


January 19 - January 23, 2026

## Weekly Update

Happy Friday, everyone! As we head into the third week of January, just a few midyear reminders for our school community. First of all, we have our Japan Exchange parent info night on Monday, January 19 at 5:00 at CNB (for those families who are hosting a student or students in February); we also have the Paul Davis presentation on Tuesday, January 20 at 6:30 at CNB (regarding online safety — more details in the flyer that's included in this week's Cub Courier). Beyond that, we're offering a midyear reminder that if you're dropping off and/or picking up at CNB each day, please keep the bus loop clear so that we can do our best to keep traffic flowing as smoothly as possible both in and out of the school area. Your help is much appreciated!

Monday Skixwíw's	Tuesday sʔaslásq̓t	Wednesday skaʔhlásq̓t	Thursday smasq̓t	Friday sc̓lkstasq̓t
January 19	January 20	January 21	January 22	January 23
<b>FEHG</b>  February Meals Program available to purchase on school cashonline  5:00PM Japan Host Family Information Session	<b>BADC</b>  6:30PM Paul Davis Presentation	<b>FEHG</b>  F/S - Telemark Nordic Club (Outdoor Ed8) 9:10am - 11:55am  F/S - Kelowna Art Gallery & Rotary Centre Fuller/Rodway 9:15 am - 2pm	<b>BADC</b>	<b>FEHG</b>  3:15pm PAC Treat Sale  

January 26	January 27	January 28	January 29	January 30
<b>DCBA</b>  F/S - Telemark Nordic Club (Outdoor Ed8) 9:10am - 11:55am  7pm PAC Meeting Via Zoom	<b>HGFE</b>	<b>DCBA</b>	<b>HGFE</b>	<b>DCBA</b>  <b>Semester 1 Ends</b>  Leadership Pep Rally - E block (1:35-2:20 & 2:25-3:10)

## **CNB SUPPORT**

Dear CNB Families,

At CNB, we believe that student well-being is the foundation for learning, growth, and belonging. We are fortunate to have two caring and highly skilled school counsellors who work daily to support the mental health and well-being of our students.


Our counsellors provide a safe, welcoming space for students to talk, reflect, and learn strategies for managing stress, relationships, and the many emotions that come with growing up. They work proactively with classes, support students individually or in small groups, and collaborate closely with families, teachers, and our learning support team.

We want families to know that students do not have to navigate challenges alone. If concerns arise, early support can make a meaningful difference. Please don't hesitate to reach out to the school if you feel your child may benefit from connecting with one of our counsellors.

Together, we continue to connect, nurture, and ensure every student feels a strong sense of belonging.


Grade 6 Counselor: Ryan Kerluck: [ryan.kerluck@sd23bc.ca](mailto:ryan.kerluck@sd23bc.ca)

Grade 7 & 8 Counselor: Alison Gervais: [alison.gervais@sd23bc.ca](mailto:alison.gervais@sd23bc.ca)



### Expressive Arts Night for Teens

Create Your Own "Altered Book"



**Date:** Tuesday, February 24th  
**Time:** 4pm-5:30pm (ages 13-19)  
**Location:** #200-1890 Cooper Rd, Kelowna

Discover a non-traditional way to write a story.  
Learn techniques from collage to black out poetry as you choose from a variety of books to create one that is uniquely yours.

All materials will be provided  
and no art experience is required.

Central Okanagan Hospice Association, in collaboration with art therapist, **Amy Van Dongen**, is pleased to offer a special Expressive Arts Night for youth ages 13-19.

An evening of artistic reflection and creativity for youth who have experienced the loss of a family member or friend.

Registration is required and space is limited.  
There is no cost to attend.

To register, please call: **Andi Harvey 250.763.5511**  
Or email: [andi@hospicecoha.org](mailto:andi@hospicecoha.org)

COHA CENTRE #200-1890 Cooper Rd. Kelowna, BC | P. 250.763.5511 | [www.hospicecoha.org](http://www.hospicecoha.org)

### Brave Hearts Club

Children's Grief and Loss Support Group



### Where Healing Meets connection

Wednesdays from 4pm-5:30pm  
January 28 - March 25  
No session on February 11th

Central Okanagan Hospice Association is pleased to offer an eight week grief and loss support group for children ages 6-12 who have experienced the loss of a family member or friend through death.

