



News from the Nest

May 26 to May 30/25 – Parent Edition



Coming Up Next Week:

Monday, June 2

- ABCD
- Pride Month Begins
- Literacy & Numeracy Exams

Tuesday, June 3

- CDBA
- Literacy & Numeracy Exams

Wednesday, June 4

- BADC (HAWK DAY)
- Literacy & Numeracy Exam
- Pep Rally
- French Immersion Banquet 530pm-730pm Cafeteria

Thursday, June 5

- DCAB
- Literacy & Numeracy Exams

Friday, June 6

- CDBA
- Literacy & Numeracy Exams



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.

Last Spirit Week of the Year

Next week is the last spirit week of the year!

Monday - Sunglasses and Slides

Tuesday - Twin Tuesday

Wednesday - Neon Pep Rally: Grade 9 yellow, Grade 10 Green, Grade 11 Pink, Grade 12 white, Teachers Tie-Dye

Thursday - Time travel Thursday - wear your middle school merch. Come to the gym at lunch for "Are you Smarter than a 9th Grader?".

Friday - Little Miss/Mister - make your own sign and attach it to a shirt. Bingo at lunch in the theatre.

LITTLE MISS
LEAVES EVERYTHING
TO THE LAST MINUTE



LITTLE MISS
FUELED BY ICED
COFFEE



MR. ALWAYS
SLEEPY
(FROM WATCHING LATE NIGHT NFL)



Weekly Athletic Recap

Senior Girls Rugby

The senior girls' rugby team participated in the BC championships this week. They played GP Vanier from the island on Wednesday and lost by a score of 59 to 7. They played their second game against Mount Boucherie from Kelowna on Thursday and won by a score of 29 to 10. Their next game is on Saturday against Quw'utsun at 9 am on Saturday. They will be playing for 5th or 6th place. This will bring an end to a very successful season for the girls.

Track & Field

The track team is getting ready for the BCHS Champs which 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>. Only athletes that qualified for the BC's will be competing.

Girls Soccer

The W.J. Mouat Hawks senior girls soccer team have repeated as Eastern Valley Athletic Association Tier 2 champions. The Hawks captured the crown with a comeback 3-2 win over the Chilliwack Secondary Storm on May 26. Mouat's Ella Wilson broke the scoreless draw mid-way through the first half, but Chilliwack drew even moments later. The Storm added a goal just before the first half whistle to lead 2-1 at halftime. Chilliwack led for the majority of the second half, but the Hawks tied the game up when Kirin Sura scored during a goal-mouth scramble. Mouat picked up momentum after that goal and the



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eventual-winner came late into injury time when Amber Sura buried a left-footed strike into the top left corner of the net. The Hawks then held off a late surge by the Storm to hang on for the win.

"Our team battled injuries and ailments and worked incredibly hard to overcome them," stated head coach Mike Perry. "I am very proud of their efforts both on and off the field. They are a very supportive group, and these wins are not only a testament to their skill and ability, but also their character as individuals."

The team had tremendous success in the 2025 EVAA regular season and posted a perfect 9-0 record. The Hawks outscored the opposition 53-6 in those nine games. Mouat managed to score 10 goals in two different regular season games and also recorded five shutouts during league play.

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

Thrive Corner:

Tanisi,

Did You Know We Have a Knowledge Keepers Program?

The Knowledge Keepers Program intends to support schools, educators and students with the opportunity to invite members of Indigenous communities into classrooms to share their cultural expertise, stories, voice and wisdom with students. Knowledge Keepers provide cultural enrichment to complement the provincial curriculum and learning opportunities provided by educators.

The Indigenous Education Department has worked to curate a list of preapproved Knowledge Keepers and their specializations to support teachings around First Peoples Principles of Learning. The handbook outlines cultural protocols that school leaders and educators should be mindful of before, during and after inviting Knowledge Keepers into their schools or classrooms. **Miigwech**

Entrepreneurship 10 Is Open for Business

Calling all students, staff, and visitors—get ready to experience the buzz of young innovation and creativity right here at **Hawksville** (aka Mouat Secondary)!

Our talented Grade 9 and 10 entrepreneurs have launched their very own small businesses as part of their final project, and they're ready to impress! The halls of Hawksville are now transformed into a vibrant marketplace filled with **delicious treats** and **unique products**—all created and sold by our amazing students.




Craving something sweet? Indulge in **ice cream, mini donuts, gourmet cookies, brownies, Brazilian Brigadeiro, strawberries dipped in chocolate**, and more!

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 **Feeling savory?** Try **accordion potatoes**, **samosas**, or sip on **refreshing lemonade** and **fresh-made waffles**.

 **Looking for something special?** Check out **landscape prints** captured by student photographers, or grab a **custom keychain or phone case** designed with flair.

 So grab your wallet, bring your appetite, and come support the next generation of entrepreneurs. Let's make Hawksville hustle!

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 6th. If you submitted a pro guest form, you should find out by Monday, June 2nd, end of day, if it was approved and then will be prompted to purchase the guest ticket on schoolcashionline.com

Don't delay as there will be no exceptions.



Self-Care Mondays

June 3: This week's self-care tip is about: **Meditation and Deep Breathing**

Research has found that meditation has many benefits that can improve a person's mental and physical well-being. It may ease pain, improve sleep quality, and reduce stress.

A key benefit of meditation is that it is simple to begin and requires no special equipment. When starting, it is important to be consistent and patient. With time and practice, it becomes easier and will help with focus and just provide a general sense of wellbeing.



<https://www.mayoclinic.org/tests-procedures/meditation/about/pac-20385120#:~:text=Meditation%20can%20also%20reduce%20the,consumption%2C%20decreased%20carbon%20dioxide%20expired>
<https://www.medicalnewstoday.com/articles/benefits-of-meditation>

A short activity to try: Mini Meditation by Headspace
<https://www.youtube.com/watch?v=uNHLhHyjbd0&t=114s>

Character Word of the Week: RESPECT

Self-discipline, courtesy and upholding the dignity of others are qualities that define respectful people.

