



News from the Nest

May 19 to May 23/25 – Parent Edition



Coming Up Next Week:

Monday, May 26

- ABCD
- Admin Team Meeting at 8:30 am
- PAC meeting at 7 pm

Tuesday, May 27

- CDBA
- French immersion Capstone Presentations
- Counsellor/Admin Meeting at 8:30 am

Wednesday, May 28

- BADC
- French immersion Capstone Presentations

Thursday, May 29

- DCAB
- Grad Assembly

Friday, May 30

- ABCD
- Grad Staff Soccer Game
- May Movement Spin & Social

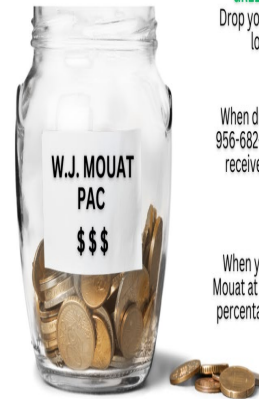
Saturday, May 31

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Sunday, June 1

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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

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



Shop at Cobs on either Gladwin Road or Mt. Lehman Road.

Mention you're Raising Dough for WJ Mouat.

6% of your purchase will be donated back to Mouat PAC!

Bag labels can be picked up from the school office or printed at R&T Depot: Unit 23, 31550 South Fraser Way

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
- Stuffedies
- Linens

in good clean condition



Weekly Athletic Recap

Senior Girls Rugby

Congratulations to the senior girl's rugby team who have had a successful season. They lost to Yale in the EVAA Championship by a score of 60-14. They qualified for the BC championships and are ranked 6th.

Track & Field

A BIG Congratulations to all of the Track & Field Athletes who participated in the EVAA Championships this past Tuesday and Thursday.

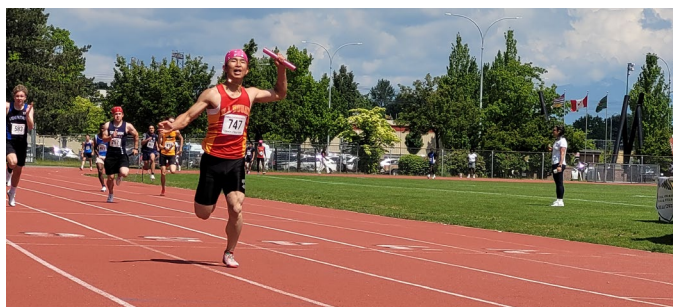
HUGE shout out to the Junior Boys 4x100m Relay Team of Shayan Meghdadi, Harveer Nigah, Caleb Ilyihamiye, and Keigo Hahama for unofficially BREAKING THE BCHS RECORD with a time of 43.80!!!!

They also qualified 2nd in the 4x400m Relay.



Coaches would also like to recognize the following athletes for also qualifying by being top 3 in one or more individual events for the BC High School Championships. The entire Junior Boys team for earning 3rd place overall in the Zone.

Hannah Best	3 rd High Jump
Adalia Hendricks	2 nd Discus
Ben Leslie	1 st Shot Put & Discus, 3 rd Hammer
Sam May	1 st 2000m Steeplechase, 2 nd 3000m
Shayan Meghdadi	2 nd 100m; now 3 rd 200m
Harveer Nigah	1 st High Jump & 100m Hurdles
Sydney O'Neill	2 nd 400m, 3 rd 100m & 200m
Alex Rassachuk	3 rd Hammer Throw
Konrad Rothman	2 nd Pole Vault & Javelin; also in next week's BCHS Champs Decathlon
Kate Tsaruk	1 st Long Jump



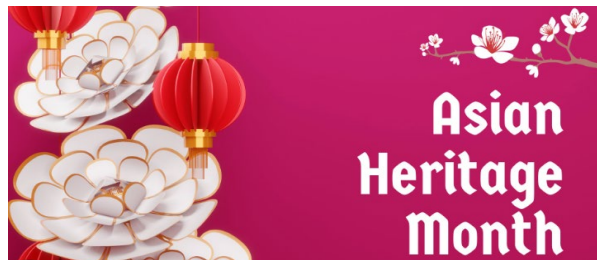
BCHS Champs are on June 6, 7, & 8 at McLeod Stadium in Langley. Come cheer the team on or watch the live stream at <https://www.youtube.com/BCSSTV>

Girls Soccer

Congratulations to our Sr. Girls soccer team on their hard-fought semi-final win over Mission Secondary. After going down 2-0, the Sr. Hawks clawed back 2 goals by Kirin Sura and Amber Sura to tie it up. In the 1st half of overtime, the teams were still deadlocked. It took a gutsy effort by Kirin Sura to take the lead and an incredible individual effort by game MVP Zoe Tessier to seal the deal. 4-2 Hawks! The Hawks play Chilliwack Secondary in the EVA finals Monday at home on Field #4 at 3 pm. Come on out and support the Hawks!

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

Your WJ Mouat Admin Team

May is:**Thrive Corner:****Tanisi,**

Thrive Corner: Looking for field trip ideas, visit The Syéxw Chó:leqw Adventure Park.

Are you looking for a fun, interactive learning opportunity for your students? You should visit the Syéxw Chó:leqw Adventure Park, the Park is located on the traditional land and territory of Sq'ewá:lxw First Nation. The Park includes 4,000 metres of walking and cycling trails, a bike skills park, viewing platforms, a 90,000 square foot playground, as well as other supporting facilities. Visitors can also enjoy the many art installations throughout the park in the form of mural paintings and wood sculptures. There are several carvings in the park, see if you can spot them all! "Playground of our ancestors" was the inspiration for the park as our family and community have utilized this land since time immemorial. Community members used to hunt, fish and harvest cedar bark within the park. They also retreated to pit houses for shelter and protection from coastal raiders coming up the Fraser River.