- ♥ A safe space to explore grief
- ♥ Art, games, gentle discussion
- ♥ Snacks and refreshments

No cost to attend



Registration is Required  
Starts Jan 28<sup>th</sup>, 4pm-5:30pm  
COHA August Center, #200-1890 Cooper Road

[andi@hospicecoha.org](mailto:andi@hospicecoha.org)  
250.763.5511

## **CNB DROP OFF/PICK UP REMINDER**

Please remember when dropping off or picking up, to keep the bus loop clear. We want to ensure we continue to keep traffic flow safe and moving slowly.



## **PAUL DAVIS PRESENTATION**

Hello Cubs families,

On Tuesday, January 20, the Central Okanagan Parents Advisory Council (COPAC) is hosting a guest speaker, Paul Davis, at CNB. Paul will speak about the impacts of social media, smartphones, cyberbullying, and related topics.

All CNB students will have the opportunity to hear from Paul during assemblies held at the school on the after-noon of Tuesday, January 20. In addition, COPAC is hosting a parent session that evening at CNB at 6:30 p.m.

If you are attending the parent session, please sign up here <https://forms.gle/Vx5kseTFaMBKlj4t6>

Please see the flyers below for more information. If this interests you, we hope to see you there!



## **CNB PAC**

**President** - Christina Ennis

**Treasurer** - Jenny Park

**Secretary** - Verena Roberts

**COPAC Representative** - Haley Gigg

**Members at Large** - Amy Rauscher, Cassandra White, Sara Ryttersgaard, Lisa Winia-Moe, Kristi Sawh

**Vice President** - Angie Braid

**Co-Treasurer** - Janelle Rhode

## FEBRUARY'S OPTIONAL MEALS CALENDAR

February's optional lunch meal program for students who wish to participate will be available for purchase on **Monday, Feb. 19th.**

There are two options:

1. A full lunch meals program that is every day of the week (including pizza on Fridays). This is limit to the first 100 purchases. **\$93**
2. Pizza only option . Last day to purchase is Friday, Jan. 30th. **\$15**

On **Monday, Feb. 19th**, parents who wish to have their child participate can pay online on their child's School Cash Online account.

*Please Note: no refunds are given for student absences.*

# February 2026

Mon	Tue	Wed	Thu	Fri
EFGH 2 Shepherds Pie	ABCD 3 Poutine	EFGH 4 Taco in a Bag	ABCD 5 Hotdog and Veggies and Dip	EFGH 6 Pizza
CDAB 9 Chicken Stirfry	GHEF 10 Beef Burger and Veggies and Dip	CDAB 11 NO STUDENT LUNCH Parent/Teacher Conferences - Early Dismissal 1155am	GHEF 12 Pizza	13 Pro D Day NO SCHOOL
16 Family Day NO SCHOOL	BADC 17 Butter Chicken	FEHG 18 Bagel Bites and Salad	BADC 19 Chicken and Mojo's	FEHG 20 Pizza
DCBA 23 Sushi	HGFE 24 Spaghetti and Meatballs	DCBA 25 Dino Nuggets and Mashed Potatoes	HGFE 26 Samosas	DCBA 27 Pizza

Follow us on Instagram!

@cnb\_middle



We want to tell the story of our student learning experiences here at CNB. One of the ways we share those stories is through Instagram. Check it out and enjoy the pics!

## LUNCH MEAL PROGRAM



Here's the menu for our daily lunch program.

There will be limited quantities of meals each day, sold after the students on our lunch program have been served.

The Monday through Thursday meals are sold for \$6, and each slice of pizza on Fridays costs \$3.75.

# January 2026

Mon	Tue	Wed	Thu	Fri
			1	2
<b>WINTER BREAK</b>				
EFGH 5 School Reopens SUSHI	ABCD 6 DRY GARLIC RIBS & SALAD	EFGH 7 CHICKEN BURGER & VEG. & DIP	ABCD 8 SWEET N SOUR MEATBALLS & RICE	EFGH 9 PIZZA
CDAB 12 BUTTER CHICKEN	GHEF 13 SHEPHERDS PIE	CDAB 14 TACO PASTA SALAD	GHEF 15 CHICKEN & MOJO'S	CDAB 16 PIZZA
FEHG 19 SAMOSA'S	BADC 20 CHICKEN NOODLE SOUP	FEHG 21 BEEF BURGERS & VEG. & DIP	BADC 22 WINGS & SALAD	FEHG 23 PIZZA
DCBA 26 LASAGNE	HGFE 27 BBQ RIBETTE	DCBA 28 POUTINE	HGFE 29 TACO IN A BAG	DCBA 30 PIZZA



