



News from the Nest

June 9 to June 13/25 – Parent Edition



Coming Up Next Week:

Monday, June 16

- ABCD
- Non-Interruption Week
- Indigenous Family Gathering in cafeteria
- Grad cap and gown pick in library at lunch and after school

Tuesday, June 17

- CDDBA
- Non-Interruption Week
- Yearbook Distribution for Grade 11/12 at lunch time and after school at main office
- Grad cap and gown pick in library at lunch and after school

Wednesday, June 18

- BADCC
- Non-Interruption Week
- Yearbook Distribution for Grade 9/10 at lunch time and after school at main office

Thursday, June 19

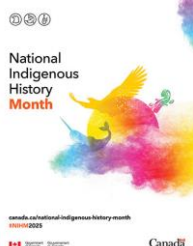
- DDCC
- Non-Interruption Week

Friday, June 20

- AABBB
- Non-Interruption Week
- Last Day of Regular Classes
- Grad Rehearsal after school in the gym

Saturday, June 21

- National Indigenous Peoples 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.

**IMPORTANT MESSAGE FOR
GRADS ON THE LAST PAGE**

Weekly Athletic Recap

Track & Field

Huge congratulations to the 13 athletes who participated in the BC High School Track & Field Championships over the weekend!

The Junior Boys 4x100 relay team including Shayan Meghdadi, Harveer Nigah, Caleb Ilyihamiye, and Keigo Hayama lit up the track breaking the BCHS Championship record in the heats and then breaking that record in the finals winning the GOLD MEDAL. Also winning GOLD were Senior Boys Ben Leslie in Discus in his FIRST YEAR on the track team AND Sam May in the 2000m Steeplechase. Ben later added an 8th place podium finish in Shot Put and Sam added a 5th place podium finish in the 3000m. Senior Boy Konrad Rothmann collected a Bronze medal in Pole Vault with a new Personal Best 3.9 meter jump and a 7th place finish in Javelin to add to his GOLD medal in decathlon from the previous weekend's BCHS Combined Events Championships. Junior Boy Harveer Nigah added a 4th place finish in 100m Hurdles and a 4th place in high jump to his earlier gold with the relay team. Sydney O'Neil was our ONLY girl on the track this year in three sprinting events earning herself an impressive 4th place in the brutal 400m sprint. Senior Girl Adalia Hendricks made her return to BCs in Discus. Junior Girls Hannah Best and



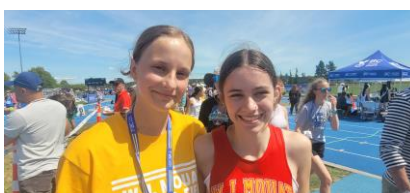
Kate Tsaruk as well as Junior Boy Alex Rassachack had a solid first experience at the Championships with Hannah earning a new Personal Best in High Jump.

In the end, the combined scores of all of the boys earned them the prestigious BC School Sports Boys AAA Track & Field Banner making history for W.J. Mouat!!!



Congratulations to all of our coaches and athletes on our best season yet! See you and hopefully many newly inspired athletes next February!

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



Your WJ Mouat Admin Team

Baking & Pastry 11 Dessert Sale

Student-Made Desserts – One Day Only! 🍪 - **Wednesday, June 12 – During Lunch in the Cafeteria**
Our Baking & Pastry 11 students have created 5 unique desserts, each crafted by a different student group — and they'll be available for purchase in the cafeteria alongside the regular lunch menu.

Only 10 portions of each dessert will be available — that's just 50 total — so get yours early!
Come support our student bakers and enjoy a sweet treat made with creativity and care.
First come, first served!

Cafe Jazz Night was a sensational success!

Our incredibly talented jazz band students delivered a smooth, soulful performance that filled the room with rhythm and style. The atmosphere was elevated by delicious desserts and drinks, creating the perfect chill, jazzy vibe. A huge shoutout to Ms. Irvine and her amazing students for an unforgettable evening of music and magic!



