



News from the Nest

May 12 to May 16/25 – Parent Edition



Coming Up Next Week:

Monday, May 19

- Victoria Day

Tuesday, May 20

- CDBA

Wednesday, May 21

- BADC

Thursday, May 22

- DCAB
- Mouat Mudder

Friday, May 23

- DCAB

Saturday, May 24

Sunday, May 25

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. Deadline to purchase them is June 3rd. Prom guest forms are also available in the office. If you are planning to attend prom on Wednesday, June 25th and want to take someone who is not a current Mouat Grad, you need to complete the guest form and return all the necessary information to the office by Friday, May 30th.

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 4th, 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. Grads will receive a different t-shirt than the one ordered by Mme Sauve.

Tickets are available on schoolcashionline.com. Deadline to purchase tickets is May 27th.



Weekly Athletic Recap

Senior Boys Rugby

The Senior Boys rugby team lost a heart breaker on the last play of the game to GW Graham in the EVAA semi-final. The team had a very successful season and will look forward to developing their skills and getting ready for next year.

Junior Boys Rugby

The junior boys lost 18-5 to Chilliwack in a playoff game last week. They are also done for the season. Congratulations to all the boys as they learned the game of rugby.

Senior Girls Rugby

Congratulations to the senior girl's rugby team who won their game against GW Graham by 5 points in the EVAA semi-final. They now play Yale in the final next week.



Track & Field

They are off until the EVAA Zone Championships May 22 & 23. Top 3 finishers there move on to BCHS Championships June 5/6/7!

Girls Soccer

The senior girls soccer team had a bye this week and next play on Wednesday at 3 pm against Mission in the EVAA semi-final.

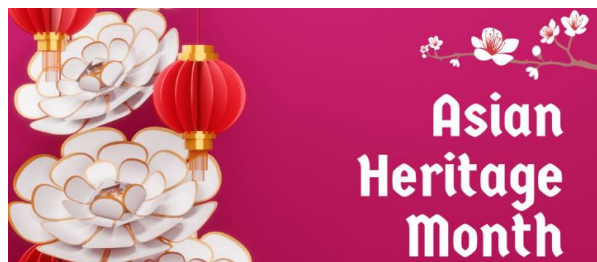
Go Hawks! Keep up the great work, and let's cheer our teams on for continued success!

Math Display

Kiera Hamm, the student teacher for Andrew Gait and Jill Bennett, had her students create a beautiful collage of paintings during science discovery and exploration in biology. This collage can be found just outside the library. Really nice addition to beauty of our school.



May is:



Thrive Corner:

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!

History is fun: The Stó:lō "People of the River".

As part of a larger First Nations group, the Coast Salish Peoples of the Pacific Northwest, much of their traditional lifestyle is based around the subsistence gathering of local plants, hunting, fishing, and trading goods with other Coast Salish Peoples. Did you know the school grounds and sport fields were once full of moose and game?

Miigwech



Your WJ Mouat Admin Team

Self-Care Mondays

May 19: This week's self-care tip is about: **Chair Yoga**

Now how can chair yoga benefit you? By focusing on your movement, your breathing, and how your body is reacting to the exercise creates a kind of moving meditation that promotes relaxation, reduces stress, and improves mental clarity. Like other forms of exercise, seated yoga may also help improve mood, your confidence and relieve anxiety and depression. As a bonus, it can help clear your mind so that you're ready for new learning! So teachers, give it a try today in class!



Information: <https://globalhealthaging.org/2021/03/04/chair-yoga-for-strength-balance-and-mental-health/>

A short chair yoga video to do in class or at home:

<https://drive.google.com/file/d/15B0WZuO2VO2mDPaa-kug9JSWFNRgrDbH/view?usp=sharing>

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: Mr. Dustin Hemminger

Subject: SS10 – Designing Your Own Government

Driving Question: In the perfect country, how would government work?

TEACHER DESCRIPTION and / or REFLECTION:

At the end of our government unit students were tasked with designing a government for a new nation. The nation has a population of 30 million people spread over 1,958,200 square kilometers (roughly the size of Mexico). Students are expected to decide certain elements of the new nation's government.

- Make crucial decisions and justify why they are the best options for their new nation.
- Required to outline their government's plan on poster paper with supporting information, explanations, justifications, images and graphics.
- Explanation and justifications are to be done as part of the oral presentation and at least partially on the poster.

Key things students must decide and justify:

- Name of the country.
- Constitutional motto- something that the government and constitution will strive for and provide for.
- What type of structure of government will this country have? Only a central government? Two level federal system? And their jurisdiction and responsibilities.
- Type of electoral system and why. First-Past-the-Post? Proportional Representation? Other?
- A Bill of Rights – List at least five enshrined rights that this country has and why.
- Describe the ideal platform and ideology of the ruling party/political figure that will run this country.
- Design the flag for this new nation.



This is a great way for students to think about different elements of government and explore what they value, and feel is important to them. They learn about themselves and where they fit on the political spectrum. A great deal of time goes into setting this up, so students have the background knowledge to make thoughtful and well-informed decisions.

STUDENT REFLECTIONS:

Student reflection 1: "I enjoyed learning about the different ways of governing and it was fun to create a system that I thought would work the best."

Student reflection 2: "Government is complicated, but important. It is really important to understand what is going on and vote."

Student Reflection 3:

"While creating my country and government, I thought a lot about how my government would deal with equality and fairness. I wanted it to be a very left leaning country because that is where I identify on the political spectrum. I made my government social libertarian to reflect my beliefs of both socialism (economic equality) and liberalism.....I don't like the idea of monarchy, constitutional or otherwise because, although it can be important in preserving a country's historical tradition, it is obsolete and looms over the autonomy of a country's respective citizens. This is why I made my country a republic. Overall, I feel that the country I created effectively demonstrates and reflects my own political beliefs."

Student Reflection 4:

"After living in Jamaica for almost all my life, I knew how the Jamaican government runs. After doing this project I realized there is more than one way to run a government. It helped me to know more about the rights I have as a citizen and how those rights work. It also showed me that there are different electoral systems that can be used and work....."

