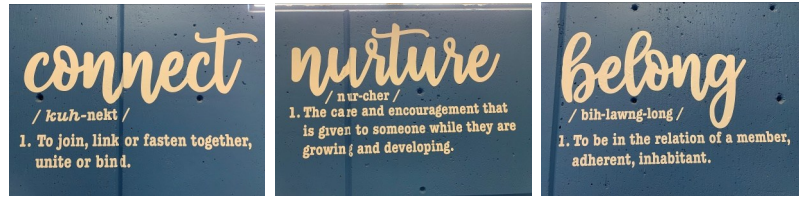




# Constable Neil Bruce Middle School



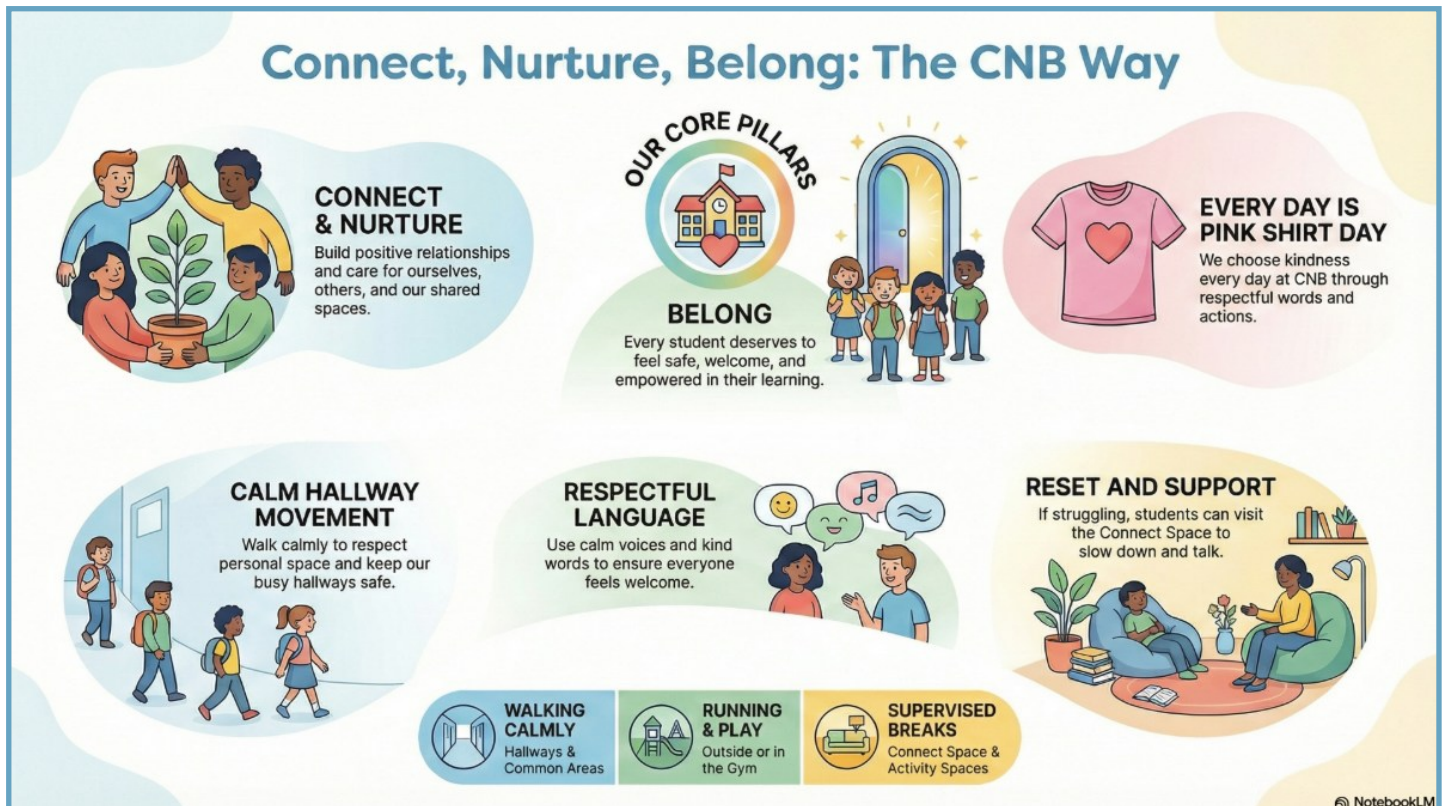
February 2 - 6, 2026

## Weekly Update

Happy Friday, everyone! As we head into the weekend, we want to share that our spirit week was a huge success — our pep rally this afternoon was a fantastic way for our students to show their school pride and enjoy a fun end to a wonderful week. As we look ahead to February, we have our mid-year student-led conferences on Wednesday, February 11 from 4:00 - 6:45. For now, take care!

Monday Skix <sup>wi</sup> ws	Tuesday s?asłásq̃t	Wednesday ska?łłásq̃t	Thursday smasq̃t	Friday scłkstasq̃t
February 2	February 3	February 4	February 5	February 6
<b>EFGH</b>  Semester 2 Begins  Online Registration opens for non-enrolled CNB students	<b>ABCD</b>	<b>EFGH</b>  F/S - James Lind Arena -Worrall/McKernan 9am-11:50am  F/S - Telemark Nordic Centre - Morgan/Novak 9am-2:30pm	<b>ABCD</b>	<b>EFGH</b>  F/S - Telemark Nordic Centre - Outdoor Ed8 Burdeniuk 9:15am-11:55am
February 9	February 10	February 11	February 12	February 13
<b>CDAB</b> Gr. 6 & 7 Course Selections  F/S - Telemark Nordic Centre - Morgan/Novak 9am-2:30pm F/S - Telemark Nordic Centre - Outdoor Ed8 Burdeniuk 9:15am-11:55am  MBSS visits gr8 students	<b>GHEF</b> Gr. 6 & 7 Course Selections	<b>CDAB</b> Gr. 6 & 7 Course Selection  <b>Parent/Teacher Conferences</b>  <b>Early Dismissal - 11:55am</b>	<b>GHEF</b>  <b>Last Day to order 2025/2026 CNB Yearbook</b>	<b>NO SCHOOL - Pro D Day</b>

## CNB COMMITMENT



Dear CNB Families,

As part of our ongoing commitment to **Connect, Nurture, and Belong**, we are raising the bar on our expectations for student behavior in shared spaces - particularly our hallways.

CNB is a busy school with tight hallways and a large student population. We know that crowded transitions can feel stressful or overwhelming for some students, and we want to ensure that everyone feels safe, calm, and supported throughout the day. Moving forward, we are reinforcing clear expectations for all students:

- **Appropriate, respectful language**
- **Walking in hallways**
- **Hands to self at all times**

To support these expectations, students and families may notice:

- Increased adult supervision in hallways and common areas
- Classroom doors open during transitions and breaks to prevent clusters
- Clear, consistent messaging to students about hallway behavior
- Supportive, connection-based responses when expectations are not met

Our focus is not on punishment, but on **teaching, consistency, and care**. When students struggle, staff will work with them to slow down, reset, and review expectations -helping them make positive choices moving forward.

We have also created a short infographic (attached) to help communicate these expectations clearly to students and families. All students also watched a video and had great conversations with their teachers about these expectations for the safety of all at CNB.

Thank you for your continued partnership and support as we work together to create a calm, respectful, and welcoming learning environment for all students at CNB.

