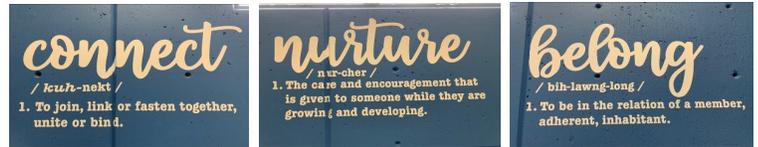




CONNECT · NURTURE · BELONG

Constable Neil Bruce Middle School



March 2 - 6, 2026

Happy Friday, everyone! This week, we continued on with our Kindness Campaign, which included a lot of learning and activities for Pink Shirt Day, which took place on Wednesday. This focus is also connected with our annual WFN / RCMP / former CNB students versus current CNB students basketball game, which takes place tonight at 5:30 at CNB. We hope to see a lot of you there! As we head into our final two weeks before spring break, we have our next set of Written Learning Updates going home on Thursday, March 12. In the meantime, enjoy the sunshine out there!

Monday Skix ^w i ^w s	Tuesday s ⁷ as ^l ásq ^t	Wednesday ska ⁷ l ^l ásq ^t	Thursday smasq ^t	Friday sc ^l kstasq ^t
March 2	March 3	March 4	March 5	March 6
EFGH F/S - Gneiss Climbing Gym - Outdoor Ed8 9:15am- 11:45am	ABCD 9AM Immunizations - Gr. 6 Catch Up F/S - Gneiss Climbing Gym - Outdoor Ed8 9:30am- 11:45am F/S - McCurdy Bowling Gr.7's 9am - 12pm	EFGH Cultural Performance - Krystle Dos Santos Music	ABCD	EFGH
March 9	March 10	March 11	March 12	March 13
CDAB F/S - Jim Lind Skating Luff/ P-R, Morgan Gr. 6 9:15 - 12pm F/S - Gneiss Climbing Gym - Outdoor Ed8 9:30am- 11:45am	GHEF F/S - McCurdy Bowling Gr.7's 9am - 12pm Gr.6 Boys Basketball Jamboree at MBSS 9:15 - 12:15pm	CDAB PAC Treat Sale 3:15pm	GHEF Written Learning Updates go home Gr.6 Girls Basketball Jamboree at MBSS 9:15 - 12pm Grade 8 Celebration Lunch sponsored by Indigenous Policing	CDAB

Welcoming Our Friends: Global Citizenship in Action

This week, our school community had the tremendous honour of welcoming our Japanese exchange students and teachers. Standing together at our assembly – captured beautifully in the group photo – we were reminded of something powerful: schools are not just places of learning; they are places of connection.

A heartfelt thank you goes to the many people who make this exchange possible. To our incredible parent homestay families – thank you for opening your homes and your hearts. The generosity, flexibility, and care you provide create the foundation for meaningful cross-cultural experiences. To our students who stepped forward to host and lead – your courage, kindness, and willingness to embrace something new truly embody what it means to belong to this community. To our dedicated teachers and organizing committee – your countless hours of planning, coordinating, and problem-solving ensure that this experience is seamless and impactful for everyone involved.

Beyond the events and activities, the real learning happens in the everyday moments: sharing meals, navigating language differences, laughing at misunderstandings, and discovering both our similarities and our differences. Students who participate in homestay experiences develop empathy, cultural understanding, and perspective. They learn to listen more carefully, to ask thoughtful questions, and to see the world through someone else's eyes.

This is global citizenship in action. It is not something taught in a single lesson – it is lived. It reflects our commitment to connection, nurturing relationships, and creating a deep sense of belonging, not just within our school, but across the world.

We are grateful for this partnership and proud of how our community continues to show what it means to connect, nurture, and belong – together.



CNB Kindness in Action



CNB Kindness Challenge: See, Lead, & Be Kind
See and Be Heard, See and Be Kind, See and Be Leaders, CNB Proud.