"A Magical Musical Finale: Choir, Band & Pixar Delight"

Concert Band's year-end performance was a delightful blend of sweet choral harmonies and lively band music. The Pixar movie medley was a definite highlight. Huge thanks to Ms. Irvine and the talented students for a fantastic show!



Thrive Corner:

Tanisi,

Indigenous Grade 12 Honoring Ceremony

Congratulations to our Graduating class of 2025. Each year the Indigenous Education Department gets to extra celebrate the success of our Indigenous Grade 12's with the Grade 12 Honouring Ceremony. On this day we get to speak good words and really honour not only the accomplishments but the wonderful humans our grads are. Congratulations grads!

Miigwech



Self-Care Mondays

June 16: This week's self-care tip is about:
POSITIVE THINKING and AFFIRMATIONS

Making the effort to think positively can improve both mental and physical health for many. Shaping and framing your thoughts to spark joy and contentment can do wonders for you. An example of this is positive affirmations. A positive affirmation can be defined as positive phrase or statement that we repeat to ourselves such as: "I am a nice person." "I work hard." Even something like "I love sunshine." So take a moment today to say 10 positive statements about yourself!

Information:

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/positive-thinking/art-20043950#:~:text=The%20health%20benefits%20of%20positive%20thinking&text=Lower%20rates%20of%20depression,psychological%20and%20physical%20well%2Dbeing>
<https://www.webmd.com/mental-health/positive-thinking-overview>
<https://www.bettersleep.com/blog/how-positive-thinking-can-improve-your-mental-health/>

Activity:

On a piece of scrap paper, write down at least 10 positive affirmations (10 positive statements about yourself). Read the list at least 10 times. You are amazing and don't you forget it.

Your WJ Mouat Admin Team



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. Mark Thiessen

Subject: Career Life Connections 12

Title: Capstone Presentation

Driving Question: Optional Inquiry Project - Create a Capstone Presentation reflecting back on your learning journey thus far and preparing for the next stage of life.



TEACHER DESCRIPTION and / or REFLECTION:

In this project, students reflected on significant learning experiences and significant people in their lives and then created a transition plan for life after high school. They identified an intended Career Path, and researched the education or training required to get there. The students also articulated what they will be doing next year, and how they plan to pay for that.

STUDENT REFLECTIONS:

Creating and presenting my capstone project was an incredibly enriching experience. Not only did it deepen my understanding of my chosen career path in dearth, but it also provided me with valuable skills and knowledge that will aid me in my future endeavors. The process of researching, creating and putting together my project was not only educational, but also enjoyable. It was a great opportunity to dive deeper into a topic of interest and explore new ideas and perspectives. Through this experience, I also had the opportunity to learn about the career aspirations of my classmates, further expanding my understanding of the field and broadening my perspective. The support provided by the instructor and class discussions were vital in the development of my project and helped me to understand the material better. Overall, I am grateful for the opportunity to have taken this class and for the knowledge and experience gained through the creation and presentation of my capstone project.

Your WJ Mouat Admin Team

Message for Grads

GRADS! If you have a missing photo on the slide show, send in baby and personality photos from your Abbyschools emails. Sending from another email may result in your photo going into the Junk folder and being deleted. Send photos to wjm2025babyphotos@outlook.com. Deadline is Friday 13th of June.

Grad Cap/Gown & Ticket Pickup

Grads can pick up on June 16th, 17th, and 18th in the LLC. Each graduate will receive two tickets with their cap and gown as part of their Grad fee which they should have already paid. Additional tickets can be purchased on School Cash Online and will be handed out to students at cap and gown pickup.

Note: Students must have their grad fee paid in order to pick up their cap and gown.

Convocation Rehearsal

Students must participate in the rehearsal in Mouat's gym on Friday June 20th 3:00 pm.

