



CONNECT · NURTURE · BELONG

November 17 - November 21, 2025

Constable Neil Bruce Middle School



Weekly Update

As we settle into November, our focus continues to centre on our core values of **Connect, Nurture, and Belong**. Over the past two weeks, we've been visiting classes across all grades to reinforce expectations around safety, respect, and leadership. Students play a powerful role in shaping the culture of our school, and we are reminding them that the choices they make—both big and small—set the tone for everyone around them.

We've also appreciated seeing more students step up to let staff know when something doesn't feel right. This "see something, say something" mindset helps keep our hallways and common spaces calm, welcoming, and safe.

And as the colder weather arrives, a friendly reminder to dress for the season—even though the official middle school uniform seems to be "a hoodie and pure optimism."

Thank you for your continued partnership in helping all students feel connected, nurtured, and like they belong.

Coming Up Next Week

Monday Skixwíws November 17 DCBA	Tuesday sʔasłásqt November 18 HGFE	Wednesday skaʔłásqt November 19 DCBA	Thursday smasqt November 20 HGFE	Friday sc̓íkstasqt November 21 DCBA
Optional December Meals Program available to purchase on School- Cashonline		F/S – Canyon Falls Middle School (Liebel) 9:am – 12:30pm	Harmony Day	F/S – Upper Canyon Trail Outdoor Ed8 9:20am – 11:40am PAC Treat Sale 3:15pm – MPR

Important Upcoming Dates in November

Nov. 24	F/S – Upper Canyon Trail Outdoor Ed8 9:20am – 11:40am
Nov. 25	F/S – KF Aerospace Centre (P-R) 9:15am-1:30pm
Nov. 25	F/S – Upper Canyon Trail Outdoor Ed8 9:20am – 11:40am
Nov. 26	Winter Craft Market 5pm – 8pm
Nov. 28	F/S – KLO Middle School – Philosophy Café (Bush) 12:10pm – 3:15pm

DECEMBER'S OPTIONAL MEAL PROGRAM MENU

December's optional lunch meal program for students who wish to participate will be available for purchase on **Monday, Nov. 17**.

There are two options:

1. A full lunch meals program that is every day of the week (including pizza on Fridays) Limit to the first 100 purchases.
2. Pizza only option (Fridays only) Last day to order Nov. 28 by 4pm.

On **Monday, Nov. 17** 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 absence.

December 2025				
Mon	Tue	Wed	Thu	Fri
CDAB 1 BBQ Ribette Sub	GHEF 2 Chicken Burgers Veg+Dip	CDAB 3 Chicken Alfredo	GHEF 4 Samosa's	CDAB 5 Pizza
FEHG 8 Sushi	BADC 9 Butter Chicken Rice bowl	FEHG 10 Corndog + Mozza Stix	BADC 11 Spicy Nacho Casserole	FEHG 12 Pizza
DCBA 15 Shepherds Pie	HGFE 16 Chicken Mojos	DCBA 17 Mini Tacos + Salad	HGFE 18 Poutine	DCBA 19 Pizza

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
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



WALKING PATH

This week BC Hydro will begin some work along Old Okanagan Highway. There is a path along Old Okanagan Highway that some students use to access the school – but starting this week, this path will NOT be accessible. BC Hydro will be working on upgrades in the area, and the path will not be accessible until after winter break. We want to ensure that students and



STUDENT FEE STATEMENTS



Student fee statements will be sent home this week. Please ensure to log on to School-Cashonline to check your child's account and to make any necessary payments. Thank you for your support.

[School Cash Online](#)

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.



November 2025				
Mon	Tue	Wed	Thu	Fri
GHEF 3 Hotdog + Veg Dip	CDAB 4 Sushi	GHEF 5 Chicken Burger + Veg Dip	CDAB 6 Lasagne	GHEF 7 Pizza
BADC 10 Shepherd's Pie	Remembrance Day NO SCHOOL 11	FEHG 12 Chicken + Mojos	BADC 13 Perogie Casserole	FEHG 14 Pizza
DCBA 17 Butter Chicken	HGFE 18 Dino Nuggets + Mashed Potatoes	DCBA 19 B.L.T Pasta Salad	HGFE 20 Poutine	DCBA 21 Pizza
EFGH 24 Mini Tacos +Salad	ABCD 25 Samosa's	EFGH 26 Chicken Wings	ABCD 27 Chilli + Chips	EFGH 28 Pizza

CNB PAC



PAC Executive for 2025/2026 is:

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



Constable Neil Bruce
Middle School



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ATHLETICS

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

CNB Site Schedule—November 17-21					
	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
7:30 - 8:30	Grade 8 Girls Basketball Practice		Grade 8 Boys Basketball Practice		Grade 7 Boys Basketball Practice (Starting Dec 5)
Lunch	Grade 7 Girls Basketball Practice (Starting Nov 24)	Intramurals	Intramurals	Intramurals	
Resource Weight Room Usage					
3:30 - 5:00	Grade 7 Boys Basketball Practice (Starting Dec 1)		Grade 8 Girls Basketball Practice		Grade 8 Boys Basketball Practice
5:00 - 8:30					

