



CNB Cub Courier Newsletter

Monday, September 14, 2026 - Friday, September 18, 2026

Next Week at a Glance

- **Monday / skix^wiws:** September 14 - (GHEF)
- **Tuesday / s?asl^lásq^lt:** September 15 - (CDAB)
 - Fire Drill 10:20AM
 - Outdoor Ed8 Meeting for Kettle River Campout 6pm MPR
- **Wednesday / ska?^llásq^lt:** September 16 (GHEF)
- **Thursday / smasq^lt:** September 17 (CDAB)
- **Friday / scl^lkstasq^lt:** September 18(GHEF)
 - PAC Treat Sale 3:15pm MPR



Full CNB Calendar [HERE](#)

Friendly Reminder - Last day to order Friday's pizza lunch for September is this Sunday, Sept. 13

School Supply List



Students are expected to supply the following basic materials:

- lined paper
- pencils, pens, ruler, eraser
- pencil crayons and markers
- running shoes, t-shirt, shorts or sweatpants for PE

A few other specialty items may be requested by your child's teachers. Thank you for your support.

PAC Treat Sale

After school on Friday, September 18, our PAC will be hosting a Treat sale after school in the MPR. Thank you for your support!



Terry Fox Run and Donations

Our Terry Fox run is scheduled for the morning of Tuesday, September 22nd.

CNB collects optional donations on behalf of the Terry Fox Foundation. We offer two ways to make a donation:

1. Students can bring cash to their teacher
2. Parents can make a donation on their [school cashonline](#) account

Thank you for your support!

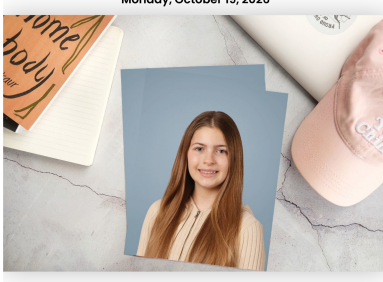


Photo Day is Coming Soon!

Monday, September 21, 2026

Absentee / Retake Date:

Monday, October 19, 2026



Your School Photo today
becomes a family treasure tomorrow



Photo Day at CNB is Monday, September 21.

Save the Date!

Our CNB back-to-school BBQ will be on Thursday, September 24th at 5pm!

Stay tuned for more detailed info in the coming weeks.



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.



Updating Student Verification Forms

A new feature will be introduced in the MyEd system starting this September, replacing the need to send paper copies of verification forms home.

This update introduces the Online Student Information Verification (OSIV) module, which allows parents to review, verify student information or request updates through the family portal. Once parents are given access, they will see a dedicated section on their portal where they can complete the Student Information Verification Form.

Through this module, parents will be able to confirm or request changes to student information in the following areas:

- Student
- Family/Contacts
- Health & Alerts
- Language & Culture

More information will be sent out soon. In the meantime, if anything needs to be updated, please let the office know.

Food

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.

September Lunch Menu

September LUNCH MENU 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7 Labour Day - NO SCHOOL	8 First Day of School Early Dismissal 11:45am	9 ABCD	10 EFGH	11 ABCD	12
13	14 GHEF SHEPHERDS PIE	15 CDAB HOTDOG AND VEGGIES & DIP	16 GHEF CHICKEN STIRFRY	17 CDAB GREEK PASTA SALAD AND CHICKEN	18 GHEF PIZZA	19
20	21 BADG BUTTER CHICKEN RICE BOWL	22 FEHG TACO IN A BAG	23 BADG SUSHI	24 FEHG SPAGHETTI AND MEATBALLS 5PM CNB Community Welcome Back BBQ	25 BADG PIZZA	26
27	28 HGFE BURGER AND VEGGIE & DIP	29 DCBA SAMOSAS	30 National Day of Truth & Reconciliation - NO SCHOOL			

Athletics

Here is our CNB Athletics Year Overview as well as Volleyball and Cross-Country registration links in this newsletter below.



For detailed athletics information,
please see the [CNB Athletics Website](#)



2026-27 CNB Athletics - Seasons of Play.pdf

A look at what athletics are available during the school year

Download

477.7 KB



2026-27 - CNB Athletics Policy.pdf

[Download](#)

84.3 KB



Sept 14-18.pdf

Weekly Practices and Games Schedule - this is updated daily

[Download](#)

69.6 KB



Volleyball at CNB



6B Volleyball Season Overview.pdf

[Download](#)

39.8 KB



6G Volleyball Season Overview.pdf

[Download](#)

40.4 KB



7B Volleyball Season Overview.pdf

[Download](#)

44.2 KB



7G Volleyball Season Overview.pdf

[Download](#)

45.3 KB



8B Volleyball Season Overview.pdf

[Download](#)

41.6 KB



8G Volleyball Season Overview.pdf

[Download](#)

41.3 KB

Cross Country Running



6-8 Cross Country Season Overview (1).pdf

Download

40.9 KB

Registration for Fall Sports

Use the codes below and [CLICK HERE](#) to register for fall sports.

Field Studies Codes:

Grade 6 Boys' Volleyball: 272726

Grade 6 Girls' Volleyball: 272727

Grade 7 Boys' Volleyball: 272728

Grade 7 Girls' Volleyball: 272729

Grade 8 Boys' Volleyball: 272730

Grade 8 Girls' Volleyball: 272731

Grade 6-8 Cross Country: 272732

Grade 8 Rugby: Contact [Mr. Worrall](#)

Sign Up

Volleyball Hoodies for Purchase



[CLICK HERE](#) to order your 2026-27 CNB Volleyball Hoodie. Last day to order is Friday, September 25th!!!

Student Clubs

CNB offers a variety of different clubs for students to try throughout the school year. More information about these clubs that will be offered to students this year will be available shortly.



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.



Parent Advisory Council (PAC)

The purpose of the CNB PAC is to promote and improve the quality of education and the well-being of students at CNB Middle School. Our PAC helps decide where to allocate the gaming funds to specific needs within our school. They also run fundraisers and the school store to help improve the CNB community.

If you have any questions or would like to add items to upcoming PAC agendas, please email the [CNB PAC President](#)

Our CNB PAC:

President - Christina Ennis

Vice President - Cassandra White

Treasurer - Jenny Park

Secretary - Verena Roberts

Members at Large - Haley Gigg, Sylvie Hucsh, Sara Ryttersgaard, Andrea Spence & Kristi Sawh

Please click [HERE](#) for more information.

Community Events & Resources



Kelowna Dolphins

Fall 2026



Kelowna Crows RFC Juniors



Kelowna Springboard Diving Club



Junior Coyotes Basketball

Fall 2026



Kelowna Minor Lacrosse



West K Hoops



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.