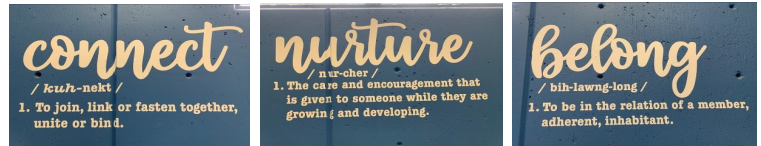





CONNECT · NURTURE · BELONG

April 20 - April 24, 2026

# Constable Neil Bruce Middle School



Happy Friday, everyone! We hope that everyone is having a great week. Huge thank you to our PAC for organizing and running another successful afterschool treat sale on Wednesday this week — our students enjoy these opportunities, and our PAC works tirelessly to support our school. We have some big events on the go over the next few weeks — band festivals, lots of track and field practice, and our upcoming spring production of Shrek, Jr! As well, we've contacted our Grade 7 families to send along the application packages for the November cultural exchange with our sister school in Kasugai, Japan. Applications are due in to the office by Monday, April 27. For now, enjoy a lovely weekend!

Monday Skixwíwš	Tuesday sʔasłásq̄t	Wednesday skaʔłłásq̄t	Thursday smasq̄t	Friday scłłkstasq̄t
April 20	April 21	April 22	April 23	April 24
<b>CDAB</b> <a href="#">Windscares Concert Band Festival</a> Tickets to this year Drama Production of SHREK The Musical available to purchase on School Cashonline 	<b>GHEF</b>	<b>CDAB</b> <a href="#">April 20 - April 23</a> F/S - Creekside Theatre at GESS Thomson/ Chisholm 9am-2:45pm	<b>GHEF</b>	<b>CDAB</b> F/S - Wild Horse Disc Golf - Outdoor Ed8 9:15-11:25am
April 27	April 28	April 29	April 30	May 1
<b>FEHG</b> F/S - Wild Horse Disc Golf - Outdoor Ed8 9:15-11:25am PAC Meeting via ZOOM 7pm	<b>GHEF</b> F/S - Wild Horse Disc Golf - Outdoor Ed8 9:15-11:25am	<b>FEHG</b> Track & Field Grade 6 Apple Bowl all day <div style="border: 2px dashed black; padding: 5px; text-align: center;"> <b>6:30PM SHREK Jr. The Musical Performance</b> </div>	<b>GHEF</b> Track & Field Grade 6 Apple Bowl all day <div style="border: 2px dashed black; padding: 5px; text-align: center;"> <b>6:30PM SHREK Jr. The Musical Performance</b> </div>	<b>FEHG</b>



CNB presents our 4<sup>th</sup> Musical production:

## SHREK Jr The Musical

This year we have the biggest cast ever with almost 80 students participating!

Students have worked hard since October, rehearsing at lunch and after school.

Tickets go on sale on Monday, April 20th on school cashonline. Seats are limited to the first 250 participants.

Please see the poster for more details. Thank you for your support.

They are excited to share their hard work with you!

### Parent Input for Class Placements - For current CNB Grade 6 and 7 Students

As we begin the process of planning class placements for next September, we want to share an overview of our process and how you can provide input. At CNB, our staff devotes significant time and thought to creating balanced, supportive class groupings that meet the needs of all students.

One of our goals in middle school is to help students grow socially by expanding their social circles. To support this, we intentionally mix students from different backgrounds and communities in order to *nurture* learning, foster *connection*, and support *belonging* and personal growth. Our daily Connection Time—15 minutes at the start of each day—is one way through which we actively build a caring and inclusive classroom culture.

If you would like to share **educational information** that you believe is important for your child's placement, we invite you to complete the following form. Educational reasons might include some any or all of the following: specific learning needs, social-emotional supports, or other factors that affect your child's success at school.

The deadline to submit your input is **Friday, April 24**.

All submissions will be reviewed and considered carefully as part of the placement process. **While we cannot guarantee all requests will be met**, we are committed to supporting each student's learning and well-being.

[CNB Class Placement Input](#)

# CNB Kindness in Action



## CNB Kindness Challenge: See, Lead, & Be Kind

See and Be Heard, See and Be Kind, See and Be Leaders, CNB Proud.

### How to "Catch" Kindness



**Spot the Positivity**  
Students notice and "catch" peers performing verbal displays of support or inclusive leadership.



**Teacher-Led Nominations**  
While students spot the acts, teachers select and submit the official nominations for their sections.



**Weekly & Monthly Shout-outs**  
Winners are celebrated on school screens, social media, and during morning announcements.

### Rewards & Impact



**Huge Monthly Prizes**  
Win high-value wellness items like spin bikes, cruiser bikes, paddleboards, and trampolines.



**Daily & Weekly Giveaways**  
Frequent draws for gift cards, yoga packages, and local gym memberships.



**Connect, Nurture, Belong**  
Our goal is a calmer school where everyone feels safe, valued, and seen.

### Wellness Focus: Prize Schedule

	<b>MARCH</b>	<b>Indoor Health</b> Fitness Gear
	<b>APRIL &amp; MAY</b>	<b>Active Living</b> Outdoor Wellness
	<b>JUNE</b>	<b>Outdoor Fun</b> Summer Wellness

This past Wednesday, our school proudly recognized Pink Shirt Day — but more importantly, we demonstrated that kindness at CNB is not a one-day event. It is a movement.

