



# Constable Neil Bruce Middle School

**December 1 - December 5, 2025**



## Weekly Update

Happy Friday, everyone! We had two very special events at our school this week, the first being the signing of our school district's Equity In Action Agreement for Truth and Reconciliation on Tuesday evening. This agreement guides our ongoing commitment to Truth and Reconciliation, and we were very fortunate to be the site for its signing, which brought together members of the Westbank First Nation, including elders, with some of our School Trustee, educators, school leaders, and district staff from SD23. We very much thank those of you who were in attendance that evening! As well, we hosted our third annual Winter Market on Wednesday evening, which brought together a huge number of local vendors in our gymnasium, a chance for them to showcase their creations and for many of our families to do some holiday shopping. This is a great example of how we create strong community connections at CNB. For now, enjoy a restful weekend!

## Coming Up Next Week

Monday <b>Skixwíws</b> December 1 CDAB	Tuesday <b>sʔast̄ásqt</b> December 2 GHEF	Wednesday <b>skaʔɬásqt</b> December 3 CDAB	Thursday <b>smasqt</b> December 4 GHEF	Friday <b>sc̄kstasqt</b> December 5 CDAB
9am - 2pm Elder Randy visits for Cultural sharing		9am Westside Warriors Visit gr.6 classes  <b>Jersey Day</b>  Grade 6 Assembly		F/S – Gneiss Climbing Gym - Outdoor Ed8 9:15am - 11:45am  Term 1 Ends  CNB Choir sings at West Kelowna Light UP 6:20pm

## Important Upcoming Dates in November/December

<b>Dec. 8</b>	<b>Term 2 Begins</b>
<b>Dec. 8</b>	<b>F/S - Gneiss Climbing Gym -Outdoor Ed8 9:15am - 11:45am</b>
<b>Dec. 9</b>	<b>F/S - Gneiss Climbing Gym -Outdoor Ed8 9:15am - 11:45am</b>
<b>Dec. 17</b>	<b>Winter Jazz Night Coffee House</b>
<b>Dec. 18</b>	<b>Working Learning Updates go home</b>
<b>Dec. 20 -Jan. 4</b>	<b>Winter Break – NO SCHOOL</b>
<b>Jan. 5</b>	<b>School Reopens</b>

## 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.

## **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
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

## **SNOW SEASON REMINDER**

With winter weather on the way, we want to share a quick reminder about expectations as temperatures drop and the snow arrives.

### **1. Dress for the Weather**

Please ensure students come prepared for the cold and snow. Warm jackets, boots, hats, and gloves make a big difference in keeping everyone comfortable throughout the day. (A hoodie *might* be a middle-school uniform... but it's not a winter coat!)

### **2. Outdoor Play Expectations**

Snow is exciting, but we have a few rules to help keep all students safe:

- **No throwing snow or ice**
- No tackling, pushing, or sliding on ice patches

### **3. Drop-Off and Pick-Up**

Roads, sidewalks, and parking lots can be slippery. Please slow down, give extra space, and allow a few more minutes for safe arrival and dismissal.

Thanks for helping keep our Cubs warm, safe, and ready for winter fun! ❄️☃️

# **December 2025**

Mon	Tue	Wed	Thu	Fri
CDAB 1 <b>BBQ Ribette Sub</b>	GHEF 2 <b>Chicken Burgers Veg. Dip</b>	CDAB 3 <b>Chicken Alfredo</b>	GHEF 4 <b>Samosa's</b>	CDAB 5 <b>Pizza</b>
FEHG 8 <b>Samosa's</b>	BADC 9 <b>Butter Chicken Rice bowl</b>	FEHG 10 <b>Corndog + Mozza Stix</b>	BADC 11 <b>Spicy Nacho Casserole</b>	FEHG 12 <b>Pizza</b>
DCBA 15 <b>Shepherds Pie</b>	HGFE 16 <b>Chicken Mojos</b>	DCBA 17 <b>Mini Tacos + Salad</b>	HGFE 18 <b>Poutine</b>	DCBA 19 <b>Pizza</b>
22	23	24	25	26
<b>WINTER BREAK</b>				
<b>December 20 – January 4, 2026</b>				





