



## Spotlight on Learning: Foods 9 & 10

From Ms Hoang:

To end our unit on Meal Preparation, the students demonstrated their understanding of tools, technologies, ingredients, and processes to produce food products by creating original recipe videos. Students viewed different formats of cooking videos and brainstormed elements that are unique and effective in each video. Working collaboratively, students chose a recipe and analyzed the recipe for yield, ingredients, methods, tools, equipment, cooking methods and techniques. Students created a “storyboard” graphic organizer, to provide a visual representation of their film sequence and break down the action into individual panels. Students also created an ingredient list and calculated the cost of their recipe. After a brief introduction on using the video editing apps: Clips and iMovie, students picked their preferred program and cooperated to film and edit their recipe video. Their hard work, ample knowledge of food preparation, creativity, and savvy videography skills resulted in very successful recipe videos, which were proudly presented to their classes.



## Spotlight on Learning: Art Metal 9

Over the course of the semester, Mr Quezada’s Art Metal 9 class have worked on a number of projects to build their metal working skills and showcase their creativity. Here are a few examples:

[Dice - Intro/Safety project:](#)

A beginner exercise in stock breakout, hacksaw and file usage with an emphasis in precision layout.





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## Forge Hook:

Introducing the molecular change in metal when heated and demonstrating malleability. Makes a good coat hook or Halter hanger!



## Log and Axe – Welding Project:

An introduction into MIG welding as well as making some different shapes using the forge and breaking out stock using the sheet metal shear.







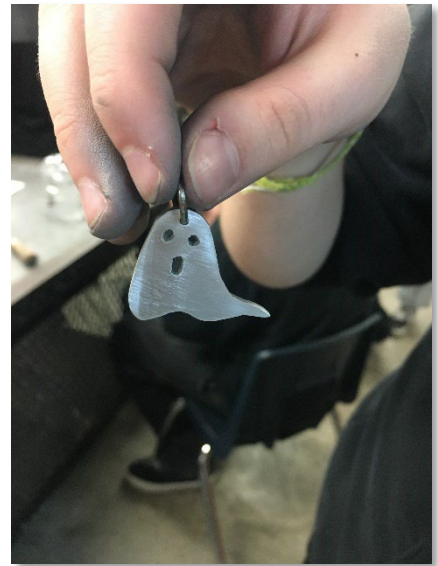
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## Ring - Brass and/or Copper:

An introduction using non-ferrous metals, soldering using silver soldering, ring shaping and buffing using compound.



## Canada Plays their first game in the World Cup 2022!

For the first time in 36 years, Canada and W.J. Mouat staff and students got to witness the Canadian Men's Soccer team play in the FIFA World Cup. To commemorate such a momentous occasion, PE Leadership students wanted to host a World Cup Soccer Viewing Party. PE Leadership coordinated a buy-out where students and teachers alike could come down to the big gym, make some noise and cheer team Canada on to victory. All proceeds (\$447.35!) from the buy-out are going to KidSport Canada - a program to support underprivileged youth in their athletic pursuits. The game provided us with some great excitement as Canada was awarded a penalty shot early in the game. Unfortunately, Canada's top player Alphonso Davies did not convert the kick but staff and students continue to cheer our team on. For the first time in Mouat history, the Viking Clap (see Mouat Instagram) was performed with great success. At half time, students competed in a soccer juggling contest and prizes (swag bags, Mouat t-shirts and Abbotsford Canuck tickets) were awarded to





our winners. The event was a great success as it allowed Mouat to witness first-hand the diversity and talent that Canadian soccer has generated over the last few years. PE Leadership wishes to thank all the teachers and students who attended the buy-out and hopes Canada can get its first goal and possibly its first win of the Qatar 2022 World Cup. Go! Canada! Go!

## Part 5 – A Mini-Series on Race, Racism, and Anti-Racism: Our Government’s Anti-Racism Strategy

In October 2018, the federal government of Canada began its investigation of where we stand as a nation on anti-racism. Their goal was to gather input and data from those with lived experiences for the committee to:

- identify issues and experiences related to racism, as well as the factors that contribute to them
- generate ideas and suggestions on how the Government of Canada can best address racism
- increase public understanding of the nature of racism in Canada and the Government of Canada's role in overcoming it

While the report is long, the evidence and response was overwhelming from participants from across the country. Some of these results will not surprise you. For example, respondents were clear, racism is rooted in history, combating racism is a priority, and for progress to be made, communities must be educated, supported, and engaged. Racism in Canada, the report states, is both systemic and institutional and “cannot be addressed without considering the history of colonialism, privilege, and patriarchy” and that these roots “must be acknowledged for actual change to be achieved.”

