CNB Cub Courier Newsletter

Monday, November 9, 2026 - Friday, November 13, 2026

Week at a Glance

Monday / skixʷíẁs: November 9 - (GHEF)
Tuesday / sʔasl̓ásq̓t : November 10 - (CDAB)

- Band/Choir: Remembrance Day Ceremony - 11am Performance

Wednesday / skaʔɬásq̓t: November 11 -

- **REMEMBRANCE DAY - NO SCHOOL**

Thursday / smasq̓t : November 12 - (GHEF)
Friday / scl̓kstasq̓t : November 13- (CDAB)

- Field Study - Rose Valley Regional Park - Outdoor Ed8 - 9:10am
- Field Study - UBCO Volleyball Game - Worrall/McKernan/Novak/Stutt/Preston/Atamanchuk



Full CNB Calendar **HERE**

CNB Cub Wear



We are now offering our CNB Cubs wear for purchase!

Please see the attached link to purchase CNB Cubs wear: https://cnbspiritfall26.itemorder.com/shop/home/

Orders must be made using the supplier link above (this is not SD23 Cash Online). We can only accept online orders. No cash or cheques, sorry.

All orders MUST be in by November 15, 2026 so that the order will arrive before Winter Break. Please note: There are no exchanges or refunds.

Volunteers Needed

Our PAC team is looking for more volunteers to help in the Den Store and with our monthly treat sales. We could really use a couple of helpers in the Den on **Thursdays and Fridays from 11:35 - 12:45**. If you are able to help, please contact Christina at christinafabulosity@gmail.com or 250 215 1838.



CNB: Annual Winter Market - Wednesday, November 25



Would you like to be a Craft Vendor? Call or email the coordinator, Christna for approval and payment information. Please do not contact the school office, the office administrators are busy keeping our school running smoothly ☺

- $50 table fee
- 3:30pm - 5:00pm set up
- 5:00pm - 8:00pm event time
- 8:00pm - 9:00pm takedown
- tables, chairs and electrical outlets provide.

Contact Christina at: cell: 250-215-1838 or email: christinafabulosity@gmail.com

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November's Lunch Memo

The online pre payment option for November meals is now closed but the cafeteria will still accept cash sales. There is a limited quantities of meals each day available for sale after the students on our lunch program have been served. The Monday through Thursday meals are sold at $6.50 and on Fridays, each pizza slice is sold for $3.75

November2026

Mon	Tue	Wed	Thu	Fri
2 Chicken Teriyaki	3 Perogies + Sausage	4 Spaghetti + Meatballs	5 Ham or Turkey Sub	6 Pizza
9 Butter Chicken Rice Bowl	10 BBQ Ribette	11 NO SCHOOL REMEMBRANCE DAY	12 Chicken Ceasar Salad	13 Pizza
16 Shepherd's Pie	17 Hot dogs Veg +Dip	18 Wings + Salad	19 Sushi	20 Pizza
23 Pork Fried Rice	24 Taco in a Bag	25 Chicken Alfredo	26 Beef Burger Veg +Dip	27 Pizza
30 Samosa's + Fruit Cups				

🏅 Athletics

For Athletics inquiries, please contact derek.worrall@sd23.bc.ca



All CNB athletic team information can be found at this link: **CNB Athletic Information**
This is a "live" document so check back often for updates.

Cross Country



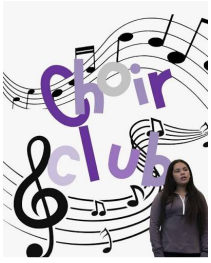
Last week, the Okanagan Valley School Athletic Association (OVSAA), Cross Country Championships took place in McArthur Island in Kamloops. A shout out goes to all five students, who participated in cold and rainy weather conditions. **A special congratulations to Holly S. who qualified for Provincials in Abbotsford this weekend, by running 4km in 17:00 flat. Way to go Holly!**

Student Clubs

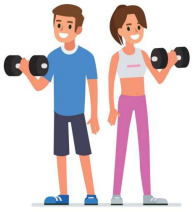
All student clubs are drop in and no experience necessary. All are welcome!