Constable Neil Bruce  
Middle School

# ATHLETICS



Constable Neil Bruce  
Middle School

January 19 – 23					
	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
7:30 - 8:30	Grade 8 Girls Basketball Practice	Grade 6 Girls Basketball Practice	Grade 8 Boys Basketball Practice	Grade 7 Girls Basketball Practice	Grade 7 Boys Basketball Practice
Lunch	Grade 7 Girls Basketball	Intramurals		Intramurals	
	Resource Weight Room Usage				
3:30 - 5:00		Grade 6 Boys Basketball Practice	Grade 8 Girls Basketball Practice	Grade 6 Boys Basketball Practice	Grade 8 Boys Basketball Practice
5:00 - 8:30	Grade 8 Boys Basketball Games @ DRK CNB 1 vs HMS @ 5:30 pm CNB 2 vs DRK 2 @ 7:00 pm Bus depart CNB @ 4:30 pm Bus return to CNB @ 9:00 pm		Grade 8 Girls Basketball Game CNB @ SMS 7:00 pm Bus depart CNB @ 6:00 pm Bus return to CNB @ 9:00 pm		

**\*AS OF JAN. 13\*** - [CLICK HERE FOR THE MOST UP-TO-DATE DISTRICT SCHEDULES](#)

## Coach Contacts

6B Basketball – Michael.Burdeniuk@sd23.bc.ca and John.Buchanan@sd23.bc.ca

6G Basketball – Bj.Powlesland@sd23.bc.ca, Jennifer.Craig@sd23.bc.ca, and Tahnee.Pierson-Roberts@sd23.bc.ca

7B Basketball – Community coach Ryan (Email Mr. Worrall)

7G Basketball – Andrew.Toth@sd23.bc.ca

8B Basketball – Winston.Wong@sd23.bc.ca and community coach: Tyler

8G Basketball – Brad.Vissia@sd23.bc.ca and Erika.Castellanosca@sd23.bc.ca

Athletic Director: Derek Worrall – derek.worrall@sd23.bc.ca



# 2026/2027 STUDENT REGISTRATION

## Current CNB Students:

The online registration program will open on February 2 for the 2026/2027 school year. If your child currently attends CNB, in grades 6 and 7, they will automatically be re-enrolled to CNB this fall. CNB Students currently in grade 8 also do not need to register, they will automatically be enrolled into MBSS this fall.

## Current Grade 5 Elementary Students:

Students currently attending, Chief Tomat, Hudson Rd, Mar Jok, Rose Valley, Shannon Lake and Sensiyusten House of Learning do not need to register online to attend CNB this fall. These students will automatically attend CNB.



Central Okanagan  
Public Schools  
Together We Learn

French Immersion Kindergarten  
Informational Session: Tuesday, January 13, 2026  
@ 6:00-7:00 pm Zoom Link: [sd23.org/french](https://sd23.org/french)  
This meeting will be recorded and posted on the District website

**ONLINE APPLICATION for STUDENT ENROLLMENT begins on  
Monday, February 2, 2026, at 7:00 am for 2026 - 2027 School Year**  
(for kindergarten, new students, and school of choice for K - 12)

Schools will be open at 7:00 am to provide support to parents that require assistance.  
Documentation Submission Deadline: Friday, March 13, 2026

If you are new to Canada, please contact the Welcome Centre for enrollment information at (250)470-3258

### HOW TO APPLY

**PLEASE NOTE:** The application process is online only. You are required to have a valid email account.

In your web browser type: <https://www.sd23.bc.ca/school-enrollment>

No internet access? Please contact your school for assistance.

Online applications begin on Monday, February 2, 2026 at 7:00 am. Applications will be assigned a date-time stamp on a first-come, first-served basis, which will factor into a student's placement priority.

Complete the online application as early as possible, and provide the required documents listed below directly to the school in by email or in person by Friday, March 13, 2026.

1. Student's Birth Certificate or other government issued proof of age and citizenship.
2. Proof of Parent/Guardian B.C. Residency
  - a. Combination BC Driver's License and Services Card (copy of both sides); or,
  - b. BC Services Card (copy of both sides) and one item from the list of Supporting Documentation (3.) below; or,
  - c. Proof of application for BC Medical Services Plan and one item from the list of Supporting Documentation below.
3. Supporting Documentation/Proof of Parent/Guardian Living Address
  - Ownership of a dwelling or long-term lease or rental of a dwelling;
  - Documentation indicating British Columbia residence (i.e. utility bill);
  - British Columbia registration of an automobile;
  - British Columbia Driver's License (copy of both sides); or,
  - A current income tax return filed as a British Columbia resident.