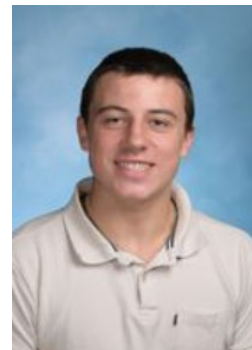


There are many activities and learning opportunities within the park in the form of sculptures, signs and QR codes that tell stories so don't forget your phone. Visit the park with your class or on your own. Happy trails.

Learn More about the Adventure park: <https://skawahlook.com/syexw-choleq-w-adventure-park/>
Miigwech

April Student of the Month

Our very deserving recipient of the April Student of the Month is none other than JOEL MULLER. Multiple teachers and staff recognized Joel as exemplifying all the character traits of teamwork, respect, integrity, caring, responsibility, and awareness. His nominating teachers describe him as having “amazing leadership skills on and off the field”. As well, Joel models “exemplary behaviour in all regards with a kind willingness to always be helpful and respectful in every circumstance”. His commitment, effort, sportsmanship, athleticism and integrity are unmatched. Joel “fully participates in his learning” further showing his character to be the best student, athlete and person he can be.



Mouat April Athletes of the Month

Our April athletes of the month are:

Brooklyn Cybuliak - Rugby

Amber Sura – Soccer

Kirin Sura – soccer

AJ Johnston – Rugby

APRIL ATHLETES OF THE MONTH



BROOKLYN CYBULIAK
JUNIOR GIRL



AMBER SURA
JUNIOR GIRL



KIRIN SURA
SENIOR GIRL



AJ JOHNSTON
SENIOR GIRL

Mouat Mudder

Congratulations to everyone who participated in Mudder. The results are in!!

First place for seniors goes to Team Sia with runners up The Party Poopers.

First place for juniors goes to Team Black & White with runners up Baddies with Fatties

The winner of the girls category was Baddies with Fatties with Chicken Skibidi as runners up

For the first time in Mouat Mudder history, we've added a best dressed category for those who sacrificed winning to look their best and that prize goes to the Spartans with runners up The Cowboys and Team Pitbull.



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.



Self-Care Mondays

May 26: This week's self-care tip is about: **Deep Breathing**. Deep breathing has several benefits to us. It helps to reduce our heart rate after exercise. It helps us digest our food. Deep breathing also helps to calm us and helps improve our focus. Practicing deep breathing can be of tremendous benefit just before writing a test to help sharpen our focus as well as to reduce some anxiety. Give it a try today!



<https://www.healthline.com/health/diaphragmatic-breathing>

<https://www.verywellmind.com/the-benefits-of-deep-breathing-5208001>

A short activity to try: Square breathing activity

<https://drive.google.com/file/d/1szHqOLLGwiEFldLdFS5f6A4CaS0fxMcZ/view?usp=sharing>

Your WJ Mouat Admin Team

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. Teresa Homoncik

Subject: Science 10

Driving Question: Roller Coaster Design

TEACHER DESCRIPTION and / or REFLECTION:

The challenge of the Roller Coaster Design Project is to see which group can build a roller coaster out of paper and cardboard that minimizes the production of unintended energies. Unintended energies are created because of friction, as well as a lack of sturdiness in the design which causes energy to be transformed into unnecessary motion. This year we threw in a new question for the students to explore. I wanted students to determine whether a larger or smaller ball would come closer to the student's calculations on paper. Student calculations on paper assume NO unintended energy loss. What I like about this project is that it reinforces all the theory and calculations that we spent time on during the Physics Unit and creates a real-life situation where they have to take every "bump" in their track and actual measurement into consideration. It also shows the need for collaboration between group members.

STUDENT REFLECTIONS:

Muntaha Waqar →

This project forced me to think critically and use many problem solving skills which helped reinforce my understanding of Physics. Having a physical object rather than a worksheet helped a lot as we, as a group, were able to see how much of a difference in speed a single bump can make.

Parmeet Kaur →

Making a roller coaster was challenging. Making it stable was the hardest part. Doing the “frictionless” calculations to determine the speed of the ball and comparing it to the actual speed of the ball showed us how successful we were in creating our roller coaster. It enhanced my knowledge of Physics greatly and it made more sense when we actual did it.

Sukhmeet Gill →

I got to see a real, physical object and how Physics applied to it, and how the calculations can change if there’s even a small bump in the track. I learned you have to be accurate with your measurements (when cutting the flaps for the ramp, the width, the angle at which the roller coaster drops at the start and the initial height of the roller coaster, etc) so that it has enough energy to make it to the end.

Tanish Shah →

This project has opened my eyes to the practical aspect of the Physics that I’ve learned in class. I learned about how to eliminate unwanted energy and see what curves, measurements, and designs worked best, all through trial and error. This project gave me the opportunity to plan, design, explore, and lead a group, all while strengthening and conceptualizing my understanding of Physics and Energy! This project forced me to think critically and use many problem solving skills which helped reinforce my understanding of Physics. Having a physical object rather than a worksheet helped a lot as we, as a group, were able to see how much of a difference in speed a single bump can make.



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AVAILABLE THE OFFIC

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\$35

\$40

Your WJ Mouat Admin Team

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.*