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VOLUME 3

NOVEMBER 6, 2008

Principal's Message

As we enter November, the end of first term is fast approaching. Term one ends November 9th, and report cards will go out at the end of school on November 20th. As you know, we held our fall parent teacher interviews in October in order to give parents an opportunity to meet with teachers at midterm. If you have concerns about your child's progress now that it is term end, please do not hesitate to contact teachers by phone or email. On November 10th we will hold our "Remembrance Day Ceremony" to honour the many men and women, both young and old, who fought for our country, and gave their lives. We invite you to join us in remembering.

On November 5, we will be hosting community members, including the school trustees, the mayor and city council and members of the legislative assembly at our open house for

our English for Living and Working program. We are in our 13th year of providing language support and workplace skills education for new Canadians who are looking for employment. We are proud to be showcasing this program for the community.

Our students continue to demonstrate their commitment to social responsibility. Our Social Justice students are planning a number of fundraising events in November. They are planning to work with MCC and other agencies to purchase or donate art and school supplies and to support the building of schools in third world countries. In addition, athletics continues to be an important part of our school culture; our fall sports teams including football, volleyball, cross country and swimming teams have represented us well.

School Fees

If you did not receive your invoice, please pick it up at the office. Cheques should be made payable to W.J. Mouat and payments are welcome at the office as soon as possible. We also have Interac available for your convenience. If you have any concerns or require additional information, please contact Christa in the office, at 604-853-7191. The Student Activity Fee of \$30 covers costs of student agendas, guest speakers, student cards, school events, student recognition, student leadership, lock and locker rental.



For parents who are thinking about making travel plans for the end of the semester, please be aware that semester end exams are scheduled starting January 25th through January 29. These exams cannot be rescheduled for students who are absent. A detailed schedule of provincial and in school exams is attached and will be sent home with term 1 report cards as well. Parents can also help with the review and study process by providing a quiet study area and a routine which encourages a time each day for school work. Students who read, finish homework assignments and/or review on a regular basis usually achieve well. We appreciate parents' support in helping each student achieve to the best of his or her ability.

Night to Remember 2010

Grade 12 Parents

First grad meeting will be held on Thursday November 19th at 7:00pm in the W.J. Mouat theatre. Come and get involved! Future meeting dates to be decided.





Important Dates

November

- Nov 11 Remembrance Day Holiday (No School)
- Nov 17 PAC Meeting 7pm
- Nov 20 Report Cards Issued
- Nov 25 & 26 Early Dismissal Days (end @ 1:26 pm)
- Nov 27 Non Instructional Day (No School)

December

- Dec 14 Christmas Music Concert
- Dec 15 PAC Meeting 7 pm
- Dec 21-Jan3 Winter Vacation (school closed)

January

- Jan 4 School Re-opens
- Jan 15 Non Instructional Day (No School)
- Jan 19 PAC Meeting 7 pm
- Jan 25-29 School & Provincial Exams
- Jan 29 Semester Turnaround Day (No School)

February

- Feb 16 PAC Meeting 7 pm
- Feb 19 Non Instructional Day (No School)



Secondary Fire Academy

Gr. 12 students are invited to try out for an exciting work experience opportunity with the Abbotsford Fire & Rescue Service. The Secondary Fire Academy is designed for students to learn about and practice some of the skills and training firefighters must

undertake. Selected students will have the opportunity to participate in Rescue Techniques, Auto Extraction, CPR Certification, Fire Prevention, Fire Extinguisher Use, Live Fire and Physical Training. The Secondary Fire Academy takes place in Spring

2010, but the application/selection process begins now. Application packages are available in the Career Centre. If you would like more information, contact Mrs. Edwards, Career Facilitator at (604) 859-9567.



Library News

Overdue Books

Parents: please encourage your children to return their overdue library books. There are many students who are eagerly awaiting books that are presently overdue. Returning overdue books also means avoiding library fines. Thank you for your cooperation.

Book Club

Interested students are invited to join the Book Club Wednesdays after school in the library.

The Hawkzine

The school newspaper club is now up and running. Please see Miss Mangat in the library if you would like to submit an article.

ATTENTION PARENTS:

The library recommends that all students buy a flash drive to store files that they are working on in the library or on other school computers.

2009/2010 Yearbooks

Full color yearbooks, even better than last year, are available for \$45 till December 21st after which the price will increase to \$50 then \$55 so act fast.