On Wednesday, we officially launched our **CNB Challenge: Pro-Positivity & Kindness Campaign** -a school-wide, student-led and staff-supported initiative built around four pillars:

**See and Be Heard.  
See and Be Kind.  
See and Be Leaders.  
CNB Proud.**

Through classroom conversations, announcements, hallway messaging, and daily modeling, we are intentionally teaching and celebrating public, verbal displays of positivity. Students are being encouraged not just to *feel* kindness, but to make it visible — to speak it, show it, and lead with it.

In just the first few days, we have already seen students publicly encouraging classmates during presentations, inviting peers to join them at lunch, offering helping hands without being asked, and choosing words that build others up. These small, visible actions are what shape culture. We know that when students practice kindness publicly and consistently, it builds courage, strengthens character, and transforms our hallways, classrooms, and online spaces.

Teachers are nominating students weekly, we are celebrating shout-outs during announcements and on our school screens, and every section will recognize a student who has excelled in demonstrating kindness. Monthly draws will recognize students from the nomination pool.

What makes this campaign especially powerful is the incredible support from our local community. Local businesses, wellness centres, and community partners have stepped forward in a remarkable way to support our students. Because of their generosity, students have opportunities to win meaningful, wellness-focused prizes, including:

- **March:** Spin Bike (approx. \$1099 value) **\*\*\*WINNER :JACK HART\*\*\***
- **April:** Cruiser Bike (approx. \$799 value)
- **May:** Paddleboard (approx. \$599 value)
- **June:** Trampoline (approx. \$549 value)

Daily and weekly prizes donated by community partners include gift cards, yoga wellness packages, memberships to local gyms and fitness centres, climbing passes, prepaid Visa cards, and more - with additional prizes still being added.

This campaign reflects what we believe deeply at CNB: when kindness is visible, supported, and celebrated, it becomes the norm. It builds belonging. It builds leadership. It builds pride.

At CNB, kindness is not passive. It is visible. It is courageous. And it is leadership.

We are CNB Proud.

## Celebrating Our April Service Above Self Award Winners

We are excited to celebrate **Leroy Oler (Grade 8)** and **Sofia Corona (Grade 6)** as our April recipients of the **Service Above Self Student Award**, created in partnership with the West Kelowna Rotary Club. This award honours students whose actions reflect kindness, caring, community service, and leadership through service.

Leroy and Sofia have both shown what it means to be a **CNB Cub** through their ongoing kindness. Their care for others is evident every day through their actions and words. Both Leroy and Sofia put others before themselves and help to create a strong sense of belonging at CNB and throughout our broader community.

Their actions strongly reflect our CNB learning priorities:

- **Connect** — They help create a welcoming, positive environment where others feel seen and valued.
- **Nurture** — Through their willingness to give their time and energy, they support others.
- **Belong** — They treat everyone with respect, inspire others through their actions, and help ensure all students feel they have a place and purpose.

**Congratulations**, Leroy and Sofia — thank you for modeling Service Above Self!



## CNB PAC

**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

## 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.



Constable Neil Bruce  
Middle School

# ATHLETICS



Constable Neil Bruce  
Middle School

April 20 – 24					
	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 – 8:45	Grade 7/8 Track Practice (See Info Below)			Grade 7/8 Track Practice (See Info Below)	
Lunch		Intramurals		Intramurals	
	Resource Weight Room Usage				
Evening		Grade 7/8 Track All Comer's Meets (See Info Below)			

## [CNB 7/8 TRACK AND FIELD SCHEDULE](#)

## [7/8 TRACK AND FIELD— ALL COMER'S EVENT SCHEDULE](#)

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

### Coach Contacts

Track and Field: [derek.worrall@sd23.bc.ca](mailto:derek.worrall@sd23.bc.ca)

Mountain Biking: [derek.worrall@sd23.bc.ca](mailto:derek.worrall@sd23.bc.ca)

Athletic Director: Derek Worrall —  
[derek.worrall@sd23.bc.ca](mailto:derek.worrall@sd23.bc.ca)





This past Saturday was a powerful and inspiring day for our school community as our Cubs took to the court against the local Jr. Thunder wheelchair basketball team. What unfolded was far more than just a game—it was a meaningful celebration of equity, inclusion, and connection.

From the opening tip-off, our students were fully immersed in the experience,

gaining a deeper understanding of the skill, strength, and determination required to play wheelchair basketball. The Jr. Thunder athletes were incredible role models, demonstrating not only high-level athleticism but also sportsmanship, resilience, and a genuine passion for the game.

There were plenty of smiles, laughter, and a few competitive moments, but what stood out most was the sense of respect and appreciation that grew throughout the event. Our Cubs showed great courage in trying something new, and in doing so, they developed empathy and a stronger awareness of inclusive sport and community.

