup>, 530pm-730pm in the Mouat cafeteria and would be delighted to have you as our honoured guests.

The cost to our French Immersion grads is \$5 and they may bring up to 2 family members at a cost of \$20 per person.

Tickets are available on [schoolcashionline.com](http://schoolcashionline.com)



**Weekly Athletic Recap**

**Senior Boys Rugby**

The Senior Boys played Abby Senior for first place in the division but came up short by a score of 32-10. The team finished second and now gets ready for the EVAA playoffs.

**Junior Boys Rugby**

The junior boys beat played Chilliwack in a playoff game. Result of the game is unknown at this time.



*Your WJ Mouat Admin Team*

### Senior Girls Rugby

Congratulations to the senior girl's rugby team who won their game against GW Graham by the score of 52-7. Tries were scored by Alexia G, AJ J, Brooklyn C, Katelyn M, Kaydence D and Sierra M.

### Track & Field

Congratulations Track & Field athletes on a successful Abbotsford Invitational Meet this week! 42 athletes competed in 93 individual events and on 8 relay teams over 2 days. In the end, all 8 relay teams qualified for EVAA Zone Championships along with 32 athletes in 70 individual events. Special shout outs to the following athletes who had top 3 finishes!

**Junior Boys Relay Team** 1<sup>st</sup> in 4x100m and 4x400m

**Hannah Best** 2<sup>nd</sup> in High Jump

**Adalia Hendricks** 2<sup>nd</sup> in Discus

**Ben Leslie** 1<sup>st</sup> in Shotput and Discus; 3<sup>rd</sup> in Hammer Throw

**Sam May** 1<sup>st</sup> in 3000m and 2000m Steeplechase with a new 5:58.83

**Harveer Nigah** 1<sup>st</sup> in High Jump and 100m Hurdles

**Sydney O'Neil** 2<sup>nd</sup> in 400m; 3<sup>rd</sup> in 100m and 200m

**Konrad Rothman** 1<sup>st</sup> in Pole Vault and Javelin

**Kate Tsaruk** 2<sup>nd</sup> in Long Jump

Next up, EVAA Zone Championships May 22 & 23. Top 3 finishers there move on to BCHS Championships June 5/6/7!



### Girls Soccer

Congratulations to our Sr. Girls soccer team on their very convincing win over Abby Sr. yesterday in league play. Kirin Sura, Dakota Dietz, Ella Wilson, Zoe Tessier, Leah Waddell, and Amba Sura continued their goal-scoring streaks, while first-time goals were scored by Adabreet Kaur, Sarah Turner and game MVP Lucia Lorberg. The Hawks remain undefeated as they head into the EVAA playoffs starting next week Wednesday. Come on out and support the Hawks! Go Hawks! Keep up the great work, and let's cheer our teams on for continued success!

### Drama Festival

On May 1-4, some Mouat drama students had the opportunity to attend the NTS Provincial Drama festival in New Westminster. This was a great opportunity to meet other like-minded drama students from across the province, attend workshops led by industry professionals, and view the top plays that won their zone festivals from all over BC. This yearly event draws 200-300 drama students and teachers to Douglas College each year.

Here are some testimonials from attendees from Mouat:

*Your WJ Mouat Admin Team*

"I felt so connected to everyone through our love of theatre".

"The shows were interesting and engaging. Everyone was so fun to be around - it's easy to be yourself around others that enjoy the arts as much as you do".

"Dramafest was an amazing opportunity to meet like-minded people, learn from professionals, and just have fun with friends".

"Dramafest was a rewarding experience, getting to explore all aspects of theatre, learning about the hard work backstage and seeing fascinating performances".

"Dramafest was both a fun and informative opportunity to learn what aspects of theatre and story creation I enjoy most".



### **Thrive Corner: Tipi Teachings**

**Tanisi,**

The Thrive students went fishing this week and absolutely destroyed at the ponds!

They showed great stewardship behavior, treating the fish with kindness and handling them carefully. They also demonstrated some solid angling skills, everyone catching at least one fish!

**Miigwech**



### **Self-Care Mondays**

May 12/25: This week's self-care tip is about: **The Smartphone or Social Media Diet**

Studies show that a reduction of smartphone use by just one hour per day for one week can result in long-term reduced smartphone use, as well as reduced depression and anxiety, and improved physical activity and life satisfaction. So, why not ditch that phone for just one hour a day. We DARE you to try it, or does your phone CONTROL you? Turn it off right now for one hour and see how it feels.



Information: <https://www.verywellmind.com/reducing-smartphone-use-can-improve-mental-health-5271918>

Strategies to help curb your smartphone addiction: <https://www.cnn.com/2018/01/03/how-to-curb-your-smartphone-addiction-in-2018.html>

## 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.



I care for myself,  
for others and our  
school community.

## Spotlight On Learning

**Presented by:** Mr. Sonny Gill

**Subject:** SS10

**Driving Question:** Agricultural Revolution

How can drawings be used to enhance students' understanding and communication of key terms and concepts in a new unit?

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

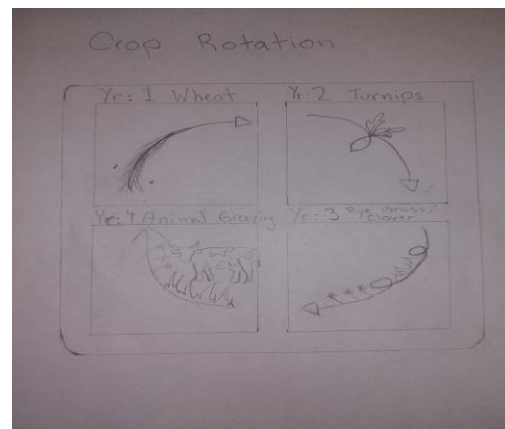
Before starting a new unit or introducing a topic, students express their understanding or thoughts through drawing.

Engage students in brief conversations about their drawings, asking what they are making, why they chose a particular term or topic (often from a provided list), and how they are developing their drawing. Once their drawings are complete, students explain the term and its relevance.

Ask questions that encourage students to connect the term to broader concepts and deeper understanding.

I like to use drawings before starting a new unit or introducing a topic. I ask students to express their understanding or thoughts on the topic or term and use it for review purposes. While students are creating their drawings, I engage them in brief conversations, asking what they are making, why they chose a particular term or topic (often from a provided list), and how they are developing their drawing.

Once their drawings are complete, students must explain the term to me. I then ask a few questions about the term, encouraging them to make connections that go beyond the obvious and relate to the broader context.



**STUDENT REFLECTION:**

Today, we started our new unit by drawing. It was fun because we got to show what we know about the topic through our pictures. While we were drawing, Mr. Gill asked us about our drawings and why we chose certain terms or topics. This helped us think more about what we were doing.

After we finished, we had to explain our drawings and the terms we used. Mr. Gill asked questions that made us think about how our topic connects to bigger ideas. It was a good way to understand the new unit better.