Parents: consider it as a gift for your kids for grad to keep school memories alive.

Grads & Parents

Gr. 12 students should now have handed in 4 exercises for the first term report card, unless they are WE 12 students. Please contact Mr. Spann for more information or visit: www.Mouatonline.com - Resources tab - Grad Transitions OL for more information.

Please return overdue library books

Severe Weather & School Closures

For school closure information, please listen to:

Country 107.1 FM
Star 98.3 FM
CBC 690 AM (91.7 FM)
CKNW 980 AM
News 1130 AM

and, when possible: Radio Shere Punjabi 1550 AM

The information will also be available on the district website

www.sd34.bc.ca

and via voicemail systems at the School Board Office (604 852 2366) and Facilities Services Office (604 855 5278).

PAC News

Calling all parents - Get connected
Stay informed.

If you would like to receive information regarding upcoming school events, presentations, meetings, graduation activities etc. please forward your email address to:

wjmpacmvp@gmail.com

We will keep you informed via email of any upcoming events.

Next PAC meeting will be on Nov 17th at 7pm in the library—please join us!

We have some positions available on our PAC and would love to have some new faces.

Come and join us in making this school the best in the district. Together we can do it!!

Golf Team

W J Mouat will be putting together a school golf team for the 2009-2010 season. We need 6 or more grade 9-12's to form team(s) for provincial

competition. The cost for the season, green fees and the like, would be approximately \$400 or more per student.

If you are interested please contact Mr Jeff Armstrong at Jeffrey_Armstrong@sd34.bc.ca before December 11, 2009.

Mouat Chemistry Skills Shine in Competition

Our school was represented with two teams, each consisting of three students, at the Fraser Valley Secondary School Chemistry Lab Skills Competition which was held on Saturday, October 17 at Trinity Western University.

In the morning the students performed a two hour synthesis to make aspirin. They were given a score out of 100 for both the purity and yield of ASA. After a short break each student wrote a challenging test and was given another score out of 100. In the afternoon the students performed a volumetric titration to determine the concentration of NaOCl in bleach. They were given a score out of 100 for both precision and the accuracy of their results. After all the scores were added the results were:

First place - W. J. Mouat- represented by Navi Garcha, Judy Lee, and Mandeep Saran.

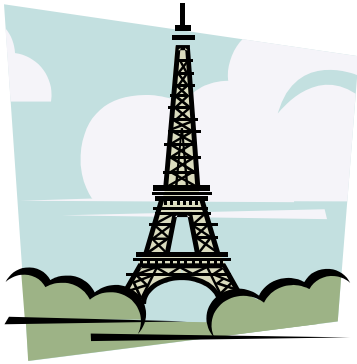
Second place - Mountain Secondary.

Third place - Yale Secondary.

Fourth place - once again W. J. Mouat represented by Alysha Morden, Steven Manku, and Nikkie Brar.

Gold, silver, and bronze medals and plaques were presented to the winning teams. All participants were given prizes.





PARIS /CHATEAUX / NORMANDY--OUI OUI

The French Immersion Department is going on a trip to France during Spring Break 2011.

Those interested can contact Mme. Joly for more information.



Career Centre Update

Nov. 8th

McGill University
Open House www.mcgill.ca/openhouse

Nov. 9th

University of Victoria
Engineering Open House
www.engr.uvic.ca

Nov. 19th

Capilano University
Open Studio Day
9-5pm www.capilano.ca/fine-arts

Nov. 19th

Canadian University Fair
40 universities from across Canada will be there! @ Meadowridge High School
12224 240th Street, Maple Ridge B.C.
V4R 1N1 6:30-8pm

Nov. 22nd deadline

Last day to register online for the LPI for the Dec. 3rd writing @ Mouat
www.lpi.ubc.ca

Nov. 23rd

University of Toronto Engineering - coming to Surrey
Engineering Info Session
<http://discover.utoronto.ca/infoevent>

Nov. 24th

University of Toronto Arts & Science - coming to Vancouver
Info Session
www.discover.utoronto.ca/infoevent

Nov. 27th

University of Victoria
Engineering & Computer Science Challenge Day
www.engr.uvic.ca/challenge

Dec. 1st

Fraser Valley Education & Career Fair
@ Tradex 9am-3pm
Tickets will be available in November for free entrance.
www.educationcareerfaairs.com

Applying to University or College?
Tracy has all the applications and can help you avoid making mistakes.
Important note: Most universities use your marks to determine your admission as long as you apply by their application deadline.

