



CNB FAMILY WEEKLY MEMO

May 2-6, 2022

Monday, May 2

- Land Based Learning: Bear Creek Field Trip

Tuesday, May 3

- Guest Speaker: Ian Tyson 9:15-10:15am

Wednesday, May 4

- Badminton Practice 3:30-4:30pm (every Wednesday)

Thursday, May 5

- Land Based Learning: Pit House Wrap Up

Friday, May 6

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.

PAC AGM

Monday, May 30th via Zoom

We are looking for some new additions to our PAC executive team. If you, or someone you know, is interested please grab a form from the office. Please see specific details below.

May 2 - 6 is Mental Health Week

Please see these online courses that are being offered:

- May 2: It's Never Too Late: Healing Parent-Child Relational Stress Using Emotion-Focused Family Therapy
- May 3: Building Connection With Our Kids When It Feels Impossible
- May 4: The ABCs of Substance Use and Connecting With Our Kids

Looking Ahead...

May 8

- Mother's Day

May 10-12

- Gr.8 Vancouver Band Trip

May 23

- Victoria Day - No School

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](#)

Please click [here](#) to register for more information

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.



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

Cub's Den needs your help!
We are looking for volunteers during lunch to help in the Cub's Den. If you are interested please email cnb.pac@sd23.bc.ca

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, May 30th, 2022 at 6:30pm via Zoom-Please watch for the agenda and Zoom Link Invite

Parenting Resources:

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

[Understanding Gaming Behaviour & Addiction](#)

PAC AGM:

Nominations for the 2022/2023 school year for the following vacant positions:

- Vice President
- Secretary
- COPAC Representative
- Members at Large

Proposed changes to Bylaws:

The executive membership puts forward a motion to make the following changes to the CNB PAC Constitution and Bylaws:

ADDENDUM - (added June 2019)

~~6. Set up a monthly volunteer appreciation draw where \$75 of PAC funds will be used towards gifts to truly appreciate the volunteers and all the hours they put in to the store.~~

~~SCHOOL CNB CUBS DEN REPRESENTATIVE:~~

~~1. Complete a weekly regular cash deposit to the CNB-PAC school general account where there is with a separate journal entry for the CNB CUBS DEN store account - 1.5140~~

~~● NOMINATIONS FOR 2022/2023 SCHOOL YEAR IS NOW OPEN~~

~~The CNB PAC is calling for nominations for the following vacant positions:~~



CONNECT AND LEARN WITH US - Online Events for Parents & Caring Adults

It's Never Too Late: Healing Parent-Child Relational Stress Using Emotion-Focused Family Therapy (EFFT)

With Dr. Adele Lafrance, clinical psychologist, author, scientist, and developer of emotion-focused treatment modalities, including Emotion-Focused Family Therapy

Time: 6:30pm - 7:30pm PST

MAY
2

Building Connection With Our Kids When It Feels Impossible

With Diane Evans, FamilySmart Parent Peer Support Worker, BC Children's Hospitals Kelty Mental Health Resource Centre.

Tammy Music, Family Smart Parent Peer Support Worker, Surrey Memorial Hospital, Child & Adolescent Psychiatric Stabilization Unit (CAPSU) and Short Term Assessment Response Treatment (START) Fraser North.

Time: 12pm - 1pm PST

MAY
3

The ABCs of Substance Use and Connecting With Our Kids

With Cindy Andrew, senior associate on the team leading The ABCs of Youth Substance Use, a BC government funded project focused on supporting schools

Angela Lawrence, educator and registered clinical counsellor

Art Steinmann, Senior Associate, Youth Substance Use Health Promotion, Bunyaad Public Affairs.

Time: 6pm - 8pm PST

MAY
4

REGISTER AT: [FAMILYSMART.CA/EVENTS](https://familysmart.ca/events)