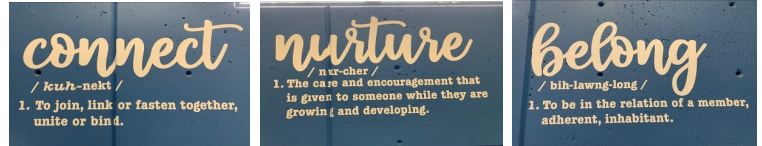




CONNECT · NURTURE · BELONG

May 11 - May 15, 2026

Constable Neil Bruce Middle School



Happy Friday, everyone! We hope that you've been enjoying the warm weather and the sunshine – gorgeous out there! For next week, a reminder that we have our latest spirit week (info included in this week's Cub Courier calendar), students will enjoy music mornings and prizes every day! As well, we are starting to have our feeder schools (elementary) begin their school visits, introducing their Grade 5's to our middle school. Exciting time of year, as we are getting ready for our year-end celebrations but also starting to welcome our incoming Grade 6's for September. For now, take care!

Monday Skix ^w iw's	Tuesday sʔasłásq̄t	Wednesday skaʔłłásq̄t	Thursday smašq̄t	Friday sčłkstasq̄t
May 11	May 12	May 13	May 14	May 15
EFGH F/S - Goat's Peak Regional Park - Burdeniuk Outdoor Ed 9:15 - 11:45am "Spirit Week" "Tropical Day" - Get out those flower shirts, flip flops and shades!	ABCD F/S - Goat's Peak Regional Park - Burdeniuk Outdoor Ed 9:15 - 11:45am "Spirit Week" "Everybody's Birthday" - Got any left over party hats or paraphernalia	EFGH F/S - Drum & Canoe Journey Vissia 9am - 2:30pm "Spirit Week" "Celebrity Costume" - Dress up as your favourite celebrity	ABCD F/S - Paynter's Market - Schmidt/Craig Amorim/Isley 9:15-11am F/S - Xen Xeriscape Endemic Nursery - Fuller 10:20am - 12pm "Spirit Week" "Moose Hide Campaign" - Stand up	EFGH "Spirit Week" "Twin Day" - Find a friend and dress like twins!
May 18	May 19	May 20	May 21	May 22
NO SCHOOL- VICTORIA DAY	CDAB F/S - OK Sailing - P-R 9:15 - 2pm F/S - Gneiss Climbing - Luff 9:30 - 12pm Optional June Lunch available on Schoolcashonline	GHEF 6pm Manning Park Info Meeting	CDAB F/S - Kalamoior Regional Park - Burdeniuk Outdoor Ed 9:15 - 11:50am F/S - Drum & Canoe Journey Vissia 2pm-5pm	GHEF 3:15pm PAC Treat Sale



Constable Neil Bruce
Middle School

ATHLETICS



Constable Neil Bruce
Middle School

GRADE 8 ZONES TRACK MEET – MAY 12

May 11 – 15					
	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 – 8:45	Grade 6/7/8 Track Practice (See Info Below)				
Lunch		Intramurals		Intramurals	
	Resource Weight Room Usage				
Evening					

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

UPCOMING DATES

- May 12 – Grade 8 Zones Track Meet (Apple Bowl)
- May 19 – Grade 8 Valleys Track Meet (Kamloops)
- June 4 – Grade 6/7 Districts Track Meet (Apple Bowl)
- June 4-6 Grade 8 Provincials Track Meet (Langley)

Coach Contacts

Track and Field: derek.worrall@sd23.bc.ca
 Mountain Biking: derek.worrall@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	TBA	TBA
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
Wednesday and Thursday	Hand Sewing Club	Lunchtime	211, Upstairs	Mrs. Fuller
Thursday	Art Club	3:30-4:30	125, Art Room	Ms. Young
Friday	Chess Club	Lunchtime	212, Upstairs	Mr. Gerits
Friday	Gay Straight Alliance Club	Lunchtime	123, Cub Hub	Mr. Raupach, Mrs. Bush and Ms. Harsch
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.



