



CONNECT · NURTURE · BELONG

December 8 - December 12, 2025

Weekly Update

Happy Friday, everyone!

As we head into our final two weeks before winter break, we want to highlight our Grade 6 assembly that took place this week — our Grade 6 team of social-emotional learning teachers (Ms. Novak, Ms. Campos, and Mr. Kerluck) led a 35-minute assembly that showcased our students' choices for their Top 10 values as a Grade 6 cohort, values such as kindness and respect. This type of student agency is really important at this age, for students to see that their voices matter, that their voices can inspire change. We are very proud of our Cubs! As well, we are well into our reporting cycle, with our Term 1 Written Learning Updates set for being sent home on Thursday, December 18. For now, enjoy your weekend!

Constable Neil Bruce Middle School



Monday Skixwíws	Tuesday sʔasłásqt	Wednesday skaʔłásqt	Thursday smasqt	Friday scłkstasqt
December 8	December 9	December 10	December 11	December 12
FEHG Term 2 Begins F/S – Gneiss Climbing Gym - Outdoor Ed8 9:15am - 11:45am Spirit Day: Poster Decorating Contest	BADC F/S – Gneiss Climbing Gym - Outdoor Ed8 9:15am - 11:45am Spirit Day: Poster Decorating Contest	FEHG Last Day to order CNB Basketball hoodie/shirt combo (see pg5) Spirit Day: Poster Decorating Contest		FEHG Spirit Day: Poster Decorating Contest
December 15	December 16	December 17	December 18	December 19
DCBA Spirit Day: Lemon Coin Challenge, Colouring Challenge and Poster Decorating Contest	HGFE Spirit Day: Christmas Hats, Colouring Challenge and Poster Decorating Contest	DCBA Spirit Day: Ugly Sweater, Colouring Challenge and Posters Due Winter Jazz Night Coffee House	HGFE Spirit Day: Colouring Challenge, Poster Contest Judging and Lemon Coin Challenge Written Learning Updates go home	DCBA Spirit Day: Pajama Day, Colouring Challenge and Coin Challenge

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.

December 2025

Mon	Tue	Wed	Thu	Fri
CDAB 1 BBQ Ribette Sub	GHEF 2 Chicken Burgers Veg + Dip	CDAB 3 Chicken Alfredo	GHEF 4 Samosa's	CDAB 5 Pizza
FEHG 8 Sushi	BADC 9 Butter Chicken Rice bowl	FEHG 10 Corndog + Mozza Stix	BADC 11 Spicy Nacho Casserole	FEHG 12 Pizza
DCBA 15 Shepherds Pie	HGFE 16 Chicken Mojos	DCBA 17 Mini Tacos + Salad	HGFE 18 Poutine	DCBA 19 Pizza

YEARBOOK

Early Bird pricing of \$35 will be available until December 31, 2025. Regular price is \$40 and will start January 1, 2026. Please note this is an Optional Purchase.

Thank you for your support.



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! ❄️☃️



Constable Neil Bruce
Middle School

ATHLETICS



Constable Neil Bruce
Middle School

December 8 to 12					
	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
7:30 - 8:30	Grade 8 Girls Basketball Practice	Grade 6 Girls Basketball Practice (Starting after the winter break)	Grade 8 Boys Basketball Practice	Grade 7 Girls Basketball Practice (Starting after the winter break)	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 (Starting after the winter break)	Grade 8 Girls Basketball Practice	Shooting Clinic 3:30—4:30 All teams welcome	Grade 8 Boys Basketball Practice
5:00 - 8:30	Grade 8 Boys Basketball Games CNB1 @GMS* 5:30 pm CNB2 @GMS* 7:00 pm Busing details not posted by schedule submission.		Grade 8 Girls Basketball Game @ KLO* 5:30 pm Busing details not posted by schedule submission.		

* 7/8 district league and bus schedules are altered regularly. Listed games and bus info is as of: December 2

[**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

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

COMMUNITY NEWS

WESTSIDE LAKERS

SUPPORT THE DREAM

KICK FOR A CAUSE

Dec. 30, 2025

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

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!

[REGISTER NOW](https://beacons.ai/wyasoccertour)

<https://beacons.ai/wyasoccertour>

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.

WEST KELOWNA RECREATION GUIDE
Think Active • Be Active

westkelownacity.ca/recguide



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
REGULAR COST \$325

www.kelownacrows.com

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All ages and experience levels welcome!!

Check out our Facebook page or email kelownaspeedskate@gmail.com for registration info

* FREE Try-It Session Dec. 15th @ MNP Place *

Family Holiday Skate

Sunday, Dec. 14
1 - 3 p.m. at Rutland Arena

Join in on some free family fun!
Skating, treats, games, door prizes & more!
Admission is free, but donations to the food bank are greatly appreciated.

kelowna.ca/calendar

City of Kelowna