How to "Catch" Kindness

- Spot the Positivity**
Students notice and "catch" peers performing verbal displays of support or inclusive leadership.
- Teacher-Led Nominations**
While students spot the acts, teachers select and submit the official nominations for their sections.
- Weekly & Monthly Shout-outs**
Winners are celebrated on school screens, social media, and during morning announcements.

Wellness Focus: Prize Schedule

- MARCH** Indoor Health Fitness Gear
- APRIL & MAY** Active Living Outdoor Wellness
- JUNE** Outdoor Fun Summer Wellness

Rewards & Impact

- Huge Monthly Prizes**
Win high-value wellness items like spin bikes, cruiser bikes, paddleboards, and trampolines.
- Daily & Weekly Giveaways**
Frequent draws for gift cards, yoga packages, and local gym memberships.
- Connect, Nurture, Belong**
Our goal is a calmer school where everyone feels safe, valued, and seen.

This past Wednesday, our school proudly recognized Pink Shirt Day — but more importantly, we demonstrated that kindness at CNB is not a one-day event. It is a movement.

On Wednesday, we officially launched our **CNB Challenge: Pro-Positivity & Kindness Campaign** -a school-wide, student-led and staff-supported initiative built around four pillars:

**See and Be Heard.
See and Be Kind.
See and Be Leaders.
CNB Proud.**

Through classroom conversations, announcements, hallway messaging, and daily modeling, we are intentionally teaching and celebrating public, verbal displays of positivity. Students are being encouraged not just to *feel* kindness, but to make it visible — to speak it, show it, and lead with it.

In just the first few days, we have already seen students publicly encouraging classmates during presentations, inviting peers to join them at lunch, offering helping hands without being asked, and choosing words that build others up. These small, visible actions are what shape culture. We know that when students practice kindness publicly and consistently, it builds courage, strengthens character, and transforms our hallways, classrooms, and online spaces.

Teachers are nominating students weekly, we are celebrating shout-outs during announcements and on our school screens, and every section will recognize a student who has excelled in demonstrating kindness. Monthly draws will recognize students from the nomination pool.

What makes this campaign especially powerful is the incredible support from our local community. Local businesses, wellness centres, and community partners have stepped forward in a remarkable way to support our students. Because of their generosity, students have opportunities to win meaningful, wellness-focused prizes, including:

- **March:** Spin Bike (approx. \$1099 value)
- **April:** Cruiser Bike (approx. \$799 value)
- **May:** Paddleboard (approx. \$599 value)
- **June:** Trampoline (approx. \$549 value)

Daily and weekly prizes donated by community partners include gift cards, yoga wellness packages, memberships to local gyms and fitness centres, climbing passes, prepaid Visa cards, and more - with additional prizes still being added.

This campaign reflects what we believe deeply at CNB: when kindness is visible, supported, and celebrated, it becomes the norm. It builds belonging. It builds leadership. It builds pride.

At CNB, kindness is not passive. It is visible. It is courageous. And it is leadership.

We are CNB Proud.

Okanagan friends, family and supporters...we are SO excited to announce a local opportunity to watch our Okanagan Jr. Thunder club in action!

Our Okanagan Jr. Thunder team is hosting a wheelchair basketball showdown against the CNB Cubs right here in West Kelowna. This event is about more than basketball, it's about empowering youth, building community, and celebrating inclusivity in sport.

- ◆ Saturday, April 11, 2026
- ◆ CNB Middle School, 2010 Daimler Drive, West Kelowna
- ◆ Doors open at 10AM | Game on at 11AM
- ◆ \$10 tickets at the door
- ◆ BBQ lunch, by donation, immediately following the game, sponsored by [Accessible Okanagan](#)
- ◆ Snacks at the Concession available throughout

Come cheer loud, support adaptive sport, and help grow the future of wheelchair basketball locally and across the province! All proceeds support the Okanagan Jr. Thunder Wheelchair Basketball Club!

See you there!