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Middle School



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# ATHLETICS

December 1 to 5

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
7:30 - 8:30	Grade 8 Girls Basketball Practice	Grade 6 Girls Basketball Practice <b>(Starting after the winter break)</b>	Grade 8 Boys Basketball Practice	Grade 7 Girls Basketball Practice <b>(Starting after the winter break)</b>	Grade 7 Boys Basketball Practice
Lunch	Grade 7 Girls Basketball Practice	Intramurals	Intramurals	Intramurals	
Resource Weight Room Usage					
3:30 - 5:00	Grade 7 Boys Basketball Practice	Grade 6 Boys Basketball Practice <b>(Starting after the winter break)</b>	Grade 8 Girls Basketball Practice	Shooting Clinic <b>3:30—4:30</b> All teams welcome	Grade 8 Boys Basketball Practice
5:00 - 8:30	Grade 8 Boys Basketball Games CNB1 @ FLEX* CNB2 @DRK* Pickup: 4:30 pm Games @ 5:30pm Return: 7:30 pm		Grade 8 Girls Basketball Game @ CMS* Pickup: 6:00 pm Game @ 7:00 pm Return: 8:50 pm		

\* 7/8 district league and bus schedules are altered regularly. Listed games and bus info is as of: November 26

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

## Coach Contacts

6B Basketball—Michael.Burdeniuk@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 coaches Ryan and Austin (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



# Grade 6 Basketball

[CLICK HERE TO REGISTER A PLAYER](#)

**FIELD STUDIES CODE: Boys— 206645 / Girls—206646**

[CNB ATHLETICS POLICY](#)

**Coaches:**

**Boys: Michael Burdeniuk and John Buchanan**

**Girls: BJ Powlesland, Jenn Craig, and Tahnee Pierson-Roberts**

**Practices:**

**Boys: Tuesdays 3:30—5:00 pm (starting after winter break)\***

**Girls: Tuesdays 7:30—8:30 am (starting after winter break)\***

**\*Shooting Clinics (Thursdays 3:30—4:30) in the CNB gym are starting December 4th and continuing to winter break. Boys and girls team members of all grades are welcome to attend.**

**Anticipated Season Details:**

**Home and Away games vs. GMS usually played on Wednesdays from 5:00 - 6:30 pm, typically late February to Spring Break. MBSS usually offers a school day tournament the week before Spring Break.**

**Travel:** Students leave for home at the end of day dismissal bell, then meet at the location of the game. If you do not have a ride to a game, please reach out to the coaches for assistance.

**Fees:** \$40 fees to cover MBSS tournament day.

**\*\*Fees will be refunded if MBSS does not offer the tournament this year.**

[CLICK HERE IF YOU WOULD LIKE TO COACH AT CNB](#)

**\*\*\*Community coaches require a police check and driver's information submitted at the office.**

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

# OPTIONAL CNB BASKETBALL HOODIE/T-SHIRT COMBO PURCHASE



**\$50 for both items.  
All hoodie orders include a t-shirt of  
the same size.**

**Orders are due by December 10**

**TO ORDER CLICK HERE**

**Fees will be added to your school cash online  
account after the order due date.**

**Questions? [Michael.Burdeniuk@sd23.bc.ca](mailto:Michael.Burdeniuk@sd23.bc.ca)**

## COMMUNITY NEWS

**WESTSIDE LAKERS**

**SUPPORT THE DREAM**

**KICK FOR A CAUSE**

**Dec. 30, 2025**

10am-12pm Boys U8-12  
12pm-2pm Girls U8-12

**REGISTER NOW**

<https://beacons.ai/wysasoccertour>

*We have 24 spots per session available to join us in the West Kelowna Dome. We'll be doing games, skills, coaching and prizes will be won!*

**WINTER REC GUIDE**

REGISTRATION IS OPEN FOR OUR WINTER REC GUIDE!

Discover fun programs, classes and camps!  
View the guide online at [westkelownacity.ca/recguide](http://westkelownacity.ca/recguide).

**WEST KELOWNA RECREATION GUIDE**  
Think Active • Be Active

[westkelownacity.ca/recguide](http://westkelownacity.ca/recguide)

**KELOWNA CROWS R.F.C.**

**WE WANT YOU!**

**COME PLAY RUGBY FOR THE KELOWNA CROWS!**

**NOW RECRUITING BOYS AND GIRLS AGES 12-17 TO JOIN OUR CLUB. OUR U14 TEAM IS ESPECIALLY EAGER TO MEET YOU!**  
**THE SEASON IS ALREADY UNDERWAY AND LOOKING STRONG.**

**ONLY \$250**  
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\* FREE Try-It Session Dec. 15th @ MNP Place \*