* 7/8 district league and bus schedules are altered regularly. Listed games and bus info is as of:

[**CLICK HERE FOR THE MOST UP-TO-DATE DISTRICT SCHEDULES**](#)

Coach Contacts

7B Basketball—Community coaches Ryan and Austin (Email Mr. Worrall)

7G Basketball— Andrew.Toth@sd23.bc.ca

8B Basketball— Winston.Wong@sd23.bc.ca / community coach: Tyler

8G Basketball—Brad.Vissia@sd23.bc.ca / Erika.Castellanosca@sd23.bc.ca



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



GRADE 6 BASKETBALL
COMING SOON

Grade 7 Basketball

[CLICK HERE TO REGISTER A PLAYER](#)

FIELD STUDIES CODE: Boys 200037 / Girls 200038

[CNB ATHLETICS POLICY](#)

Coaches:

Boys: Community coaches Ryan and Austin—Contact Mr. Worrall for any inquiries

Girls: Andrew Toth— Andrew.Toth@sd23.bc.ca

Practices:

Boys: Mondays 3:30—5:00 pm and Fridays 7:30—8:30 am (Starting December 1)

Girls: Mondays Lunch (Starting Nov 24—Until winter break)

Thursdays 7:30—8:30 am (After winter break)

League Websites:

Boys: <https://www.sd23.bc.ca/grade7boysbb> ***

Girls: <https://www.sd23.bc.ca/grade7girlsbb> ***

***Bus and league schedules are updated regularly on the website.

Anticipated Season Details **Based on previous years:

Boys: Tuesdays (January—April)**

Girls: Tuesdays (January—April)**

**Schedules are not confirmed until after we submit our numbers. If you aren't sure if you will have a conflict with activities outside of school, please sign up, then drop out, after the league schedule is released.

Travel: Teams travel via a district bus. When away from CNB, students may only be picked up by listed emergency contacts on file (or pre-communicated instruction to coaches). Away games have a typical pick up time of 4:00 pm and return time of 7:30 pm.

Fees: \$45

** Fees are not added to accounts until families have the chance to see the league schedules.

In order to field a team (or more teams) we must know confirmed numbers of players and have supporting coaching in place by: December 15

[CLICK HERE IF YOU WOULD LIKE TO COACH AT CNB](#)

Community coaches require a police check and driver's information submitted at the office.

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

COMMUNITY NEWS

<https://beacons.ai/wysasoccertour>

The Youth Employment Summit (YES!) is coming to your community — and we want you to be part of it!

These inclusive, free events are designed to spark inspiration and open doors — whether you're just starting to think about your future or ready to step into the workforce. Join us to meet new people, learn from professionals, and take the next step on your employment journey!

FREE Snacks & Drinks!
Fuel up while you connect and learn.

This event is brought to you in collaboration with Pathways Abilities Society, Central Okanagan Public Schools, WHEELS Transition to Employment Program & Okanagan College

inclusion BC

erase EXPECT RESPECT & A SAFE EDUCATION

Information for Parents and Caregivers

Resources to support you and your child

Register for free training
Tips to protect children and youth online

Have a conversation
Talk with children and youth about things they may be experiencing

What kind of information can I find on erase.gov.bc.ca?

- Practical guidance to help you support your child's safety and well-being
- Resources and information about:
 - Diversity and inclusion
 - Mental health and substance use
 - School and online safety
- Free training sessions to help you keep your child safe online
- Videos explaining erase, the Report It Tool, and safe, caring and inclusive schools
- Tips for bringing concerns to your child's school

What is the Report It Tool?

Report It is an anonymous online tool for students to report anything concerning to their school safety team—whether it happens at school, online, or somewhere else. Find it at erase.gov.bc.ca.

Questions? Reach out to your school to learn more.

Ministry of Education and Child Care

Strong Neighbourhoods
YOUTH
Development & Engagement
Grant

Be a leader. Build connection in your community. The City of Kelowna offers up to \$1,000 in matching grant funds for youth-led community projects or events.

Have an idea that will improve your neighbourhood or build relationships? Team up with fellow youth aged 13-24 in your community to get creative and take the lead. Rack up volunteer hours, boost your resume, hone your leadership skills, and build friendships while improving your community.

neighbourhoods@kelowna.ca
kelowna.ca/neighbourhoods

WE WANT YOU!
COME PLAY RUGBY FOR THE KELOWNA CROWS!

NOW RECRUITING BOYS AND GIRLS AGES 12-17 TO JOIN OUR CLUB. OUR U14 TEAM IS ESPECIALLY EAGER TO MEET YOU! THE SEASON IS ALREADY UNDERWAY AND LOOKING STRONG.

