



Okanagan friends, family and supporters...we are SO excited to announce a local opportunity to watch our Okanagan Jr. Thunder club in action!

Our Okanagan Jr. Thunder team is hosting a wheelchair basketball showdown against the CNB Cubs right here in West Kelowna. This event is about more than basketball, it's about empowering youth, building community, and celebrating inclusivity in sport.

- ◆ Saturday, April 11, 2026
- ◆ CNB Middle School, 2010 Daimler Drive, West Kelowna
- ◆ Doors open at 10AM | Game on at 11AM
- ◆ \$10 tickets at the door
- ◆ BBQ lunch, by donation, immediately following the game, sponsored by [Accessible Okanagan](#)
- ◆ Snacks at the Concession available throughout

Come cheer loud, support adaptive sport, and help grow the future of wheelchair basketball locally and across the province! All proceeds support the Okanagan Jr. Thunder Wheelchair Basketball Club!

See you there!

**ROLLIN' WITH THE THUNDER**  
ONE COURT. ONE COMMUNITY.

Join us to empower youth through wheelchair basketball and support inclusivity in sport. Watch Okanagan Thunder take on the CNB Cubs in a wheelchair basketball showdown!

**THUNDER JR** VS **CUBS**  
Constable Neil Bruce

DATE: SATURDAY, APRIL 11, 2026  
10:00AM - 12:30PM

LOCATION: CNB MIDDLE SCHOOL  
2010 DAIMLER DRIVE, WEST KELOWNA

CASH OR E-TRANSFER

TICKETS AVAILABLE AT THE DOOR | \$10 EACH  
DOORS OPEN | WARM-UP | CONCESSION @ 10AM  
GAME ON @ 11AM  
LUNCH BBQ SPONSORED BY ACCESSIBLE OKANAGAN @ 12NOON  
LUNCH - MINIMUM \$5 DONATION

All proceeds support Okanagan Jr. Thunder Wheelchair Basketball Club  
Facility rental fees | Tournament travel | Coaching certification | Wheelchair maintenance

## 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.

# 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.



Constable Neil Bruce  
Middle School

# ATHLETICS



Constable Neil Bruce  
Middle School

April 6 – 10					
	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 – 8:45				Grade 7/8 Track Practice <b>*Starting April 9</b> (See Info Below)	
Lunch		Intramurals		Intramurals	
Resource Weight Room Usage					
Evening		Grade 7/8 Track All Comer's Meets <b>*Starting April 14</b> (See Info Below)			

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

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

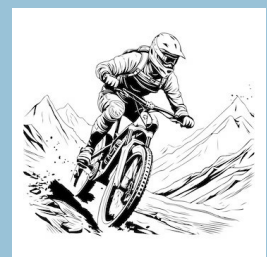
[CLICK HERE FOR THE MOST UP-TO-DATE DISTRICT SCHEDULES](#)

### 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)



# Track and Field @ CNB - 2026

All grade 6, 7, and 8 students will receive introductory track and field lessons during PHE classes starting after spring break.



## **Grade 6s: There is no pre-registration for grade 6 track and field**

- There will be a Grade 6 CNB Apple Bowl Day (April 29th) for all students. Students will be charged \$8 to cover transportation and meet expenses. The CNB meet will serve as the primary qualifier for the Grade 4-7 District Track and Field Meet (June 4).
- Qualifiers for the Grade 4-7 District Track and Field Meet will be charged \$25 to cover team registration, supervision, and transportation.
- Events for grade 6s at the Grades 4-7 District Track and Field Meet: 100m, 200m, 800m, 1200m, 4x100m (one school team), High Jump, Long Jump, Discus, Shot Put, Javelin.

## **Grade 7s: [2026 PRACTICE AND MEET SCHEDULE](#)**

**To register for grade 7 track and field [CLICK HERE](#) and use field studies code: 225056**

- Grade 7s will be invited to join the CNB track and field team after spring break. This team has morning practices, that are event specific. Students come to the practices that apply to their focused events and will also be invited to evening all-comers track and field meets. There is a \$45 expense to join this team which covers entry into the all-comers meets and team registration, supervision, and transportation for the 4-7 District Track and Field Meet (June 4)
- Grade 7 students who are practicing with the CNB track and field team will have priority placement on the CNB entry for the Grades 4-7 District Track and Field Meet.
- Any remaining CNB entries for the Grades 4-7 District Track and Field Meet will come from after school/lunch event qualifiers (listen to announcements). Any students who qualify through this process will be charged \$25 (as they are not already on the CNB track and field team) to cover team entry, supervision, and transportation for the Grades 4-7 District Track and Field Meet.
- Events for grade 7s at the Grades 4-7 District Track and Field Meet: 100m, 200m, 800m, 1200m, 4x100m (one school team), High Jump, Long Jump, Triple Jump, Discus, Shot Put, Javelin.