* **UFV** - apply now - date of application could make a difference as to when you sign up for classes www.ufv.ca

* **BCIT** - apply now - date of application could make a difference if you are competing for a seat in a limited enrolment program
www.bcit.ca

* **Capilano** (North Vancouver) - apply now www.capilano.ca

* **Camosun** (Victoria) - apply now www.camosun.bc.ca

* **Kwantlen**

(Langley/Surrey/Richmond)
- popular programs include Nursing, Criminology, Business, Accounting, Trades

- apply starting Nov. 1st
www.kwantlen.ca

* **TRU** (Kamloops) - apply now - date of application could make a difference as to when you sign up for classes
www.tru.ca

* **UNBC** - apply now - date of application could make a difference as to when you sign up for classes
www.unbc.ca

* **UVic** - apply now and report your marks by November 30th and you could get an earlier offer
www.uvic.ca

* **UBC** - deadline Feb. 1st for housing - as long as you apply by Feb. 28th they are going to wait for your marks in April to determine admission offers.
www.you.ubc.ca

* **SFU** - deadline Feb. 28th
www.sfu.ca

* **McGill** - deadline Feb. 1st
www.mcgill.ca

* **Ontario** universities - watch for deadlines - Feb. 1st is fairly safe
www.ouac.on.ca

* **USA** - make sure you check on deadlines to apply as they are sometimes as early as Nov. 1st - write the SAT www.collegeboard.org or ACT

Touring Rugby Team from England visits Mouat

The Northampton School for Boys stopped by Mouat last week for a friendly rugby game on their tour of BC. Northampton is located north of London and was one of the stops when Mouat went on the England-Wales

rugby tour in 2008. It was great to extend our hospitality to them, just as they hosted us during our tour. The boys on both teams enjoyed getting to know each other as the English lads experienced life in Canada. Mouat

played the gracious host as Northampton won the game by a narrow margin. Many thanks to the players and parents as they welcomed Northampton into their homes.

English For Living & Working
Looking For Work?
We Can Help!

A Job Search and Computer Skills Program for ESL adults who are unemployed or working less than 20 hours a week.



- Workplace English
- Basic Computer Skills
- Job Search
- Resumes
- Cover Letters
- Interview Skills

Each session runs for 6 weeks, 5 days per week.

Learn 60 hours of basic employment related computer skills for free!
 • Typing • MS Word • Internet •

You can attend this program and still receive your EI benefits. To attend this program you must be 19 years or older and a landed immigrant or a Canadian Citizen.

English For Living & Working
604-859-3928

WJ Mouat Secondary
 32355 Mouat Drive, Abbotsford, BC V2T 4E9

BRITISH COLUMBIA
 The Best Place on Earth
 Funded in whole or part through the Canada-British Columbia Labour Market Development Agreement.

Langley Continuing Education presents in Abbotsford

Get Better Grades in School

You can make this your child's best year ever in school! Smart students have secrets. What does it take to be a superior student? The most important secret is a great study strategy! Terry Small's student success system shows your kids how to take charge of their time and succeed! Parents and students attend this seminar together to learn proven strategies and study secrets that have helped 171,000 students to excel.

Guaranteed: better grades, self-confidence, more free time, and fun learning! Good grades have never been more important than today. Come and learn how to get them! You will have fun and be entertained. The seminar is suitable for students of all abilities in Gr. 4 to 12. This seminar sold out early last time so call early! Get a headstart on good grades.

Terry Small is Canada's #1 study skills expert. He is listed in Nationwide Who's Who. His ideas were recently featured on CKNW Radio, BCTV, Global and in the Globe and Mail and Student Success. Terry speaks internationally.

When: Monday, November 30, 2008 7:00-8:30 am
Where: Coleen & Gordie Howe Middle School
Instructor: Terry Small B.ED., M.A.
Price: \$42 for the whole family

To register phone: Langley Continuing Education 533 4227

*Also available in Abbotsford, Langley, Vancouver, New Westminster, North Vancouver, Coquitlam, Surrey, Delta, Richmond and West Vancouver. Phone 535-0063 for info.

www.terrysmall.com
 "study smarter, not harder"

Mothers Who Care

Mothers Who Care is a Campus Crusade for Christ Ministry, offering support to staff and students of W.J. Mouat through prayer and encouragement. We are interdenominational and meet once a week. For more information contact Caroline Thurley at 604-850-5754.



