



CONNECT · NURTURE · BELONG

Constable Neil Bruce Middle School



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

January 26	January 27	January 28	January 29	January 30
DCBA F/S - Telemark Nordic Club (Outdoor Ed8) 9:10am - 11:55am 7pm PAC Meeting Via Zoom	HGFE	DCBA	HGFE	DCBA Semester 1 Ends 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.

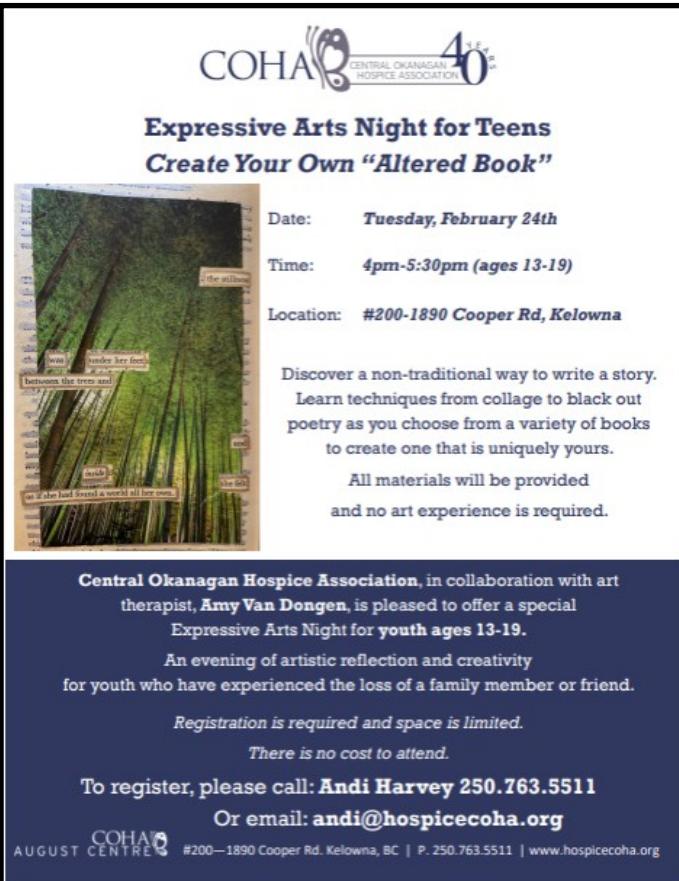
Our counsellors provide a safe, welcoming space for students to talk, reflect, and learn strategies for managing stress, relationships, and the many emotions that come with growing up. They work proactively with classes, support students individually or in small groups, and collaborate closely with families,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

Grade 7 & 8 Counselor: Alison Gervais: alison.gervais@sd23bc.ca



COHA 40th Anniversary

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

COHA AUGUST CENTRE #200-1890 Cooper Rd. Kelowna, BC | P. 250.763.5511 | 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 28th, 4pm-5:30pm
COHA August Center, #200-1890 Cooper Road
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 afternoon 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.

Mon	Tue	Wed	Thu	Fri
EFGH Shepherds Pie	2 ABCD Poutine	3 EFGH Taco in a Bag	4 ABCD Hotdog and Veggies and Dip	5 EFGH Pizza
CDAB Chicken Stirfry	9 GHEF Beef Burger and Veggies and Dip	10 CDAB NO STUDENT LUNCH Parent/Teacher Conferences - Early Dismissal 11:55am	11 GHEF Pizza	12 Pro D Day NO SCHOOL
16 Family Day NO SCHOOL	17 BADC Butter Chicken	18 FEHG Bagel Bites and Salad	19 BADC Chicken and Mojo's	20 FEHG Pizza
DCBA Sushi	23 HGFE Spaghetti and Meatballs	24 DCBA Dino Nuggets and Mashed Potatoes	25 HGFE Samosas	26 DCBA 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

