



CNB Cub Courier Newsletter

Monday, September 7, 2026 - Friday, September 11, 2026

Next Week at a Glance



- **Monday / skix^wíws:** September 7 - NO SCHOOL (Labour Day)
- **Tuesday / s?asl^lásq^t:** September 8 - Early Dismissal at 11:45am
- **Wednesday / ska?+lásq^t:** September 9 (ABCD)
- **Thursday / smasq^t:** September 10 (EFGH)
- **Friday / scl^lkstasq^t:** September 11 (ABCD)

Full CNB Calendar [HERE](#)

Welcome all new students and welcome back our returning students. We look forward to a wonderful new school year!

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@schoolcashionline.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.

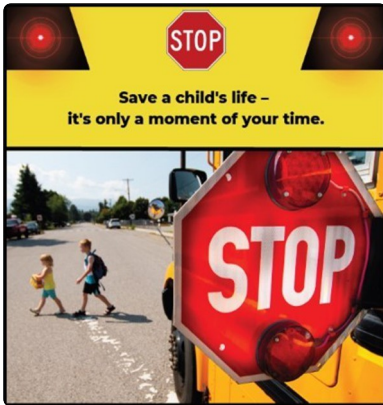
This update introduces the Online Student Information Verification (OSIV) module, which allows parents to review, verify student information or request updates through the family portal. Once parents are given access, they will see a dedicated section on their portal where they can complete the Student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

Reminders about School Bus Safety



Transportation Services would like to bring attention to student safety when loading and unloading the school bus. Every day in our district (and many other districts across the Province) school bus drivers are witness to motorists who pass their school bus while the red alternating lights are activated. This is extremely dangerous as a student may be crossing the road in front of the school bus!

We thank you in advance for supporting student safety inside, and outside the school bus.

The Central Okanagan School District's Appeals Process

Board Policy 460 – Appeals states that, *"A student or a parent of a student who is entitled to an educational program in the Central Okanagan Public Schools may appeal a decision of an employee of the Board of Education which significantly affects the education, health or safety of the student"*. For a complete description of the Appeals Policy, along with the recommended steps to follow in attempting to solve a problem, please refer to Policy 460 – Appeals, that can be accessed from the 'Policies' link under the Board of Education heading on the School District homepage (www.sd23.bc.ca).

The Central Okanagan School District's Financial Hardship Clause

Within Board Regulation 425R – Student Fees (see www.sd23.bc.ca), the Board of Education has indicated *"that a student will not be excluded from any educational program due to financial hardship"*. Clause 8.5 in the Regulations states: *"Principals are directed to establish a procedure in each school which will allow for the private and confidential consideration of financial circumstances of individual students and families. Such procedures will preserve the dignity of families who may be unable to pay"*. Please contact the school Principal if you are facing a financial hardship that may restrict the ability of your child to access a school program.

The Central Okanagan School District's Sanctuary Schools Policy

Policy 421 – Sanctuary Schools

Board Policy 421 – Sanctuary Schools upholds the Board's commitment to providing educational opportunities for all students who are ordinarily residents in the Central Okanagan, including those with precarious immigration status or no immigration status. Student registrations that pertain to Policy 421– Sanctuary Schools will be processed through the Welcome Centre.

Policy 421 – Sanctuary Schools

[SD23 Board Policies](#)

[Welcome Centre](#)

Purchasing Optional Accident Insurance

Central Okanagan Public Schools does not insure expenses for **student injuries** that occur on school grounds or during school activities. Parents and guardians can voluntarily purchase private accident insurance. The Kids Plus Accident Insurance Program that was previously offered to our students was discontinued in 2019. The IA Financial Group now offers the Family Accident Reimbursement Plan (FARP) which is a voluntary plan that provides coverage for students and their families against accidental injury, unexpected medical expenses, and critical illness. To apply for the Family Accident Reimbursement Plan or to find out more, visit the IA Financial Group website – Family Accident Reimbursement Plan at <https://specialmarkets.ia.ca/aonbc/home>

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's optional lunch meal program for students who wish to participate will be

available for purchase on Tuesday, Sept. 8th on their child's [school cashonline account](#). Last day to order Sunday, Sept. 13 by 4pm.

There are two options:



1. **A full lunch meals** - every day of the week (including pizza on Fridays) Limit to the first 100 purchases.

2. **Pizza only option** - Fridays only

There will be limited quantities of meals each day available for cash sales after the students on our lunch program have been served.

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 BADC BUTTER CHICKEN RICE BOWL	22 FEHG TACO IN A BAG	23 BADC SUSHI	24 FEHG SPAGHETTI AND MEATBALLS 5PM CNB Community Welcome Back BBQ	25 BADC 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](#)



Athletics Season to Play.pdf

CNB athletics at a glance

[Download](#)

477.7 KB



Grade 6 volleyball.pdf

Information here on how to register a player

[Download](#)

278.7 KB



Grade 7 volleyball.pdf

Information on how to register a grade 7 player

[Download](#)

371.7 KB



Grade 8 volleyball.pdf

Information on how to register a grade 8 player

[Download](#)

370.9 KB

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 at CNB.PacPresident@sd23.bc.ca

Our CNB PAC:

President - Christina Ennis

Vice President - Angie Brad

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

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

Yearbooks and Report Cards from June 2026

Students who did not pick up their pre-purchased yearbook or Written Learning Update can stop by the office.

RCMP Message re: E-Scooters and E-Bikes

 MICROMOBILITY: KNOW THE RULES BEFORE YOU RIDE				
Not all small or electric vehicles are treated the same under the Motor Vehicle Act				
Where Can I Ride?	How old do I need to be?	How fast can I go?	License and Insurance?	What Else Should I Know?
 E-bike	Anywhere where bicycles can ride! 14+ for light e-bikes, 16+ for standard e-bikes	Light e-bikes: 25 km/h Standard e-bikes: 32 km/h	No Drivers License or Insurance required	Must have fully operable pedals
 E-scooter	Only in communities participating in the pilot project 16+	25 km/h	No Drivers License or Insurance required	Illegal outside of pilot communities
 Moped/LSM	On public roadways only 16+	70 km/h	Drivers License and Insurance required	CMVSS compliance label required
 E-cargo bike	Not on roads, sidewalks or bike lanes Not legal at any age on public roads	Not permitted on public roads	Cannot be registered or insured	Not legal e-bikes or LSMs
 Mini-Motorcycle	Not on roads, sidewalks or bike lanes Not legal at any age on public roads	Not permitted on public roads	Cannot be registered or insured	Do not meet safety standards

Know the rules before you ride.

Not all small or electric vehicles are treated the same under the Motor Vehicle Act. Click on the picture provided by the RCMP to find out where you can ride and how old you need to be!

Community Events & Resources



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.