PARENT ADVISORS

1-888-351-9834

Help!

Do you need some?

Do you have a school related question or concern? Call the BCCPAC Parent Advocacy Help Line at 1-888-351-9834 and leave a message. A parent advocate (confidential, trained volunteer) will return your call.



Free Tutoring

The Benevolent Nerds, a group of senior students, are offering tutoring to all Mouat students on a daily basis after school in the library. Instruction is in all subjects to all grades and in five languages...English, French, German, Korean and Punjabi.

Maclure Road, between Clearbrook Road and Trethewey Street, will be closed from Nov. 5 to Nov. 20

Road Closures on Maclure Road

Maclure Road, between Clearbrook Road and Trethewey Street, will be closed from Nov. 5 to Nov. 20 to allow work to improve water and sewer services.

The city says motorists in the area will experience "long delays"

and advise them to plan alternate routes. The closure is part of a City of Abbotsford plan to twin an existing water main that stretches between Gladwin Road, and the Maclure Reservoir west of Clearbrook Road.

Updates regarding road closures will be advertised on the city's website (www.abbotsford.ca) and weekly City page ads in the local newspaper.



September's Student of the Month is Geoffrey Reyes

Geoffrey Reyes is the current President of the 2009-2010 leadership team here at Mouat. It is his first year on the leadership team, and he looks forward to working with everyone to plan certain events, fundraisers and grad events for our school. "Our leadership team is

filled with promise; we are looking towards planning Remembrance Day as well as donating to our sister school in Africa" said Geoff. Along with presidency, Geoff has been playing basketball since grade 9, and has just been named one of the co-captains of the senior varsity team.

Academically, Geoff averages around 83-86% and is putting his focus towards humanitarian courses that will get him started on the Bachelor of Arts degree in English that he hopes to attain.

Well done Geoff!

Only the Convocation Ceremony, the Prom, and the 'Night to Remember' are organized and supervised by school staff

Parent Alert

Parents should note that the graduation activities organized and supervised by school staff each year include **only** the **Convocation Ceremony**, the **Prom**, and the **'Night to Remember'** - any other off-campus activities you

may hear about are not sponsored by W.J. Mouat. We suggest that parents investigate carefully to make certain that other celebrations and activities students may wish to attend are safe and healthy.



New Information for Parents/Guardians of Grade 6 and Grade 9 girls in Fraser Health regarding HPV Vaccine Schedule Change

HPV vaccine has been offered to BC girls in grades 6 and 9 since September 2008. The vaccine is given in a 3 dose series, usually all given in the same school year.

For the current school year 2009-10, Vancouver, Richmond, and Fraser Health will need to give the third dose in the fall of the next school year, when these girls are in grades 7 and 10, respectively. This is needed to free up public health resources for the administration of the pandemic vaccine, expected to arrive in BC in late October/ early November 2009.

If you are the parent or guardian of a girl in grade 6 or 9 in attendance at a school in these areas and you move out of province or to an area within BC but outside of Vancouver, Richmond and Fraser Health, contact the local health unit to arrange for your daughter to receive her 3rd dose. All jurisdictions in Canada now have publicly funded HPV programs for school age girls, with the exception of Nunavut where a program will be starting in 2010-11.

Girls in grade 9 will continue to be offered the vaccine for two more years. Thereafter the vaccine will be offered in grade 6 only, as older girls will have had a chance to receive it in prior years. Girls who missed one or more doses of the 3 dose series while in grade 6 or 9 may contact the health unit to get the vaccine at any subsequent time.

The vaccine prevents HPV infection but does not treat it. Therefore it's important to get the vaccine before the start of sexual activity, and ideally before age 15, by which age one-quarter of girls in BC report that they have had sexual intercourse. **This vaccine is well-studied and has been found to be both safe and effective in preventing HPV infection.** Studies about long term protection are underway in many countries and this information will be available in the future.

