



CONNECT · NURTURE · BELONG

February 2 - 6, 2026

Constable Neil Bruce Middle School



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 Skixwíw's	Tuesday sʔasłásq̓t	Wednesday skaʔtlásq̓t	Thursday smasq̓t	Friday scl̓kstasq̓t
February 2	February 3	February 4	February 5	February 6
EFGH Semester 2 Begins Online Registration opens for non-enrolled CNB students	ABCD	EFGH F/S - James Lind Arena -Worrall/McKernan 9am-11:50am F/S - Telemark Nordic Centre - Morgan/Novak 9am-2:30pm	ABCD	EFGH F/S - Telemark Nordic Centre - Outdoor Ed8 Burdeniuk 9:15am-11:55am
February 9	February 10	February 11	February 12	February 13
CDAB 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	GHEF Gr. 6 & 7 Course Selections	CDAB Gr. 6 & 7 Course Selection Parent/Teacher Conferences Early Dismissal - 11:55am	GHEF Last Day to order 2025/2026 CNB Yearbook	NO SCHOOL - Pro D Day

CNB COMMITMENT

Connect, Nurture, Belong: The CNB Way

CONNECT & NURTURE
Build positive relationships and care for ourselves, others, and our shared spaces.

OUR CORE PILLARS
BELONG
Every student deserves to feel safe, welcome, and empowered in their learning.

EVERY DAY IS PINK SHIRT DAY
We choose kindness every day at CNB through respectful words and actions.

CALM HALLWAY MOVEMENT
Walk calmly to respect personal space and keep our busy hallways safe.

RESPECTFUL LANGUAGE
Use calm voices and kind words to ensure everyone feels welcome.

RESET AND SUPPORT
If struggling, students can visit the Connect Space to slow down and talk.

WALKING CALMLY Hallways & Common Areas

RUNNING & PLAY Outside or in the Gym

SUPERVISED BREAKS Connect Space & Activity Spaces

© NotebookLM

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 28th, 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 17th 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



Constable Neil Bruce
Middle School

ATHLETICS

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)		

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

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 for registration info



JUMANJI Welcome to the Jungle

Sunday, Feb 8
2:00 - 4:30 pm
Westbank Lions Community Centre
\$5 per person
Call 778-797-8800 to purchase tickets.

FAMILY FLICKS
Family Day Edition

Learn more at: westkelownacity.ca/cityevents

KELOWNA MINOR FASTBALL

IS HOSTING **FREE** LEARN TO PLAY FASTBALL 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

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 SALLIOM 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

25
20

JULIAN CONDUCTS TCHAIKOVSKY

February 6, 7 & 8
6 Friday 7:30pm
Kelowna Community Theatre
7 Saturday 2:00pm
Peninsula's Cleland 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 OSYO
Conducted by Zsuzsa Zalai

JULIAN PELLICANO
AND FEATURING A COLLABORATION WITH THE
OSYO

SEE IT... HEAR IT... LOVE IT.
okanagan Symphony.com

SEASON SPONSOR
PEAK CELLS

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



SESSION STARTS
WEEK OF JAN 30

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 skating! Skate rentals available on site, make sure to bring your own helmet.

Plus win prizes!



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** **Constable Neil Bruce CUBS**



DATE: SATURDAY, APRIL 11, 2026 **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

DAYS OF DANCE CAMP
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 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
Watson Road: wraspkelowna@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!