How it can look when put into action:

- Being patient
- Caring for yourself.
- Standing up for what you believe is right.
- Saying please, thank you and excuse me.
- Showing good manners.
- Showing good sportsmanship.
- Allowing others to go first.
- Following school code of conduct.
- Considering the safety and well being of others.
- Showing appreciation for the opportunities you are offered.



Spotlight On Learning

Presented by: Mr. Mario Magon

Subject: Chemistry 11

Driving Question: Optional Inquiry Project - How can students demonstrate a comprehensive understanding of key Chemistry 11 concepts by researching and presenting on a chemical of their choice, while developing their scientific communication skills?

TEACHER DESCRIPTION and / or REFLECTION:

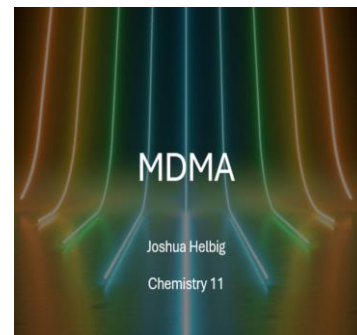
As a BC Chemistry 11 teacher, I designed this course project to offer students an alternative to the traditional final exam. This project serves as a comprehensive assessment of students' understanding across all units covered in the course, while also allowing them to explore a chemical of personal interest.

Project Overview: Students are tasked with creating a presentation about a chemical of their choice, incorporating key concepts from each unit of the Chemistry 11 curriculum. The presentation format (15 slides, 5-minute duration) challenges students to distill complex information into concise, clear explanations. The limitation of ten words per slide and a half-page of notes encourages students to truly understand and internalize the material, as they must present largely from memory and in their own words.

Key Components:

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1. Introduction to the chosen chemical, its uses, and history
2. Application of concepts from all Chemistry 11 units (atomic structure, chemical reactions, stoichiometry, solutions, etc.)
3. Practical calculations and problem-solving
4. Analysis of the chemical's real-world impacts and effectiveness
5. Interview and Authenticity Check: Following the presentation, students undergo an interview where they are asked questions to gauge the authenticity of their work. This component ensures that students have a deep understanding of their chosen topic and can demonstrate their knowledge beyond the prepared presentation.



Reflection: Offering this inquiry project as an alternative to the final exam has proven to be a successful approach. It allows students to engage with the material in a way that best suits their learning styles and strengths. The benefits I've observed include:

1. Increased motivation: Students are more enthusiastic about exploring a topic of personal interest.
2. Deeper understanding: The project format encourages students to connect different concepts and apply them to a real-world context.
3. Development of crucial skills: Students improve their research, synthesis, and presentation skills.
4. Personalized learning: The choice between a project and an exam caters to different learning preferences and assessment styles.
5. Enhanced engagement: Students show more enthusiasm for the subject when given the opportunity to explore it through a self-chosen lens.
6. Comprehensive review: The project naturally leads students to review and integrate knowledge from all course units.
7. Authenticity and depth: The interview component ensures that students have truly engaged with the material and can discuss it beyond their prepared presentation.

Properties

Strong oxidizer


Explosion Hazard

Acetone
 Colorless, highly volatile liquid, sweet odor, flammable, irritant, non-toxic, highly soluble in water, organic solvents, and many plastics. It is a common solvent for many organic compounds. It is also used in the production of many chemicals and as a fuel for some engines.


Colorless


Flammable


Chemical dissolver


Concentrations

• "harmless": 80-125 mg
 • Solid-form \rightarrow 0.500L water/pop bottles
 \rightarrow Concentration: $100.0 \text{ mg} \times \frac{1 \text{ g}}{1000 \text{ mg}} \times \frac{1 \text{ mole}}{193.15 \text{ g}} = 1.04 \times 10^{-3} \text{ M}$

• Dangerous : <150mg \rightarrow 
 \rightarrow Concentration: $150.0 \text{ mg} \times \frac{1 \text{ g}}{1000 \text{ mg}} \times \frac{1 \text{ mole}}{193.15 \text{ g}} = 1.55 \times 10^{-3} \text{ M}$

The one-on-one questioning session after the presentation allows me to assess individual understanding, address any misconceptions, and verify the authenticity of the student's work. This personalized interaction provides valuable insights into each student's grasp of the material and their ability to apply their knowledge in various contexts.

Overall, this project-based assessment approach has contributed significantly to students' academic growth and development in Chemistry. It not only assesses their knowledge but also cultivates important skills such as critical thinking, scientific communication, and independent

research – all of which are crucial for their future academic and professional pursuits in the sciences. The addition of the interview component further strengthens the assessment's validity and encourages students to engage more deeply with their chosen topic.

STUDENT REFLECTIONS:

- c) My new knowledge I learned was that my compound has a high potential to be used in the treatment of PTSD. I also collected more knowledge about the scientific name of compounds and how the name is important to determine the atomic structure. I also learned how the abuse of my compound has dangerous short (if overdose) and long term effects to your body and mind. I finally understand because of that, that I do not understand why there is such a high rate of people using it (subjective point of view).
- d) A skill I grew with the project is to spend more time with a project, which makes the understanding of my project significantly better. I started the project only knowing that my compound is a psychedelic drug that can have a huge impact on your whole personality/mind to knowing how to synthesize the compound and then its potential for mental-health care.

presenting. This might be the first presentation where I haven't been shaking the entire time. It also helped develop my skills as a researcher. If I ever do something like this again I'll know how and won't waste extra time on things that I don't need to be focusing on.