The first and second doses establish immunity, and the third dose boosts the immune response to provide long lasting protection. Protection is believed to last at least 10 years and may last longer. A scientific committee supported by the BC Centre for Disease Control has reviewed the available data on this 'extended' HPV vaccine schedule, and advised that **girls who get the vaccine on this schedule will be just as protected as those on the regular schedule.** Health units will keep track of girls on the longer schedule to help with follow-up and completion of the series.

Please contact your local health unit if you need more information about your daughter's HPV immunization. See www.immunizebc.ca for more information about HPV vaccine and how it prevents HPV infection, pre-cancerous changes to the cervix, and cancer of the cervix.

Abbotsford Health Unit Tel: 604-864-3400

Mouat Pitches In November

Theme: REUSE

Tip of the Month:

Choose **REUSABLE** over disposable!

- use old containers such as margarine containers and sour cream containers for freezing extra gravy or soup
- use glass jars to store jam, sauces, or even nails and other hardware materials
- invest in Tupperware containers to pack lunches = much more eco-friendly than buying over-packaged goods and throwing away wrappers
- buy multi-use products = cheaper than buying single use products

www.pitch-in.ca

School District 34 Provincial + District Exams Schedule January 2010

Mon Jan 25	Tues Jan 26	Wed Jan 27	Thurs Jan 28	Fri Jan 29
<p>AM 8:30-11:30 must stay 10:00am for provincial exams)</p> <p>Provincial: Geography 12</p> <p>District</p> <p>English 9 Math 11 - Principles Applications Essentials</p>	<p>AM 8:30-11:30 must stay 10:00am for provincial exams)</p> <p>Provincial: Communications 12 Physics 12</p> <p>District</p> <p>Physics 11 Communications 11 Social Studies 9 Sciences Humaines 9</p>	<p>AM 8:30-11:30 must stay 10:00am for provincial exams)</p> <p>Provincial: English 12</p> <p>District</p> <p>Science 9 Chemistry 11 Calculus 12</p>	<p>AM 8:30-11:30 must stay 10:00am for provincial exams)</p> <p>Provincial: English 10 BC First Nations Stud- ies 12 E-only Francais Langue 12 French 12</p> <p>District</p> <p>Biology 11 Earth Science 11</p>	<p>AM 8:30-11:30 must stay 10:00am for provincial exams)</p> <p>Provincial: Science 10 Civic Studies 11 E-only English First Peoples 12 E-only</p> <p>District</p> <p>No exams</p>
<p>PM 12:00-3:00 must stay 2:00 pm for provincial exams)</p> <p>Provincial: Biology 12 E-only</p> <p>District</p> <p>English 11 Math 9- Principles Applications Essentials</p>	<p>PM 12:00-3:00 must stay 2:00 pm for provincial exams)</p> <p>Provincial: Principles Math 12</p> <p>District</p> <p>Francais Langue 9, 10, 11 Japanese 9, 10, 11 German 9, 10, 11 Punjabi 9, 10, 11 French 9, 10, 11 Spanish 9, 10, 11</p>	<p>PM 12:00-3:00 must stay 2:00 pm for provincial exams)</p> <p>Provincial: Social Studies 11 Sciences Humaines 11 E-only English Literature 12 E-only Geology 12</p> <p>District</p> <p>Social Studies 10 Sciences Humaines 10</p>	<p>PM 12:00-3:00 must stay 2:00 pm for provincial exams)</p> <p>Provincial: Principles, Applica- tions, Essentials Math 10 Applications Math 12 History 12 E-only</p> <p>District</p> <p>No exams</p>	<p>PM 12:00-3:00 must stay 2:00 pm for provincial exams)</p> <p>Provincial: Chemistry 12</p> <p>District</p> <p>No exams</p>

Junior Football Team

The defending BC Champion, W J Mouat Hawks Junior Football Team, is enjoying another successful season. The Hawks currently have a 6 Win 2 Loss record and are preparing for the 2009 playoffs.

W J Mouat 40 Seaquam 16
 W J Mouat 33 Rick Hansen 8
 W J Mouat 28 Carson Graham 6
 W J Mouat 40 Terry Fox 0
 W J Mouat 0 St Thomas More 12
 W J Mouat 41 Pinetree 0
 W J Mouat 8 Centennial 19
 W J Mouat 40 Holy Cross 14

W J Mouat will host a play off game on Thursday Nov 12th here at the Mouat field. Come out and cheer our boys on!

Coach Mitchell