Kelowna Crows
R.F.C.
est 1919

ONLY \$250
REGULAR COST \$325

www.kelownacrows.com
EMAIL: JUNIORDIRECTOR@KELOWNACROWS.COM FOR THE DISCOUNT CODE

www.irresistiblyvegan.com kelowna.ca/recreation'."/>

Plant-Based
Teen Cooking Classes

Vegan Black Bean Quesadilla with
Mango Salsa & Crema

Wednesday, November 19, 6pm-8pm

Presented by Award-Winning Chef and local Author of the Irresistibly Vegan -Gourmet Cookbook
Elvira Rodriguez Alonso
www.irresistiblyvegan.com
kelowna.ca/recreation

New! Mental health resources for families

New videos and information are available by mental health experts at BC Children's Hospital who share your culture and language.

- Resources are available in many languages to support diverse families, including Arabic, Cantonese, English, Mandarin, Punjabi, Spanish, Tagalog, Tamil, Ukrainian, and for Black communities.
- Topics include anxiety, substance use, family transitions, and more.

When it comes to your child's mental health, you are not alone. Check out these multi-language mental health resources [here](#). New content will roll out until late Fall 2025.

This campaign is a partnership between BC Children's Health Bridge, BC Children's Kelty Mental Health Resource Centre, and Our Kids' Health.

Multi-Language Mental Health Resources for Families

Information and resources to help parents and caregivers support the mental health and well-being of their families is important.

Content Available

OUR KIDS' HEALTH

BC Children's Hospital **Health Bridge** **Kelty Mental Health Resource Centre**

Substance Use Prevention Series

Online Learning for Parents, Caregivers, and Guardians



This series is designed to support parents, caregivers, and guardians across BC with tools and strategies to help with substance use prevention in the home. In this document, you will find three webinars recorded live between February 2024 and May 2025, each containing a one-hour presentation and a 30-minute live Q&A. You will also find an additional set of questions with recorded answers to assist in applying these concepts to real-life circumstances. The purpose of these sessions is to equip adults with skills that will help youth and adolescents make healthy decisions to support their well-being both now and in the future.

Note: These sessions do not address intervention strategies for substance use challenges. If your child is struggling, please refer to [erase](#) for more support.



Conversations that Promote Substance Use Prevention

This webinar explores six practical conversation strategies for adults that help children and youth learn to make healthy decisions that support their long-term well-being.



Teaching Substance Use Prevention Skills

This webinar explores the four essential skills that every child and youth needs to know to encourage substance use prevention, and provides strategies for teaching these skills in the home.



Creating a Substance Use Prevention Plan

This webinar explores the common challenges that arise when encouraging substance use prevention skills in children and youth, along with tools and strategies for overcoming these barriers.

Substance Use Prevention Series - Q&A



The following questions were asked during live sessions and have been answered separately to assist parents, caregivers, and guardians in applying the content of the webinars to their real-life situations.

Q What are the signs that my child might need therapy?

[Watch Video →](#)

Q How can I establish boundaries safely with a 16-year-old girl who battles acute anxiety and depression?

[Watch Video →](#)

Q If our child can't calm down, how can we help them, while at the same time quickly getting out of the situation?

[Watch Video →](#)

Q If my child has hit puberty and doesn't talk to me, what do I do?

[Watch Video →](#)

Q How do we recognize when a child is being enabled for their ongoing bad behaviour? How can we teach accountability?

[Watch Video →](#)

Q When kids are forming friendships, and you are uncertain of the friends they are keeping, what are gentle ways of guiding them to be aware of good friends vs not good friends?

[Watch Video →](#)

Q My husband smokes weed daily, and I vape. How can I possibly teach the right things about substance use when we are clearly addicted to substances right in front of him?

[Watch Video →](#)

Q What do I do with a young teen who is addicted to hard drugs and is rejecting all attempts to connect or get support?

[Watch Video →](#)

Q My children are sometimes lazy and don't want to do things to help out, and they can be rude about it. Do you have any tips on dealing with jerk-mode kids?

[Watch Video →](#)

Q When should we worry when a teenager starts using substances? When is it normal experimenting, and when is it a problem?

[Watch Video →](#)

Q I know my 14-year-old uses substances occasionally. How do I balance open communication and upholding household rules? It's hard to say "I don't approve, but I want you to talk to me about it."

[Watch Video →](#)

Q You say we should "accept" our children's feelings. Is it harmful to accept my child's feelings if they are drawn to harmful things like drugs?

[Watch Video →](#)

Q Should we talk to our kids about students in university overdosing if this is being shown in the media?

[Watch Video →](#)

Q How can I start having more meaningful conversations with my teenage son, so that he can feel more comfortable opening up to me, and it's not a one-sided interrogation?

[Watch Video →](#)