



News From The Nest – October 10 to 14th 2022

Spotlight on Learning – Connection and Cultural

Mouat currently hosts 51 brave and adventurous international students from 4 continents and 14 countries, including Brazil, Chili, China, Colombia, Germany, India, Italy, Japan, Mexico, Philippines, South Korea, Spain, Thailand, and Vietnam. At the end of August, they attended a 3-day orientation session here at Mouat. It was a great opportunity to learn about other countries and connect with like-minded people who also had the courage to travel (alone!) across the world to have a unique cultural and educational experience. Some students come for a semester, others for the year, and some for multiple years.

This year, Mouat hosted international students from K to 12 from across the district. During their busy three-day orientation, students are quickly tutored on the BC school system, given language proficiency assessments, meet other international students, and have fun in different activities and competitions.

International students bring a special feel to our building. They have different experiences, perspectives, and backgrounds, that enrich the cultural fabric of our building. During their stay, students will be hosted by a homestay family, who will give them dozens of opportunities to explore all that Abbotsford, the Fraser Valley, and BC have to offer.

If you are interested in enriching your family through the sharing of culture and are considering becoming a Homestay Family, please visit the International department's website at

<https://international.abbyschools.ca/homestay>.



Students Present to the Board of Education on Mental Health Initiatives at Mouat

This past week, several of our students were asked to present at the Board of Education to the School Trustees. This past year and as a part of our initiatives this year, we have been actively working to help staff, students, parents, and guardians recover from the COVID-19 pandemic. As we know the pandemic has left us with very real feelings of burnout, disconnection, never-before-seen levels of stress, anxiety, and depression. These issues impact all of us differently and show up in different ways in our physical, mental, and emotional health. We appreciate the work of our staff, students, and families as we unite to move forward in a way that supports self-care, compassion, empathy, and awareness.

We are open to hearing new ideas for students, staff, and parents/guardians to help us continue to make these initiatives meaningful for all.

A big thank you to Manu, Lily, and Ian for using their voices to share our ideas and ways we can continue to improve and to Ms Rajabally for all her work and care.



Black Connections Community Group

Recently several of our students attended the first cross-district Black Connections meeting at Yale Secondary school. The group is mentored by former grads and has time together to connect, build community, share, and reflect on personal experiences as well as plan initiatives, and engage in opportunities to build a greater connection to the black community through field trips, conferences, and culture. The meetings are open to any grade 9 to 12 student that identifies as Black. The meetings happen at Yale Secondary School from 5:30 to 6:30pm. This month's meetings are on October 11th and October 24th. See Ms. Bell or Ms. Thompson for more information.



Pictures from their first field trip and their information booth set up at lunch time.



- Following school code of conduct.
- Considering the safety and well-being of others.
- Showing appreciation for the opportunities and privileges you are offered.
- Demonstrating equity, equality, and inclusive in your words, actions, and thoughts

COMING UP THIS WEEK

Monday October 10

- *No school – Happy Thanksgiving*

Tuesday October 11 - CDBA

- *Admin/Counsellor Meeting*
- *Admin Meeting with Senior Mgmt*
- *Girls Soccer @GW Graham @3:30pm*
- *Sr Girls T1 Volleyball @5pm*

Wednesday October 12 -BADC

- *Thrive Leadership Meeting*
- *Gr 9 Girls Volleyball home game @3pm*
- *Jr Girls Volleyball @Yale @3pm*
- *Cross Country Meet @ Aldergrove @3:30*
- *Sr Girls Volleyball*
- *Swim Team Practice @MRC @3-4pm*

Thursday October 13 - DCAB

- *Gr 12 Transcript Meetings by Alpha 8:30 to 10:50*
- *Thrive Leadership meeting @ lunch*
- *Secondary PVP Meeting @3:30*
- *Girls Soccer vs Sardis @ 3:30pm*
- *Jr Football Game @ home @ Howe field*
- *Dry Grad Parent Meeting @6pm in the Learning Commons*

Friday October 14 - ABCD

- *Tutorial Day #2*
- *Sr Football @Sardis*