



OCTOBER NEWSLETTER

Principals' Message

What an amazing start to our 2017-2018 school year! Your children have all settled into the routine and structure of school and we are so very happy to welcome them back! Our CUBS are rising to our kindness theme challenge and demonstrating care and gratitude on daily basis. We trust that you all had an amazing long weekend filled with family, friends and turkey. Curtis Schreiber and Kyla Babcock

IMPORTANT DATES:

- **Oct. 11** Scholastic Orders Due
- **Oct. 20** Pro D Day - No School
- **Oct. 23** November Lunch orders Due
- **Oct. 26** Parent teacher interviews – 12:55pm Dismissal

Fall Recipe

Spicy Pumpkin Pasta

Ingredients:

- 1 cup uncooked pasta
- 1 TBSP butter
- 1 TBSP minced shallots
- 1 clove minced garlic
- 1/2 tsp ground sage
- 1/4 tsp chillies
- 1/2 cup pumpkin puree
- 1/2 cup veggie broth
- Salt and pepper to taste
- Sage and Parmesan to garnish

Method:

1. Cook and drain pasta
2. Melt butter in saucepan until light Brown (2-3 mins)
3. Stir in shallots and garlic until translucent (1-2 mins)
4. Add ground sage and chillies (cook for 30 secs)
5. Stir in pumpkin puree, slowly add broth and season with salt and pepper.
6. Toss pasta with sauce and garnish with parmesan and fresh chopped sage



LIBRARY NEWS



A lot of books have been flying off the shelves, especially the graphic novels and the suspense books. All grade 7s have gone through their library orientation and have learned a bit about genres while all the grade 9s have been in to learn note taking techniques in order to avoid plagiarizing. A big thank you to all of those who supported the Mosaic Books book fair during open house as well as those who purchased books through Scholastic. The next Scholastic book order is due October 11th.

TERRY FOX RUNDRAISER

Students and Staff raised a total of \$1110 for the Terry Fox Foundation!

Way to Go CNB!

Homework Club

Homework club is an opportunity for students to complete their necessary work or assignments. A certified Education Assistant will be available to support students with their learning.

Monday—Friday 7:45am—9:00am

Parent Seminars

- Anxiety and Depression Prevention Seminar Oct., 5th 6:30pm -8:30pm
- Parenting through Power of Relationship Oct. 14th 9:00am—4:00pm

For more information and seminar locations check out the CNB website





Sports Update:

RUGBY

**The Rugby season is in full swing with approximately 30 participants. Kevin Freh (parent volunteer) has volunteered his time along with Mr. Basdeo at CNB to coach both boys and girls that are on the team.

Rugby Practices - Wednesday & Thursday 3:30 - 4:30

Rugby Games - Thursdays beginning at 4:30.

The updated Rugby schedule can be accessed through the CNB website under programs & services --- click on mast schedule website --- fall sport ----Rugby.

Grade 7/8s first game occurred September 28th at KLO middle school. Great Rugby, sportsmanship and athleticism was witness from both teams. KLO came out ahead 40-35 in an opening game nail biter.

Stand out play was observed from CNB's team captain Jacob Bailey leading the way with tries and tackles. Other stand out players were Gligor Sehavac, Isabella Burkinshaw, Dante Nunes and Lucas Blatchford.

Future Games:

October 5th - SMS + GMS @ CNB

October 19th - RMS + GMS @ CNB

October 12th - CNB @ Dr. Knox

October 26th - KLO + ABDN @ CNB

FIELDHOCKEY

**The 2017 Fieldhockey season has begun! The league consists of grade 7,8 and 9 girls from across SD 23. The players are showing tremendous growth this season and are improving their skills and sense of gameplay. There is never a shortage of singing and laughter on the bus rides and even show endless smiles at our early morning practices on the frosty fields! These girls are amazing ambassadors for CNB and I am extremely proud of the collective group. You rock girls!!

Sincerely, Coach Powlesland

*** MEDICAL ALERT***

If your child has a Medical Alert please contact the office to put a medical plan in place.

Neighborhood Courtesy

Please be courtesy of our school neighbors and businesses surrounding the school.

When picking up your child from school please **DO NOT** use store/business parking spots. Taking these parking spots away from customers hurts these small businesses.



Parent Volunteers Needed

The school store is in need of volunteers to run the store one hour a week, or month, or whatever time you can give.

Please contact Nicole at cnbstore@gmail.com