## 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.

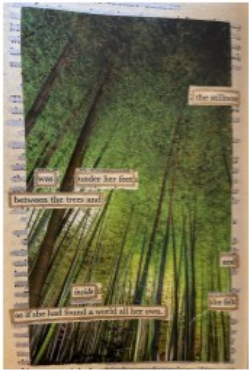
Grade 6 Counselor: Ryan Kerluck: ryan.kerluck@sd23bc.ca

Grade 7 & 8 Counselor: Alison Gervais: alison.gervais@sd23.bc.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**

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

andi@hospicecoha.org  
250.763.5511



## **PINK SHIRT DAY - FEB. 25, 2026**

SD23 WHEELS Transition to Employment Program & Services creates opportunities for participants, with varying abilities, to develop the knowledge and skills needed for increased independence, connection to the community and the attainment and maintenance of employment, as they transition from secondary school to the world of work. CNB is happy to be offering shirts and hats for purchase in support of the program.

Please find the link below if you would like to purchase any of these items:

<https://centralokanagan.schoolcashonline.com/Fee/Details/97718/15/False/True>

**Closing date is 12noon on Monday, February 9th.**

Thank you for your support!



## **YEARBOOK**

Our yearbook sales close on Friday, Feb. 12th at 11:59pm. This is an optional purchase. If you choose to purchase a 2025-2026 CNB yearbook, payment is available on School Cashonline. Thank you for your support.

*Last Day to buy Feb. 12*

## **MBSS VISITS GRADE 8 STUDENTS**

Mount Boucherie Secondary School is beginning the process of getting ready to welcome your students in September of 2026. On Monday, February 9th, MBSS staff will be visiting our school to present information about the school and course selection process to all students.

On **Tuesday, February 17<sup>th</sup> at 5:00PM** in the Mount Boucherie multi-purpose room there will be an opportunity for you as the families to have a turn to learn about the school and course selection options. You can take your children, or go alone, completely up to you. It is a nice opportunity for the students to start to see their next school and become comfortable with the next step.

### **MBSS**

2751 Cameron Rd.  
West Kelowna, BC  
Tel. 250-870-5101

[Home - Mount Boucherie Senior](#)



**Mount Boucherie  
Senior**



Constable Neil Bruce  
Middle School

# ATHLETICS



Constable Neil Bruce  
Middle School

February 2 – 6					
	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
7:30 - 8:30		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 Practice	Intramurals		Intramurals	
	Resource Weight Room Usage				
3:30 - 5:00	Grade 7 Boys Basketball Practice	Grade 6 Boys Basketball Practice		Grade 6 Boys Basketball Practice	Grade 8 Boys Basketball Practice
5:00 - 8:30	Grade 8 Boys Basketball Games @ CNB CNB 1 vs. KLO 1 tip-off @ 5:30 pm CNB 2 vs. KLO 2 tip-off @ 7:00 pm  Grade 7 Boys Basketball Games (Starting Feb 9) No schedule released by the district yet.	Grade 7 Girls Basketball Games (Starting Feb 10) No schedule released by the district yet.	Grade 6 Basketball Games  (Starting Feb 12 *One-off Thursday Game and then back to Wednesdays)  See your coaches for schedules.		

**\*AS OF JAN. 26\*** - [CLICK HERE FOR THE MOST UP-TO-DATE DISTRICT SCHEDULES](#)

## 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 Tahnee.Pierson-Roberts@sd23.bc.ca

7B Basketball – Community coach Ryan, Patrick, and Jamie (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



## 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

## 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.



February 2026				
Mon	Tue	Wed	Thu	Fri
EFGH 2 <b>Shepherds Pie</b>	ABCD 3 <b>Poutine</b>	EFGH 4 <b>Taco in a Bag</b>	ABCD 5 <b>Hotdog and Veggies and Dip</b>	EFGH 6 <b>Pizza</b>
CDAB 9 <b>Chicken Stirfry</b>	GHEF 10 <b>Beef Burger and Veggies and Dip</b>	CDAB 11 NO STUDENT LUNCH Parent/Teacher Conferences - Early Dismissal 11:55am	GHEF 12 <b>Pizza</b>	13 Pro D Day NO SCHOOL
16 Family Day NO SCHOOL	BADC 17 <b>Butter Chicken</b>	FEHG 18 <b>Bagel Bites and Salad</b>	BADC 19 <b>Chicken and Mojo's</b>	FEHG 20 <b>Pizza</b>
DCBA 23 <b>Sushi</b>	HGFE 24 <b>Spaghetti and Meatballs</b>	DCBA 25 <b>Dino Nuggets and Mashed Potatoes</b>	HGFE 26 <b>Samosas</b>	DCBA 27 <b>Pizza</b>



## COMMUNITY NEWS

**SKATE LIKE AN OLYMPIAN**



**Our skaters start in Kelowna then race all over Canada!**

**FREE Try-It Session Feb. 9th @ 5:45-6:30p**  
MNP Place Rink #2

All ages and experience levels welcome!!