CNB Clubs

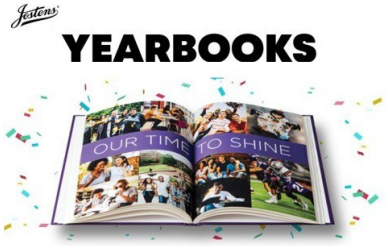
Day	Club	Time	Room	Teacher Sponsor
Monday and Wednesday	Choir Club	7:45am – 8:45am	118	Ms. Chisholm
Tuesday	Movie Club	Lunchtime	Port 6	Mr. Toth
* 2nd – Tuesday of the Month	Youth & Senior Club	Lunchtime	211	Mrs. Fuller
Wednesday	Homework Club	8:30am – 9:00am	127	Ms. Michelle and Ms. Jo
Wednesday	Dance Club	Lunchtime	112	Ms. Siegmann and Mrs. Preston
Wednesday	Singing and Drumming Club	Lunchtime	127	Ms. Michelle and Ms. Jo
Wednesday	Calm Club	Lunchtime	203	Mr. Walley and Mr. Fournie
Wednesday	Pokémon Club	Lunchtime	105	Ms. Harsch
Thursday	Movie Club	Lunchtime	111	Mr. Luff
Thursday	Art Club	3:30-4:30	125	Ms. Young
* 2nd – Thursday of the Month	Youth & Senior Club	Lunchtime	211	Mrs. Fuller
Friday	Knitting Club	8:30am-8:55am	103	Mrs. Hagen
Friday	Chess Club	Lunchtime	Port 2	Mr. Ortwein
Friday	Gay Straight Alliance Club	Lunchtime	123	Ms. Bush and Ms. Harsch
Friday	Colouring Club	Lunchtime	202	Ms. Novak
Friday	Card Game Club	Lunchtime	102	Ms. Robinson
Tues, Wed, Thurs	Fitness Club	8:30 - 9:00am	Weight Room	CEA'S
Tues, Wed, Thurs	Homework Club	8:30 – 9:00am	Library	CEA'S







Yearbook



Our CNB 2026-2027 Yearbook is now available for purchase. You can buy your child's school cashonline account or cash at the school office. Earlybird price is $45 so don't delay. This is an optional purchase.

Thank you for your support!

Reporting Absences, Late Arrivals or Early Dismissals

If your child will be absent, arriving late, or signed out early, please be sure to put it into our School Messenger system.

Attendance reporting can be done three ways:

1. Go to http://go.schoolmessenger.ca/
2. Phone the school (250-870-5177) and press "1" to access the automated system
3. Download the School Messenger App and follow the prompts

Paying School Fees

Please go to **School Cash Online** to pay for your child's school fees. These fees help to cover costs of school events, supplies and field studies throughout the year.

If you are having difficulties with School Cash Online, please contact the parent support line at 1-866-961-1803 or email parenthelp@schoolcashonline.com

If you prefer to pay cash, please come to the school office.

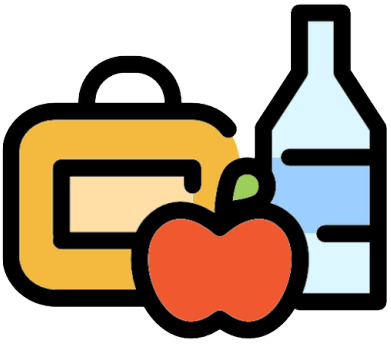
Please contact the CNB Administration team if you are facing a financial hardship that may restrict the ability of your child to access a school program so we can help with financial matters.

Food at CNB

Breakfast

During the school year, there is food available every morning for any students who need it. No need to sign up - just stop by the Cafeteria in the MPR for some good brain food before a day of learning.

Lunch



Our daily lunch meal program is provided at the Kitchen/Cafeteria located in the MPR. The meals offered range from, shepherds pie, burgers, pasta, butter chicken, chili, etc. Each month we will post the meal items for each day.

Students can get lunch food three ways:
1. MONTHLY PAY - Pay monthly on your child's fee account (SchoolCashOnline) and receive the daily meal all month long

2. SCHOOL SPONSORED LUNCH - Please email cnb@sd23.bc.ca if your family could use financial support for food and you will be added to the school sponsored list where you receive the daily meal at no cost.
3. CASH SALES: Limited quantities of meals each day are sold after the students on our lunch program have been served. The Monday through Thursday meals are sold at $6.50 and on Fridays, each pizza slice is sold for $3.75

For more information, click **HERE**.

Snacks at the Den (School Store)

During the lunch hour each day of the week during the school year, The Den (School Store), offers the students the opportunity to enjoy a fun treat.
Some items for sales are drinks, noodles, chips, cookies, crackers, pepperoni, fruit snacks, etc. Everything is $1 or $2.

The store is run by parent volunteers on the PAC team. All the profits are donated back to the school where the PAC will fund various school level initiatives.

Fundraising

Return-It Express

CNB has an ongoing fundraiser with Return-It Express. Please consider supporting our Leadership students when returning your cans/bottles.



Nature's Fare 3% Community Club

CNB's Parent Advisory Council (PAC) has an ongoing fundraiser with Nature's Fare. Please drop your Nature's Fare receipts in the club box at the school office and the PAC will submit them for a 3% cash back donation to the school.

Nature's Fare Markets

Community Events & Resources



National Child Day - Nov.20



Club Volleyball



New Vintage Theatre - Winter Classes



Any questions?

Please contact the CNB Office
Hours: 8:00 AM - 4:00 PM
Phone: 250-870-5177
Email: cnb@sd23.bc.ca
Website: https://cnb.sd23.bc.ca

We acknowledge that we are learning on
the traditional and unceded territory of the Okanagan syilx people.