



CNB FAMILY WEEKLY MEMO

May 9-13, 2022

Monday, May 9

Tuesday, May 10

- Gr.8 Vancouver Band Trip (May 10-12)
- Football 3:30-4:30pm (every Tuesday/Thursday)

Wednesday, May 11

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

Thursday, May 12

- Football 3:30-4:30pm (every Tuesday/Thursday)

Friday, May 13

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.

Are you searching for resources on the topic of Body Image?

* [Teach Body Image: Portal for Teachers and Parents](#) aims to promote a healthy body image by providing teachers with the knowledge and tools to encourage and support students in making healthy body positive life choices.

* Check out this resource on [Strategies for Promoting Healthy Body Image](#) by DASH for helpful strategies to encourage positive body image.

Looking Ahead...

May 23

- Victoria Day - No School

May 30

- PAC Mtg 6:30pm

May 31

- Mentorship Day!

June 15

- Cultural Performance

June 16

- Band Concert 7:00pm

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](#)

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:~~

[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](#)

Host Families Needed for 2022!

Our Homestay Coordinators are now matching students with families for 2022/23 placements.

Please apply soon if you are interested.

Questions? Email: homestay@sd23.bc.ca

Phone: **250-470-3258**

Phone camera:



Host families
come in all shapes
and
sizes!

Host families
receive
\$1000
per month.

Together We Learn



**Central Okanagan
Public Schools**

International Education



internationaleducation.ca