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 VS **CUBS**
Constable Neil Bruce

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

LOCATION: CNB MIDDLE SCHOOL
2010 DAIMLER DRIVE, WEST KELOWNA

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

CASH OR E-TRANSFER

CNB PAC

President - Christina Ennis
Vice President - Angie Braid
Treasurer - Jenny Park
Co-Treasurer - Janelle Rhode
Secretary - Verena Roberts
COPAC Representative - Haley Gigg
Members at Large - Amy Rauscher, Cassandra White, Sara Ryttersgaard, Lisa Winia-Moe, Kristi Sawh

CUBS Den Store

During lunch hour each day of the week during the school year, The Den, run by the volunteer PAC team, gives an opportunity for students to enjoy a fun treat.

Some items for sale are: ramen noodles, chips, drinks, cookies, crackers, pepperoni, fruit snacks, icecream etc. Everything is \$1 or \$2.

All profits are donated back to the school, where the PAC will fund various school-level initiatives.



Constable Neil Bruce
Middle School

ATHLETICS



Constable Neil Bruce
Middle School

March 2 to 6					
	Monday	Tuesday	Wednesday	Thursday	Friday
7:30 - 8:30		Grade 6 Girls Basketball Practice		Grade 7 Girls Basketball Practice	Grade 7 Boys Basketball Practice
Lunch	Grade 7 Girls Basketball Practice	Intramurals		Intramurals	
	Resource Weight Room Usage				
3:30 - 5:00		Grade 6 Boys Basketball Practice		Grade 6 Boys Basketball Practice	
5:00 - 8:30	Grade 7 Boys Basketball Games @ GMS Meet your coaches at GMS 30 min before tip-off. CNB 1 vs. GMS 2 @ 5:30 pm CNB 2 vs. GMS 1 @ 7:00 pm	Grade 7 Girls Basketball Game @ CNB CNB vs. CMS @ 7:00 pm Meet Mr. Toth at @ 6:30 pm	Grade 6 Boys and Girls Basketball Games Boys @ GMS Girls @ CNB Meet your coaches @ 5:00 pm		

Coach Contacts

6B Basketball – Michael.Burdeniuk@sd23.bc.ca, Steven.Fisher@sd23.bc.ca, Rob.Hegberg@sd23.bc.ca, and John.Buchanan@sd23.bc.ca

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

7B Basketball – Community coach Ryan, Patrick, and Jamie (Email Mr. Worrall)

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

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



Track and Field @ CNB - 2026

All grade 6, 7, and 8 students will receive introductory track and field lessons during PHE classes starting after spring break.



Grade 6s: There is no pre-registration for grade 6 track and field

- There will be a Grade 6 CNB Apple Bowl Day (April 29th) for all students. Students will be charged \$8 to cover transportation and meet expenses. The CNB meet will serve as the primary qualifier for the Grade 4-7 District Track and Field Meet (June 4).
- Qualifiers for the Grade 4-7 District Track and Field Meet will be charged \$25 to cover team registration, supervision, and transportation.
- Events for grade 6s at the Grades 4-7 District Track and Field Meet: 100m, 200m, 800m, 1200m, 4x100m (one school team), High Jump, Long Jump, Discus, Shot Put, Javelin.

Grade 7s:

To register for grade 7 track and field [CLICK HERE](#) and use field studies code: 225056

- Grade 7s will be invited to join the CNB track and field team after spring break. This team has morning practices, that are event specific. Students come to the practices that apply to their focused events and will also be invited to evening all-comers track and field meets. There is a \$45 expense to join this team which covers entry into the all-comers meets and team registration, supervision, and transportation for the 4-7 District Track and Field Meet (June 4)
- Grade 7 students who are practicing with the CNB track and field team will have priority placement on the CNB entry for the Grades 4-7 District Track and Field Meet.
- Any remaining CNB entries for the Grades 4-7 District Track and Field Meet will come from after school/lunch event qualifiers (listen to announcements). Any students who qualify through this process will be charged \$25 (as they are not already on the CNB track and field team) to cover team entry, supervision, and transportation for the Grades 4-7 District Track and Field Meet.
- Events for grade 7s at the Grades 4-7 District Track and Field Meet: 100m, 200m, 800m, 1200m, 4x100m (one school team), High Jump, Long Jump, Triple Jump, Discus, Shot Put, Javelin.