### AFTER Thursday, September 3, 2026

**New in-catchment area enrollments:** Parents will be notified by a confirmation email when the school has accepted the student's application for enrollment. Board Policy 405R - Student Placement (Regulations), will be used to determine student placement and priority.

**New out-of-catchment area enrollments:** Parents will not be notified until after the summer enrollment period is over and all in-catchment area students have been placed.

**Qualifying age:** The School Act requires that a child must be five years of age by December 31, 2026, to qualify for school enrollment in September 2026. No exceptions.

For further information, please visit the School District website [www.sd23.bc.ca](https://www.sd23.bc.ca) or call (250) 860-8888.

## CNB CLUBS



Day	Club	Time	Room	Teacher Sponsor
Monday	Games Club	Lunchtime	123, Cub Hub	Ms. Jeffrey
Monday and Wednesday	Choir Club	7:45am - 8:45am	118, Downstairs	Ms. Chisholm
Tuesday	Knitting Club	Lunchtime	102, Downstairs	Ms. Robinson
Wednesday	Homework Club	8:30am - 9:00am	127, Gathering Room	Mrs. Morgan
Wednesday	Singing and Drumming Club	Lunchtime	127, Gathering Room	Mrs. Magnant and Mrs. Marcellay
Wednesday	Calm Club	Lunchtime	214, Upstairs	Mrs. Amorim
Wednesday	Popcorn Movie Club	Lunchtime	Port 6, Outside	Mr. Toth
Thursday	Art Club	3:30-4:30	125, Art Room	Ms. Young
Thursday	Hand Sewing Club	Lunchtime	211, Upstairs	Mrs. Fuller
Friday	Chess Club	Lunchtime	212, Upstairs	Mr. Gerrits
Friday	Gay Straight Alliance Club	Lunchtime	123, Cub Hub	Mr. Raupach
Friday	Colouring Club	Lunchtime	109, Downstairs	Ms. Stiles

## COMMUNITY NEWS

**HEAT**  
 >>> SPRING REGISTRATION <<<  
**NOW OPEN**  
 COMMUNITY DIVISIONS  
 U7, U9, U11, U13, U15, U17, U20  
 SEASON RUNS FROM  
 APRIL 6 - JUNE 28, 2026  
 WWW.KELOWNAFASTBALL.CA

NEW FOR 2026: SOFTBALL BC CHARGES AN ANNUAL REGISTRATION FEE OF \$35-\$45 PER PLAYER (DEPENDENT ON YOUR AGE CATEGORY). IN THE PAST, KMS HAS PAID THIS FEE TO SOFTBALL BC OUT OF YOUR REGISTRATION FEES. THIS YEAR, SOFTBALL BC REQUIRES DIRECT PAYMENT BEFORE REGISTERING WITH YOUR ASSOCIATION. WE HAVE REDUCED OUR REGISTRATION FEES ACCORDINGLY. PLEASE USE OUR REGISTRATION LINK AND YOU WILL BE PROMPTED TO PAY SOFTBALL BC PRIOR TO REGISTERING WITH KMS. THANK YOU FOR YOUR UNDERSTANDING.

**KELOWNA MINOR FASTBALL**  
 IS HOSTING **FREE**  
**LEARN TO PLAY FASTBALL CLINICS**

**FREE CLINICS**

- U7: born 2019/2020
- U9: born 2017/2018
- U11: born 2015/2016
- U13: born 2013/2014

**FEBRUARY 14 & 15, 2026**

**HEAT**  
 www.kelownafastball.ca

*Westhoops Presents*  
**BASKETBALL**  
**3X3 WINTER LEAGUE**  
 JAN-MAR 6TH-14TH MON | TUE | SAT PM | PM | AM  
 REGISTRATION \$90-\$300  
**NOW SHOWING**  
 Boys Ages K-15 Girls  
*Be a part of the action!*  
 VISIT WESTHOOPS.CA REGISTRATION IS NOW OPEN

**Naked cafe**  
**571 LAWRENCE AVE.**  
 DOWNTOWN KELLOWNA

**2ND FRIDAY OF EVERY MONTH**  
**7:00 P. M.**

RESERVATIONS RECOMMENDED  
 COVER CHARGE \$0 FREE ADMISSION

Come hungry for delicious, plant based food, thirst quenching beverages, and a night you won't forget...