What stood out for me, was that “across the country, we (the committee) heard that Canadians don’t know enough about systemic racism, discrimination, and their historical and ongoing impacts. How does one notice or describe the difference between racism and discrimination, or the meaning of cultural and unconscious bias? How do we identify barriers in our communities, schools, or places of work? How do we come to understand why they exist and what to do about them?

According to the report, there is an education gap in all sectors, in all communities. This gap contributes to a lack of intercultural understanding and communication. Specifically, gaps were identified in awareness of Black Canadian history, Indigenous People’s rights, Muslims, and the values they share with other communities in Canada, as well as the contributions of newcomers to Canada.

Participants told reported that Black Canadians face challenges different than those of other racialized communities. There is a lack of recognition of the impacts of racism on Black Canadians. We heard that anti-Black racism in employment is a unique challenge that is perpetuated and exacerbated by many factors including gaps in earning, exclusion from professional networks, and lack of access to meaningful employment opportunities for youth.



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intolerance faced by people of African descent in the areas of recognition, justice, development, and discrimination.

Specific suggestions included:

- recognition that anti-Black racism as a distinct form of racism and take special measures to address it; including acknowledging slavery's history in Canada and apologizing for Canada's role in the transatlantic slave trade
- Provide more education about Black Canadian history that recognizes the issues faced by and contributions made by Black Canadian communities.
- Providing trauma-informed programs for those providing services to Black Canadians, including employment and police services, and addressing the negative depiction of Black Canadians in the media

Anti-Semitism continues to persist, not necessarily against individuals but discrimination against a group or community is prevalent. Participants asked for the federal government to endorse the working definition of “Anti-Semitism” to a “certain perception of Jews, which may be expressed as hatred toward Jews. Rhetorical and physical manifestations of antisemitism are directed toward Jewish or non-Jewish individuals and/or their property, toward Jewish community institutions and religious facilities.”

Finally, there were dozens of reports and personal accounts of Islamophobia, or anti-Muslim hate and discrimination, such as the Quebec City Mosque shooting. Barriers exist and opportunities are missed because of screening of last names for employment as well as direct slurs experienced by women wearing hijabs or niqabs.

The evidence is clear that we still have a lot of work to do to destroy barriers, eliminate discrimination, increase our awareness of the experiences of others and seek knowledge to learn and understand so that our communities, schools, and workplaces are beacons of equity and equality.

It is my hope that the experiences and suggestions provided by the hundreds of participants in this study are formalized into calls of action. This would demand that organizations, businesses, educational institutions, the judicial system, and law enforcement, with the support of programs, education, and funding, intervention, prevent, and educate all personnel who come through their doors.

The full report can be found here: <https://www.canada.ca/en/canadian-heritage/campaigns/anti-racism-engagement/what-we-heard.html#a10>

Next week will be the last installment of our mini-series. We will be highlighting locally-owned businesses and community heroes.



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## PAC Fundraising

### Ways You Can Support PAC

Drop off your empties to any Return-It Express location.  
*No sorting or lineups!*  
Account Number:  
956-682-8722  
WJMOUATPAC

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

Shop at Cobs on Gladwin Road  
Mention you're Raising Dough for WJ Mouat.  
5% of your purchase will be donated back to Mouat PAC!

Located at Gladwin Crossing  
Unit 111, 2777 Gladwin Road

Please help us keep our GREEN BINS in use as they generate monthly income for Mouat PAC!

**THE BINS ACCEPT**

- Clothing
- Shoes
- Purses
- Stuffies
- Linens

in good clean condition

Don't forget to support your PAC (and our school's arts, athletics, and clubs) with your empties, purchases from Cobs Bread, and a donation of your gently used clothing, shoes, stuffed animals, and linens. We appreciate your support.

## 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.





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## COMING UP THIS WEEK

### *Monday Nov 28 – ABCD*

- Grade 9 Boys Basketball @ Surrey
- Jr Boys Basketball @ Surrey
- Sr Girls Basketball @ Home

### *Tuesday Nov 29 – CDBA*

- Counsellor/Admin Meeting
- SBT meeting
- Gr 9 Boys BBall vs Heritage Woods
- Jr Boys BBall vs Abby Christian
- Sr Boys BBall

### *Wednesday Nov 30 – BADC*

- Student Voice Meeting @ 9 am
- Thrive Leadership Meeting
- Grade 9 Boys BBall vs Dasmesh

### *Thursday Dec 1 – DCAB*

- Grade 11 Career Exploration Day
- Jr Boys BBall vs Vancouver College
- 12 Days of Christmas Kicks off
- Gr 9 Boys BBall – GW Graham Tourney
- Sr Girls Cascade Classic Tourney
- Sr Boys Heritage Woods Tourney

### *Friday Dec 2 – SLO - CDBA*

- SLO Day (8:10am-9:30am)