Grade 8s:

To register for grade 8 track and field [CLICK HERE](#) and use field studies code: 225056

- Grade 8 is the first year that students compete within BC School Sports (BCSS) regulations.
- In order to represent CNB at any meet, the student must be registered on the CNB track and field team. This team has morning practices, that are event specific. Students come to the practices that apply to their focused events and will also be invited to evening all-comers track and field meets. There is a \$45 expense to join this team which covers team entry into the all-comers meets, the Valley Championship, and all transportation/supervision.
- Grade 8 Track and Field Meets
South-Central Zones - TBA and Thompson-Okanagan Valleys - TBA
Provincials*** June 4 - 6 @ Langley McLeod Stadium

***Additional fees may apply for this meet. Unless there is a large number of qualifiers from our school, students may need to attend this event independently. We are usually able to pair up athletes from different schools, but it will be decided upon at that time, as there are many varia-

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
Wednesday	Make a Difference Club	Lunchtime	202, Upstairs	Ms. Novak
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

LUNCH MEAL PROGRAM

March 2026

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.



Mon	Tue	Wed	Thu	Fri
2 Hotdog + Veggie Dip	3 Shepherds Pie	4 Butter Chicken Rice Bowl	5 Chicken + Mojos	6 Pizza
9 Samosa's	10 Meatball Penne	11 Wings + Salad	12 Sushi	13 Pizza
16	17	18	19	20
SPRING BREAK				
23	24	25	26	27
March 14—29, 2026				
30 Lasagna	31 Chicken Burgers + Veg Dip			

COMMUNITY NEWS

Spring League Now Open BASKETBALL
westsidhoops.ca

HOUSE LEAGUES
CAMPS & CLINICS
COMPETITIVE TEAMS
YOUTH AGES 5 TO 16
SMALL-GROUP & PRIVATE TRAINING

3X3

2026 NFL SPRING FLAG

REGISTRATION CLOSING SOON ON MARCH 9TH

KELOWNA MINOR FOOTBALL ASSOCIATION

KMFA.CA GET SIGNED UP TODAY



GREAT CAMPS* PROFESSIONAL INSTRUCTION
CLASSES FILL EARLY-SIGN UP TODAY

RETRO SUMMER THEATRE CAMPS
-FOR YOUTH & TEENS-

LOCATIONS:
YOUTH CAMPS 8-12: STUDIO 100, RICA & BLACK BOX THEATRE
SUMMER DECADES IN: TEEN CAMPS (12-18): THE WATCHER IN THE WOODS PLAY, TEEN MUSICAL THEATRE

STUDIO 100, ROTARY CENTRE FOR THE ARTS
WWW.NEWVINTAGE.CA

SPRING BREAK CAMPS

Soccer: Grades 4-8
Volleyball: Grades 4-10
Basketball: Grades 9-12

UBCO HEAT Move. Play. Train. @ubco_recreation

WESTSIDE OUTLAWS

NOW OPEN!
SPRING REGISTRATION

U7 2019/20/21 U13 2013/2014
U9 2017/2018 U15 2011/2012
U11 2015/2016 U20 2006/07/08 U17 2009/2010

REGISTER ON WESTSIDEMINORFASTBALL.CA

MONDAY GAMES&PRACTICES U7 - \$75 MON/WED GAMES&PRACTICES U9 - \$125 U13 - \$225 U17 - \$\$255 U20 - \$255
TUES/THURS GAMES&PRACTICES U11 - \$205 U15 - \$240

NEW VINTAGE THEATRE

NEW SESSION STARTS WEEK OF JAN 10

THEATRE CLASSES
Winter 2026

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 #2-MUSICAL THEATRE-TEENS

NEWVINTAGE.CA

CANADA SAFETY COUNCIL HOME ALONE & BABYSITTING COURSES

Kidz 4 Safety

ONLINE & IN-PERSON SESSIONS

Home Alone: Ages 9+ yrs | \$53
Babysitter Training: 10.5+ yrs |\$70

Register at:
www.babysittingkelowna.com
kidz4safety@gmail.com
or
call/text 250-317-2868

Since 1993

Soccer Day Camps 2026

...more than just a soccer camp!