**TREVOR SALLOUM PRESENTS**  
**Jazz Night**  
 "WHERE MUSIC MEETS PLANT BASED MAGIC"  
 778.484.5640  
 To reserve your table

**MONTHLY JAZZ JAM** **GUITAR**  
**SAX** **PIANO**  
**BASS** **DRUMS**

**GREAT MUSIC, COMMUNITY, VIBRANT JAZZ SCENE, JAZZ STANDARDS, SURPRISES... & MORE**

**OSO**  
 OKANAGAN SYMPHONY ORCHESTRA

**JULIAN CONDUCTS TCHAIKOVSKY**

February 6, 7 & 8  
 6 Friday 7:30pm Kelowna Community Theatre  
 7 Saturday 2:00pm Peninsula's Odeon Theatre  
 8 Sunday 2:00pm Vernon & District Performing Arts Centre

**SMETANA:** Overture to the Bartered Bride  
**WALKER:** Lyric for Strings  
**BERLIOZ:** Rákóczy March  
**VERDI:** Nabucco Overture  
**TCHAIKOVSKY:** Symphony No. 5 in E minor, Op. 64  
 \*Performed with the CSO Conducted by Dennis Delgrosso

**JULIAN PELLICANO**  
 NEW ARTS' CONDUCTING EMERIT

AND FEATURING A CIVIL ASSOCIATION WITH THE OSYO

SEASON SPONSOR PELICANO  
 CONCERT SERIES PARTNERS JUDY & GRAHAM BURNS

WE ACKNOWLEDGE THE FINANCIAL SUPPORT OF THE PROVINCE OF BRITISH COLUMBIA

SEE IT... HEAR IT... LOVE IT... okanagan-symphony.com

**EcoCooks club Kelowna**

**Winter Registration**  
 Wednesdays  
 Jan 14 - Mar 04  
 3:30 PM - 5:45 PM  
 604 Cawston Avenue  
 Free Afterschool Program for Gr 4 - 7 Youths  
 www.ecocooks.org/club-program

**NEW VINTAGE THEATRE**  
**THEATRE CLASSES**  
 Winter 2026  
 THEATRE FOR ALL

**YOUTH CLASSES (AGES 6-11)**  
 MISSION POSSIBLE: A SPY STORY SATURDAYS, 10-11AM  
 K-POP MUSICAL THEATRE CLASS-ORIGIN STORY SATURDAYS, 1-2PM OR MONDAYS, 4-5:30PM  
 ALICE IN WONDERLAND SATURDAYS, 2-3PM

**ADULT CLASSES**  
 IMPROV GAMES NIGHT MONDAYS, 5:30-7PM  
 LET'S MAKE A MURDER MYSTERY MONDAYS, 7-8:30PM  
 DIRECTING & PLAYWRITING WORKSHOPS JANUARY & FEBRUARY

**TEEN CLASSES (AGES 12-17)**  
 DOWN A DARK HALL-MYSTERY PLAY SATURDAYS, 11-12:30PM

**SPRING BREAK CAMPS-MARCH**  
 WEEK #1-SING! DANCE! ACT!-YOUTH  
 WEEK #2-HEROES & VILLAINS-YOUTH  
 WEEK #3-MUSICAL THEATRE-TEENS

**NEWVINTAGE.CA**

**City of Kelowna**

**FREE PIZZA!!!**

**Free Youth Night**  
**Parkinson Rec. Centre**  
 Please bring a swimsuit for the pool, shoes for the gym, and an appetite for PIZZA!  
**Saturday January 24th**  
**February 21st**  
**March 21st**  
**6:00 - 9:00 PM**

**ROLLIN' WITH THE THUNDER**  
 ONE COURT. ONE COMMUNITY.

Join us to empower youth through wheelchair basketball and support inclusivity in sport. Watch Okanagan Thunder take on the CNB Cubs in a wheelchair basketball showdown!

**THUNDER JR** **CUBS**

**DATE: SATURDAY, APRIL 11, 2026**  
**10:00AM - 12:30PM**

**LOCATION: CNB MIDDLE SCHOOL**  
 2010 DAIMLER DRIVE, WEST KELLOWNA

**CASH OR ETRANSFER**

**TICKETS AVAILABLE AT THE DOOR | \$10 EACH**  
**DOORS OPEN | WARM-UP | CONCESSION @ 10AM**  
**GAME ON @ 11AM**  
**LUNCH BBQ SPONSORED BY ACCESSIBLE OKANAGAN @ 12NOON**  
**LUNCH - MINIMUM \$5 DONATION**

All proceeds support Okanagan Jr. Thunder Wheelchair Basketball Club  
 Facility rental fees | Tournament travel | Coaching certification | Wheelchair maintenance