WINTER BREAK

Mon	Tue	Wed	Thu	Fri
EFGH School Reopens SUSHI	5 ABCD DRY GARLIC RIBS & SALAD	6 EFGH CHICKEN BURGER & VEG. & DIP	7 ABCD SWEET N SOUR MEATBALLS & RICE	8 EFGH PIZZA
CDAB BUTTER CHICKEN	12 GHEF SHEPHERDS PIE	13 CDAB TACO PASTA SALAD	14 GHEF CHICKEN & MOJO'S	15 CDAB PIZZA
FEHG SAMOSA'S	19 BADC CHICKEN NOODLE SOUP	20 FEHG BEEF BURGERS & VEG. & DIP	21 BADC WINGS & SALAD	22 FEHG PIZZA
DCBA LASAGNE	26 HGFE BBQ RIBETTE	27 DCBA POUTINE	28 HGFE TACO IN A BAG	29 DCBA 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 Senni-yussten House of Learning do not need to register online to attend CNB this fall. These students will automatically attend CNB.

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



Central Okanagan
Public Schools
Together We Learn

French Immersion Kindergarten
Information Session: Tuesday, January 13, 2026
@ 6:00-7:00 pm Zoom Link: 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 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,

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 or call (250) 860-8888.

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

FOR 2026, SOFTBALL BC CHARGES AN ANNUAL REGISTRATION FEE OF \$35-\$45 PER PLAYER (DEPENDING ON YOUR AGE CATEGORIES). IN THE PAST, KMFS HAS PAID THIS FEE ON BEHALF OF ALL TEAMS. IN 2026, SOFTBALL BC WILL REQUIRE ALL TEAMS TO PAY THIS FEE. SOFTBALL BC REQUIRES DIRECT PAYMENT BEFORE REGISTERING WITH YOUR ASSOCIATION. WE WILL NOT BE ABLE TO REGISTER YOU UNTIL YOU HAVE PAID THE SOFTBALL BC REGISTRATION FEE. PLEASE CLICK THE PAY SOFTBALL BC PRIOR TO REGISTERING IN THE KMFS SYSTEM. YOU WILL BE PROMPTED TO PAY SOFTBALL BC PRIOR TO REGISTERING IN THE KMFS SYSTEM. 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 KELOWNA

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

RESERVATIONS
 COVER CHARGE \$0
 RECOMMENDED
 FREE ADMISSION

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

TREVOR SALLOM
 PRESENTS

Jazz
 Night

"WHERE MUSIC MEETS
 PLANT BASED MAGIC"

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 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

25
26

JULIAN CONDUCTS TCHAIKOVSKY

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

SMETANA: Overture to the Bartered Bride
 WALKER: Lyric for Strings
 BERLIOZ: Rákóczi March*
 VERDI: Nabucco Overture*
 TCHAIKOVSKY:
 Symphony No 5 in E minor, Op. 64
 *Performed with the OSO
 *Conducted by Zsolt Zsakany

JULIAN PELLICANO
 NEW MUSI CONDUCTING DEBUT

AND FEATURING A COLLABORATION WITH THE
 OSYO

SEE IT... HEAR IT... LOVE IT
okanagansymphony.ca

WE ACKNOWLEDGE THE FINANCIAL SUPPORT
 OF THE PROVINCE OF BRITISH COLUMBIA
 City of Kelowna
 Okanagan Shuswap Regional District
 Okanagan Shuswap Regional District
 Foundation
 PEAK CELLARS
 CONCERT SERIES PARTNERS JUDY & GRAHAM BURNS
 SEASON SPONSOR

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

SESSION STARTS
 WEEK OF JAN 10

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

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

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

SPRING BREAK CAMPS-MARCH
 WEEK #1-SING! DANCE! ACT-YOUTH
 WEEK #2-HEROES & VILLAINS-YOUTH
 WEEK #2-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!

OKANAGAN THUNDER JR VS **CNB CUBS**



DATE: SATURDAY, APRIL 11, 2026
10:00AM - 12:30PM **LOCATION: CNB MIDDLE SCHOOL**
 2010 DAIMLER DRIVE, WEST KELOWNA

CASH OR E-TRANSFER **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