Early Deals, Big Savings, Ends March 31, 2026

July & August weeks Morning & Full Day sessions
Ages 5 to 13 Before & After Care available

Mornings starting from \$165/week
Full Days starting from \$249/week

For more information: royalsoccerclub.com 800-427-0536

DAYS OF DANCE CAMP City of Kelowna

Let's Move and Groove!

Students dive into Jazz, Ballet, Musical Theatre, Hip Hop, and more while building confidence and learning core movement skills. It's a fun, creative way to express yourself through dance.

LOCATIONS:

- Kinsmen Fieldhouse - Mar 16-20
- Parkinson Recreation Centre - Mar 23-27

REGISTRATION:

- Sign up on our website

Only 42.50

rec.kelowna.ca or 250-469-8800

LICENSED SPRING BREAK CAMP City of Kelowna

City of Kelowna day camps pack your week with gym games, creative crafts, outdoor adventures, and a splash-filled swim trip to Parkinson Rec Centre. Join our awesome staff for a fast-paced, fun-loaded adventure!

Age 5-12

Registration
Registration must be completed through the Program Manager.
Please contact for more information.

Subsidy available!

Watson Rd Elementary | Bankhead Elementary

Bankhead: bankheadkelowna@gmail.com
Watson Road: wraspelowna@gmail.com

Free youth night City of Kelowna

Parkinson Rec. Centre

Please bring a swimsuit for the pool, shoes for the gym, your best gaming skills and an appetite for pizza!

SIX SEVEN

Saturday February 21st
March 21st
6:00-9:00PM

COHA CENTRAL OKANAGAN HOSPICE ASSOCIATION

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

COHA CENTRAL OKANAGAN HOSPICE ASSOCIATION

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

KCR COMMUNITY RESOURCES

Diversity, Equity, & Inclusion Workshop

Explore the topics of diversity, equity, inclusion, and justice and why they matter.
Open to anyone in the community!

Register Now!

This workshop takes place over two dates one week apart to allow time for reflection.

When: March 3rd, 5:00pm - 8:00pm
March 10th, 5:00pm - 8:00pm

Where: KCR Community Resources, 620 Leon Ave - 2nd Floor

Cost: FREE

Questions? Contact: ximena@kcr.ca | 250-762-8008 ext. 202

Funded by: **LIP** **YPD** **Immigration, Refugees and Citizenship Canada** **City of Kelowna**

LEARN TO PLAY
WITH THE **PEACHLAND THUNDER**

Tuesdays 5:15pm-6:00pm
APRIL 21ST - MAY 26TH
Cousins Field, Peachland
Ages 6 and Up!
GIRLS AND BOYS!!

New to Softball or want to improve your skills? Our Learn to Play Program teaches the basics in a fun, supportive environment. No experience needed - just come ready to have fun!!!!

Parents - No need to cook dinner! Sign up for the Gasthaus Eat and Play Dinner Deal for all of our Athletes!

TO REGISTER:
peachland.rampregistrations.com
CONTACT:
peachlandminorsoftball@gmail.com

WESTSIDE

2026 REGISTRATION
NOW OPEN

RECREATIONAL PROGRAM

U7 - U18

Our Recreational program is the heartbeat of our club, and all practices and home games take place in West Kelowna.

PROGRAM STARTS APRIL 4TH
REGISTER - WWW.WYSA.CA

West Kelowna Parents & Athletes.
West Kelowna Minor Football Association

SPRING 2026
COED Flag Football

If you're looking for a fun and exciting sport to get your kids involved in, look no further than flag football!

This fast-paced game is perfect for kids aged 5-13 and is a great way to learn the fundamentals of football while having a blast.

U7, U10, U12, U14 Age Groups

REGISTER NOW!

info@westkelownabearsfootball.ca
WWW.WestKelownaBearsFootball.ca