[kelownaspeedskate@gmail.com](mailto:kelownaspeedskate@gmail.com) for registration info

**Spring League Now Open**

HOUSE LEAGUES  
CAMPS & CLINICS  
COMPETITIVE TEAMS  
YOUTH AGES 5 TO 18  
SMALL GROUP & PRIVATE TRAINING

3X3

SCAN QR CODE

WESTBANK HOOPS

**JUMANJI**  
Welcome to the Jungle

**Sunday, Feb 8**  
2:00 - 4:30 pm  
Westbank Lions Community Centre

\$5 per person  
Call 778-797-8000 to purchase tickets.

**FAMILY FLICKS**  
Family Day Edition

Learn more at: [westkelownacity.ca/cityevents](http://westkelownacity.ca/cityevents)

**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](http://www.kelownafastball.ca)

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

**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 BASS PIANO DRUMS

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

**OSO**  
OKANAGAN SYMPHONY ORCHESTRA

**JULIAN CONDUCTS TCHAIKOVSKY**

February 6, 7 & 8

6 Friday 7:00pm Kelowna Community Theatre  
7 Saturday 2:00pm Penicton's Cleland Theatre  
8 Sunday 2:00pm Vernon & District Performing Arts Centre

SMETANA: Overture to the Bartered Bride  
WALKER: Lyric for Strings  
BERLIOZ: Rakoczy March  
VERDI: Nabucco Overture  
TCHAIKOVSKY: Symphony No. 5 in E minor, Op. 64

Performed with the OSO Conducted by Zeno Zagorac

**JULIAN PELLICANO**  
NEW MD'S CONDUCTING DEBUT

CO-PRODUCING & COLLABORATING WITH THE OSO

SEASON SPONSOR: PEARL JEWELLERS

WE ACKNOWLEDGE THE FINANCIAL SUPPORT OF THE PROVINCE OF BRITISH COLUMBIA

CONCERT SERIES PARTNERS: JUDY & GRAHAM BURNS

**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](http://WWW.KELOWNAFASTBALL.CA)

NEW FOR 2026: SOFTBALL BC CHARGES AN ANNUAL REGISTRATION FEE OF \$30-\$45 PER PLAYER (DEPENDENT ON YOUR AGE CATEGORY). IN THE PAST, KMFBS 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 KMFBS. THANK YOU FOR YOUR UNDERSTANDING.

**NEW VINTAGE THEATRE**

**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

**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 #3-MUSICAL THEATRE-TEENS

**NEWVINTAGE.CA**

**Family Day Fun at MNP Place**  
Monday, Feb. 16, 2026  
1 - 4 p.m.

**Free!** Donations are greatly appreciated in support of Central Okanagan Search & Rescue.

Featuring fun and games for the whole family, including a Park & Play bouncy castle, active games, try-it sports, scavenger hunt, and free dating! Skate rentals available on site, make sure to bring your own helmet.

Plus win prizes!

City of Kelowna

**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 CNB CUBS**

**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

**CASH OR ETRANSFER**

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

**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](http://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!

**Watson Rd Elementary** **Bankhead Elementary** **Age 5-12**

**Registration**

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

**Subsidy available!**

**Bankhead:** [bankheadkelowna@gmail.com](mailto:bankheadkelowna@gmail.com)

**Watson Road:** [wraskelowna@gmail.com](mailto:wraskelowna@gmail.com)

## 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

## 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.

## 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!