Convocation

Monday June 23rd 5:30 pm Abbotsford Centre. Grads need to arrive no later than 4:45 pm and report to the back of the stage to line up for the procession. A limited number of tickets will be available at the door for \$10.00 each for guests who decide to come at the last minute. We will open the doors at 5:00 pm or sooner depending on when the venue is cleaned from the previous ceremony.

A ticket is required for ALL human beings (even a baby on your lap) and are NOT available at the door.

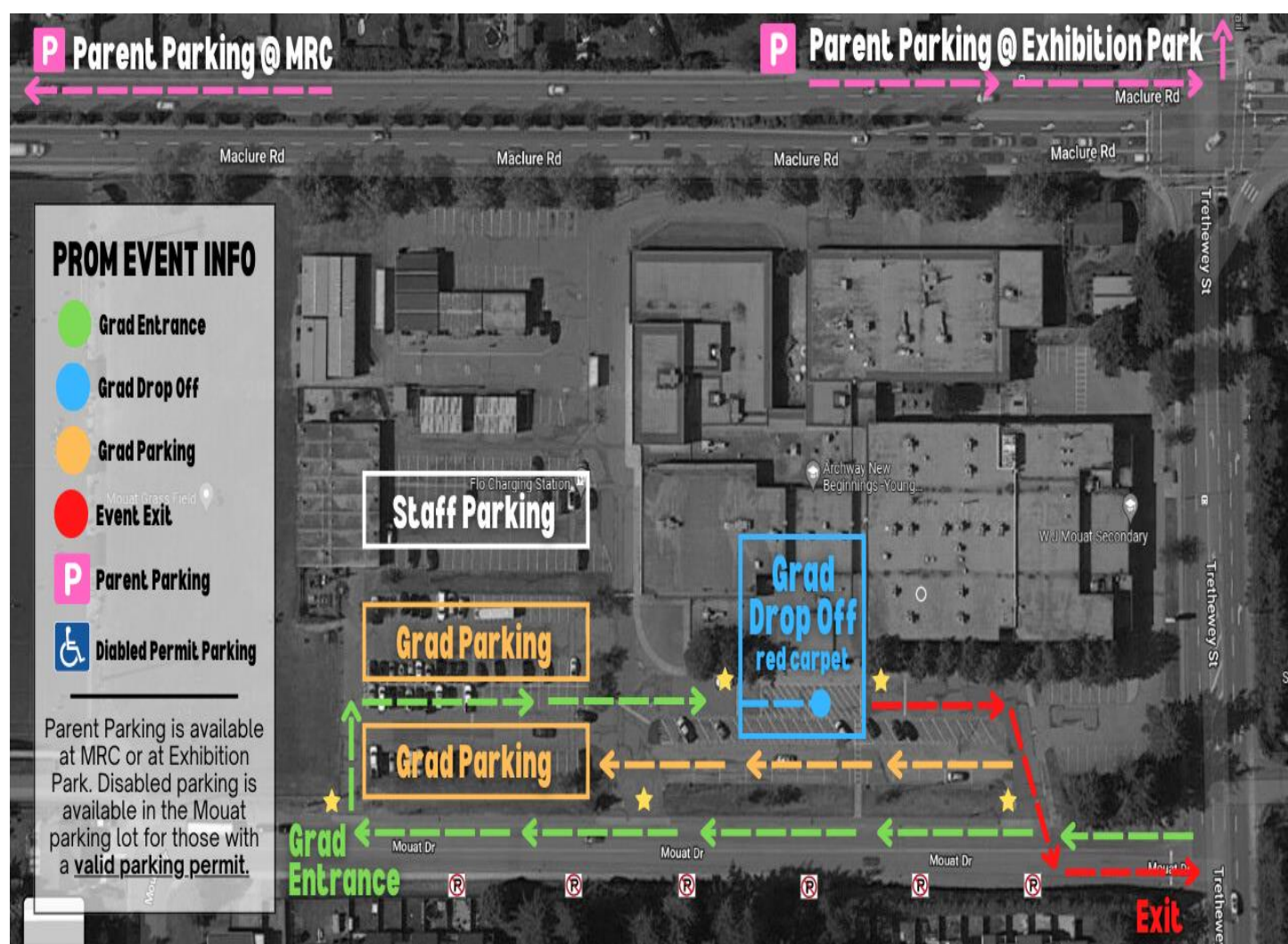
Prom Tickets

Available on School Cash Online until midnight on Monday, June 9th, for \$140.00. A separate ticket needs to be purchased at the same cost (\$140) if a prom guest has been approved.