May 2026

Mon	Tue	Wed	Thu	Fri
				FEHG 1 Pizza
DCBA 4 Samosa's	HGFE 5 Meatball Penne	DCBA 6 Chicken Burger SST 8:15am	HGFE 7 B.L.T Pasta Salad	DCBA 8 Pizza
EF GH 11 Shepherd's Pie	ABCD 12 Hotdog Veg+Dir	EF GH 13 Chicken Mojo's SST 8:15am	ABCD 14 Mac+Cheese	EF GH 15 Pizza
VICTORIA DAY NO SCHOOL 18	CDAB 19 Butter Chicken	GHEF 20 BBQ Ribette SST 8:15am	CDAB 21 Perogie Casserole	GHEF 22 Pizza
BADC 25 Meatball Penne	FEHG 26 Beef Burger Veg+Dir	BADC 27 Taco in a bag SST 8:15am	FEHG 28 Poutine	BADC 29 Pizza

COMMUNITY NEWS

COLOURS 4 CARING

May 24th 2026 10:00am - 1:00pm
Family Colour Run Fundraiser!



REGISTER NOW



Ben Lee Park
 Kelowna
 1 - 3km Colour Run
 Kids Zone, BBQ,
 Food Labs & more!
 0 - 5 free participation
 6 - 99 \$25 fee
 BBQ Bundle \$5



Signature Sponsor
ODLUM BROWN
 Peter Chambers, Portfolio Manager
 Patrick Chambers, Portfolio Manager

Colour Station Sponsors



Registered Charity
 12029177 00 00001

ATTENTION:
 ALL GRADE 8 & 9
 ATHLETES IN BC!



JULY 22-26, 2026

YOU COULD BE AT THE
 2026 BC SUMMER GAMES!



Okanagan School



REGISTER



EVENT INFO



GRASS VOLLEYBALL CHAMPIONSHIP

FRIDAY, JUNE 12
KELOWNA CITY PARK

- SCHOOL TEAMS
- 4-ON-4 FORMAT
- PRIZES FOR TOP FINISHERS
- GIRLS + BOYS DIVISIONS
- SENIOR
- JUNIOR
- GRADE 7/8

Okanagan School GRASS VOLLEYBALL CHAMPIONSHIP UBCO HEAT

UBCO Heat Volleyball invites athletes from grades 7-12 to form teams from within their schools to compete in the 2026 Okanagan School Grass Volleyball Championships!

WHEN: Friday June 12, 2026 (preliminary schedule 9am - 4pm)

WHERE: Kelowna City Park (north field)

COST: \$100 per team (collected later)

Eligibility and Team Composition:

- All matches will be played 4 on 4
- Teams can have a maximum of 5 players who can rotate during/between matches
- All athletes on a team must be from the same school
- Athletes may only play on 1 team
- All schools must have an adult supervisor present and designated as a contact for their teams. A supervisor can be responsible for more than 1 team from the same school and does not have to be a teacher.

Divisions Available:

- Senior Boys (Grades 11-12)
- Junior Boys (Grade 9-10)
- Grade 7/8 Boys (Grade 7-8)
- Senior Girls (Grades 11-12)
- Junior Girls (Grades 9-10)
- Grade 7/8 Girls (Grade 7-8)

*Teams must be composed of players in the same age/grade category and register to play in their respective division.

Tournament Format:

- All matches will be two 10-minute timed sets
- Teams will self-referee and be responsible for scorekeeping
- Teams are guaranteed 5 matches
- Prizes for top teams

Registration:

- Entry Fee is \$100/team
- Register **each team** using the link below (payment to be collected later)

<https://forms.gle/cg7tVpcdNt9LTsp2A>

Questions?

Scott Koskie scott.koskie@ubc.ca

Steve Corothers steve.corothers@ubc.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

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

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

RETRO SUMMER THEATRE CAMPS
-FOR YOUTH & TEENS-

YOUTH CAMPS 6-12
FOR 12 WEEKS, 12 CAMPS
COMIC BOOK, SUPERHEROES
SOUND BY SUPERHEROES
A 10 YEAR CHRONICLE
BOOKS & HISTORY TALKS
CREATING STORIES
SPY VS. SPY SCHOOLS

LOCATIONS:
STUDIO 100, RCA &
BLACK BOX THEATRE
TEEN CAMPS (13-18)
THE WATCHER IN THE
WOODS PLAY
TEEN MUSICAL THEATRE

THEATRE FOR ALL

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

BECOME A VOLUNTEER KELOWNA! JULY 22-26, 2026

BC GAMES
KELOWNA
2026 SUMMER

WESTSIDE OUTLAWS

NOW OPEN!
SPRING REGISTRATION

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

REGISTER ON
WESTSIDEMINORFASTBALL.CA

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

UBC Geering Up Kelowna, Okanagan

Summer Camp Registration Now Open!