This event truly reflected our commitment to *Connect, Nurture, and Belong*. We connected through shared experience, nurtured understanding and perspective, and created a space where everyone felt a sense of belonging.

A huge thank you to the Jr. Thunder team for joining us and sharing their time, talents, and stories. It's a day our students won't soon forget—and one that reminds us of the importance of creating opportunities where everyone can participate, compete, and thrive.

Brad Kuhn  
Principal



# 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. Gerrits
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.



# April 2026

Mon	Tue	Wed	Thu	Fri
		FEHG <sup>1</sup> <b>Taco in a bag</b>	BADC <sup>2</sup> <b>Pizza</b>	<sup>3</sup> GOOD FRIDAY NO SCHOOL
<sup>6</sup> EASTER MONDAY NO SCHOOL	HGFE <sup>7</sup> <b>Hot Dogs and Veggie &amp; Dip</b>	DCBA <sup>8</sup> <b>BLT Pasta Salad</b>	HGFE <sup>9</sup> <b>Sushi</b>	DCBA <sup>10</sup> <b>Pizza</b>
EFGH <sup>13</sup> <b>Poutine</b>	ABCD <sup>14</sup> <b>Cheeseburger, Veggies &amp; Dip</b>	EFGH <sup>15</sup> <b>Dino Nuggets &amp; Salad</b>	ABCD <sup>16</sup> <b>Alfredo Tortellini</b>	EFGH <sup>17</sup> <b>Pizza</b>
CDAB <sup>20</sup> <b>Shepherds Pie</b>	GHEF <sup>21</sup> <b>BBQ Ribette</b>	CDAB <sup>22</sup> <b>Perogie Casserole</b>	GHEF <sup>23</sup> <b>Chicken &amp; Mojos</b>	CDAB <sup>24</sup> <b>Pizza</b>
FEHG <sup>27</sup> <b>Butter Chicken</b>	BADC <sup>28</sup> <b>Chicken Drumstick &amp; Salad</b>	FEHG <sup>29</sup> <b>Mac and Cheese</b>	BADC <sup>30</sup> <b>Samosas</b>	

# COMMUNITY NEWS

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](http://www.babysittingkelowna.com)

[kidz4safety@gmail.com](mailto:kidz4safety@gmail.com)

or

call/text 250-317-2868

## LEARN TO PLAY

### WITH THE PEACHLAND THUNDER

Tuesdays 5:15pm-6:00pm  
APRIL 21<sup>ST</sup> - MAY 26<sup>TH</sup>  
Cousins Field, Peachland  
Ages 6 and Up!  
GIRLS AND BOYS!!

New to Softball or want to improve your skills? Our Learn to Play Program teaches the basics in a fun, supportive environment. No experience needed - just come ready to have fun!!!!

\*\*\*Parents - No need to cook dinner!  
Sign up for the Gasthaus Eat and Play  
Dinner Deal for all of our Athletes!\*\*\*

TO REGISTER:

[peachland.rampregistrations.com](http://peachland.rampregistrations.com)

CONTACT:

[peachlandminorsoftball@gmail.com](mailto:peachlandminorsoftball@gmail.com)



## BECOME A VOLUNTEER

# KELOWNA!

JULY 22-26, 2026



### 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/>

Register for FREE with coupon code GIRLSONLY.

Invoiced only if we meet the minimum requirement of 10 players.

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](http://westkhoops.ca)

3X3

BASKETBALL

SCAN ME

# UBCO HEAT

## SPORT CAMPS

**UBC Okanagan Summer Sport Camps**  
Registration now open!

**Visit [GoHeat.ca/Camps](http://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!

**Spring League Now Open**

BASKETBALL  
[westhoops.ca](http://westhoops.ca)

HOUSE LEAGUES  
CAMPS & CLINICS  
COMPETITIVE TEAMS  
YOUTH AGES 5 TO 16  
SMALL-GROUP & PRIVATE TRAINING

**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](http://bit.ly/kelownacamps)

THE UNIVERSITY OF BRITISH COLUMBIA  
School of Planning  
Okanagan Campus

A network member of **actua**

**WESTSIDE OUTLAWS**

NOW OPEN!

**SPRING REGISTRATION**

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

**2026**

REGISTER ON  
**WESTSIDEMINORFASTBALL.CA**

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

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

**RETRO SUMMER THEATRE CAMPS**  
-FOR YOUTH & TEENS-

**LOCATIONS:**

- YOUTH CAMPS 6-12: FOR ALL THEATRE CAMPS, CASCADIA BOOK SUPERSTORES, SUMMER OCCASIONALLY ME, A 1970'S CAMPBELL, CASCADIA TRAILS, CASATROPHIC THEATRE, UPV UPV SPT SCHOOL
- STUDIO 100, RICA & BLACK BOX THEATRE
- THE WATCHER IN THE WOODS PLAY
- TEEN MEDICAL THEATRE

**THEATRE FOR ALL**

**STUDIO 100, ROTARY CENTRE FOR THE ARTS**  
[WWW.NEWVINTAGE.CA](http://WWW.NEWVINTAGE.CA)