Your WJ Mouat Admin Team

Hawk Walk & Prom

Wednesday June 25th we begin with our Hawk Walk at the school at 3:00 pm. Families should arrive earlier than the Grads 3:00 pm arrival so you can capture photos of your grad walking the red carpet. There will be no parking available at the school, so families will have to park at Trinity Christian Reformed Church across the street or at Howe Middle. The Hawk Walk begins at approximately 4:15 pm in the gym. The grads will also walk the hallways as part of the route, so there are many great spots to view the Walk. Grads will load buses after the Hawk Walk and we will depart for Prom at approximately 4:30 and will arrive back to Mouat around 10:30 pm. Grads must take school provided transportation to and from the venue.





Abbotsford Police Department

Traffic Bulletin

Grad Season Violations

Youth Squad

Issued: June 2025

Oh Graduates: Be safe and respectful drivers as you Graduate. Congratulations.

Drive without Consideration: \$196 + 6 points + Vehicle Impound 7 days

Stunt: means circumstances in which, taking into account the conditions of the highway, traffic, visibility and weather, the driver or operator of a motor vehicle is driving or operating the motor vehicle without reasonable consideration for other persons using the highway or in a manner that is likely to cause harm to an individual or likely to distract, startle or interfere with users of the highway by doing any of the following:

- (a) Causing any or all of the motor vehicle's tires to lift from the road surface; (wheelie)
- (b) Causing the motor vehicle to lose traction while turning the motor vehicle,
- (c) Driving the motor vehicle in a manner to cause the motor vehicle to spin
- (d) Driving the motor vehicle in a lane intended for on-coming traffic for longer than necessary to pass another vehicle;
- (e) Slowing or stopping the motor vehicle in a manner that blocks or impedes other motor vehicles;
- (f) Without justification, driving as close as possible to another motor vehicle, a pedestrian, or a fixed object;



Unnecessary noise s.7A.01 MVAR \$109.00 + 3 points and/or Inspection

7A.01 MVAR: No person shall start, drive, turn or stop any motor vehicle, or accelerate the vehicle engine while the vehicle is stationary, in a manner which causes any loud and unnecessary noise in or from the engine, exhaust system or the braking system, or from the contact of the tires with the roadway.

Novice "N" Drivers:

Drive Contrary to Restrictions: \$109 + 3 points: 0mg% Blood Alcohol Content/One passenger:

Only 1 passenger unless +25 yrs or immediate family: means your parents, children, spouse, brothers, sisters and grandparents, including step and foster). NOTE: Cousins are not included.

Fail to Display "N": \$109: You must display the official N (Novice) sign in your back windshield or on the rear of your vehicle when driving and must be visible to drivers behind you.

No hand-held or hands-free electronic devices: \$368 + 4 points: You must not use hand-held or hands-free communication devices (eg: cellphones, music, gaming GPS systems) while driving.



Seatbelt Violations:

Passenger

Fail to remain seated MVAR 39.01(a) \$167

Fail to be only occupant of seat MVAR 39.01(b) \$167

Driver

Operate vehicle while person riding on vehicle 39.02(a) \$167

Operate vehicle while more than one person in seat 39.02(b) \$167

Operate vehicle while person not seated 39.02(c) \$167

Operate vehicle with too many seats 39.02(d) \$167

Operate vehicle with too many persons in vehicle 39.02(e) \$311