Take your STEM learning beyond the classroom!
Join our action-packed, hands-on summer day camps to explore the wonderful worlds of Science, Technology, Engineering, and Math! Build, explore, and design through our camps' interactive sessions.

All of our summer camps are taught by passionate, subject area expert university students and meticulously designed to tap into core foundational knowledge and speak to young curious minds.

Dive into Coding, innovate in unique environments like our All Girls' camps, and more! Each week is a dynamic mix of hands-on activities, demonstrations, tours, mentors, and design challenges.

Limited bursaries available. Please scan the QR code to learn more.

A Glimpse of Geering Up Camps
Weekly programming from June 29th to September 3rd, 2026
9AM - 3PM (Before/After Care options available)
UBC Okanagan, Kelowna Campus
Grade Levels: 1-12 (Program themes vary)

Register Today!
For more info, visit:
bit.ly/kelownacamps

THE UNIVERSITY OF BRITISH COLUMBIA
School of Engineering
Okanagan Campus
A network member of actua

Register for FREE with coupon code GIRLSONLY.
Invoiced only if we meet the minimum requirement of 10 players.

VOLUNTEERS NEEDED AT THE BC GAMES THIS SUMMER

The BC Summer Games are coming to Kelowna this July 22 - 26. Events like this need reliable volunteers to help create memorable experiences for the young athletes. If you are interested in helping out please go to the website <https://bcgames.org/volunteer/>

Monday Nights April - June Gr 4/5 Gr 6/7

Spring League Now Open

GIRLS ONLY

5V5
Guaranteed
2 home games
2 away games
1 Tournament

westkhoops.ca
3X3
BASKETBALL

SCAN ME

Xplore Sports Z
MULTI-SPORT & MORE
 >>>> FIND YOUR GAME



April 15th
PICKLEBALL



April 22nd
ROCK CLIMBING



April 29th
VOLLEYBALL



6:00-8:00 PM
Boys and Girls Club Okanagan - 1434 Graham Street - Kelowna

- ✓ Ages 7-13
- ✓ Trained coaches
- ✓ A new and exciting sport each week
- ✓ Fun and excitement

REGISTER NOW!





In partnership with



bgc Okanagan

RECREATION PROGRAMS







REGISTRATION NOW OPEN

Fun, friendship, and new experiences start here.

Our recreation programs give children and youth a safe, welcoming place to spend time after school, on weekends, and in the evenings.

Participants can build friendships, connect with positive role models, learn new skills, and explore a wide variety of activities from arts and crafts, out-trips, culinary skills, STEM activities, to sports games and more!




Enderby
 Falkland
 Kelowna
 Lake Country
 Lavington
 Peachland
 Vernon
 West Kelowna

AGES 7-13

REGISTER TODAY

www.bgco.ca




@BGCOKANAGAN

City of Kelowna Summer Camp Registration

Looking for fun and engaging activities for your child this summer? The City of Kelowna's summer camps are open on April 23rd for registration! Camps run throughout July and August for children ages 3-15 and include full-day, half-day, and partial-day options. This year's lineup features a wide variety of themes such as sports, cooking, art, drama, and more—plus new cooking and leadership camps. Learn more and explore the full [2026 Summer Camps Guide](#) at kelowna.ca/recreation.

UBCO HEAT

— SPORT CAMPS —






UBC Okanagan Summer Sport Camps
 Registration now open!

Visit GoHeat.ca/Camps

***Heat Summer Sports Camps:** Get ready for an unforgettable summer at UBCO Heat Summer Sports Camps—where skill development meets sunshine, fun, and friendship! Led by current Heat student-athletes, alumni, and experienced coaches, our summer camps provide a positive, high-energy environment for players of all levels. Through engaging drills, game play, and age-appropriate tactical instruction, campers will gain confidence, sharpen their skills, and make new friends along the way. Whether it's [basketball](#), [soccer](#), [ultimate athlete \(run-jump-throw\)](#), or [volleyball](#), participants will leave inspired, motivated, and ready to take their game to the next level. Register soon as spaces are limited and camps fill quickly!*