



CNB FAMILY WEEKLY MEMO

April 11 - 15, 2022

Monday, April 11

Tuesday, April 12

Wednesday, April 13

Thursday, April 14

Friday, April 15

- Good Friday - No School

School Bus Application for 22/23 Now Open School Bus Application here

Don't forget to save your Nature's Fare receipts and return them to CNB. Our school receives a 3% return for all receipts. An easy way to help raise money for our school!



CNB is currently under a water advisory. Water fountains have been closed off. Water coolers have been provided to the school. Students **MUST** bring a water bottle to school each day.

Summer Opportunities!

Get in the game this summer with UBCO sport camps



Led by nationally recognized coaches and student athletes, UBCO's Heat Summer Sport Camps offer a fun-filled week of skill development for kids aged 6 to 18. These camps are a great way to introduce youth to a sport or help them improve their techniques. Camp programming includes golf, basketball, volleyball, running, cycling, and more.

Camps are set to run in July and August, and registration is now open. Click [here](#) to learn more.

Looking Ahead...

Apr. 18

- Easter Monday - No School

Apr 22

- Quarter 3 Ends Gr.6/7

Apr 25

- Mentorship Day!
- PAC Mtg 6:30pm

CNB now has an Instagram account!
Follow us @
cnb_middle



And on Twitter!
at @CNBCubs



All of our classrooms at CNB are cell phone free zones!



Please help us out by limiting your calls and messages to break and lunch times.

See past Family Weekly memo's [here](#)

UBCO Engineering Geering Up Camps: GU
Summer Camps Flyer.pdf

- UBCO running 8 weeks of camps this summer from July 4th to Aug 26th
- Camps are for those entering Grade 1 to those gr 1 - 9
- Camp prices range from \$264 (4 day week) to \$350 depending on week and camp selected. Additionally, we offer bursaries via application in each camp for up to 90% of the cost
- Camps are from 9am to 3pm on weekdays (excluding stat holidays) and before and after care are also offered for the younger camps
- Camp content is the same week to week in the same program. However, students can go between the programs at their grade and find different content offered.

[Press from the PAC](#)

Did you know your district COPAC has a Newsletter? Sign up to receive the Newsletter, filled with plenty of resources and up-to-date information [here](#)

Our PAC is always looking for input from parents and how we can best support and represent all of our guardians.

Some PAC items of note:

Our next PAC meeting will be held on Monday, April 25th, 2022
at 6:30pm via Zoom-Please watch for the agenda and Zoom Link Invite

[In the Know with FamilySmart](#)

FamilySmart is offering 5 sessions around the very important topic of Digital Wellbeing and Mental Health. As parents, we struggle with balancing our children's time spent in the digital world and what we consider the real world. It is not easy to know how much time on technology is too much and how to set boundaries that don't create conflict. Families will be joining us for a conversation with Dr. Kristy Goodwin, a digital wellbeing expert, to learn some practical solutions to our everyday concerns and challenges around our kids' use of screens and their mental health. You can register through the attached poster or through this [Events Registration](#) link. Scroll down the 'Events' page to choose the 'ItK' date and time they prefer. Check out the poster [HERE](#).

K-12 Consultation on Proposed 2022 BC School Food Guidelines

The Ministries of Health and Education are requesting parent/guardian, DPAC and PAC feedback on proposed changes to the [2013 Guidelines for Food and Beverage Sales in B.C. Schools](#). Both Health and Education are seeking feedback on the proposed 2022 School Food Guidelines to help them identify challenges schools might face with implementation. They are very interested in hearing about any resources or tools you think would be useful in supporting schools with implementation.

The first set of Guidelines for Food and Beverage Sales in BC Schools were published by the Ministries of Education and Health in 2005. These were updated in 2008, 2011 and 2013. With the release of Canada's food guide in 2019, the Ministry of Health has drafted proposed 2022 Guidelines that reflect current national and provincial nutrition recommendations. They also reflect the findings of the 2020 school administrator survey on implementation challenges with the 2013 Guidelines.

We are inviting you to provide feedback and your input AFTER your review of the [Proposed 2022 Guidelines](#) AND the [K-12 Discussion Paper](#) outlining the Ministry's rationale for the proposed 2022 Guidelines:

1. [Register](#) for the PAC/DPAC webinar.
2. Complete the BC School Food Guidelines [Feedback Survey](#) online. The survey takes 10 mins or less and is open until April 30.

The Ministry of Health and BCCPAC thanks you in advance for your participation in this consultation process.

Parenting Resources:

 [eConnect Online- brochure for parents.pdf](#)

[Understanding Gaming Behaviour & Addiction](#)