## **Grade 8s: [2026 PRACTICE AND MEET SCHEDULE](#)**

**To register for grade 8 track and field [CLICK HERE](#) and use field studies code: 225056**

- Grade 8 is the first year that students compete within BC School Sports (BCSS) regulations.
- In order to represent CNB at any meet, the student must be registered on the CNB track and field team. This team has morning practices, that are event specific. Students come to the practices that apply to their focused events and will also be invited to evening all-comers track and field meets. There is a \$45 expense to join this team which covers team entry into the all-comers meets, Zones/Valleys, and all transportation/supervision.
- Grade 8 Track and Field Meets
  - South-Central Zones: May 12 @ Kelowna Apple Bowl
  - Thompson-Okanagan Valleys: May 19 @ Kamloops Hillside Stadium
  - Provincials\*\*\* June 4 - 6 @ Langley McLeod Stadium

\*\*\*Additional fees may apply for this meet. Unless there is a large number of qualifiers from our school, students may need to attend this event independently. We are usually able to pair up

# 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>	<b>GOOD FRIDAY</b> <b>NO SCHOOL</b> <sup>3</sup>
<b>EASTER MONDAY</b> <b>NO SCHOOL</b> <sup>6</sup>	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



**April 9, 2026  
5-7pm**

# YOUTH TRANSITION RESOURCE FAIR

**JOIN US**

**Kelowna Secondary School  
1079 Raymer Ave**

Don't miss this opportunity designed to support individuals with diverse abilities and their families explore future pathways.

Scan the QR code or click the link to see the 30+ community agencies and service providers attending.



**CLICK HERE**



## 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

## SPRING REC GUIDE

REGISTRATION IS NOW OPEN.

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



WEST KELOWNA RECREATION GUIDE  
www.westkelownacity.ca/recguide

### KIDS GET READY FOR FRIDAY FUN!

Drop Off the Kids, Take the Night Off!

Epic team challenges  
Crafts and non-stop fun

NEEDS 10 FRIDAYS

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

### FAMILY FLICKS

FREE

NOW SHOWING

## FIREHEART

Sunday, March 29  
2:00 - 4:00 pm

A fire truck will be on-site during movie. Stop by and say hi to our firefighters!

[www.westkelownacity.ca/cityevents](http://www.westkelownacity.ca/cityevents)

## 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/>

# Kelowna BMX OPEN House

**SATURDAY APRIL 11<sup>th</sup>**

**RACING @ 12pm**  
ALL FIRST TIME RIDERS RACE FOR FREE!

**DATE** April 11th, 2026  
**DAY** Saturday  
**TIME** 10am-11:30am Open House + Racing @ 12:00pm  
**WHO** Current Riders, New Riders, EVERYONE!  
**WHERE** Kelowna BMX Track, 645 Dodd Road

**DETAILS**

**Come check out what BMX is all about!**  
 Bring your bike to ride the track, learn about the club, and check out the bike and gear swap.  
 Stick around in the afternoon to watch or join in on some BMX racing, grab some pizza and win some prizes.

**New & Want to Race?**  
 Get get a membership or fill in the 1 day trial waiver.



**Riders need :**

- bike & helmet (all bikes welcome)
- closed toed shoes
- long sleeve shirts, full length pants or knee/elbow pads.

**Kelowna EcoCooks club**

April 8 - May 27  
 Wednesdays  
 3:30 - 5:45 PM

604 Cawston Ave,  
 Kelowna BC

Come join us for 8 weeks of fun games and cooking!



Spring 2026 Registration Open  
[www.ecocooks.org/registrationkelowna](http://www.ecocooks.org/registrationkelowna)

Studio 100, Rotary Centre  
[www.newvintage.ca](http://www.newvintage.ca)

Last Class Performances Pro Instructors

**NEW VINTAGE THEATRE**

**SPRING ACTING CLASSES STARTING THIS APRIL**

**YOUTH PLAYS**  
 MONDAYS DESPICABLE ME 4:15-5:30PM  
 SATURDAYS DESPICABLE ME 10-11AM

**YOUTH MUSICAL THEATRE**  
 SATURDAYS A 1980'S SNOW WHITE 1-2PM

**TEENS**  
 Mystery Saturdays The Watcher II 12:30pm  
**ADULTS**  
 Mondays Improv Games Night 5:30-7pm



**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)

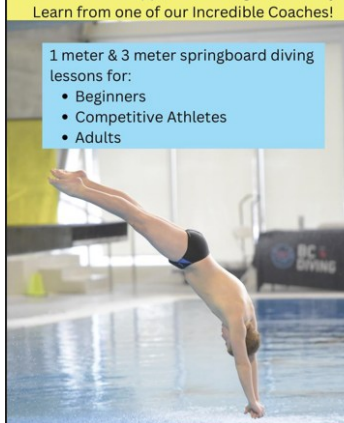
**CONTACT:**  
[peachlandminorsoftball@gmail.com](mailto:peachlandminorsoftball@gmail.com)



**Take the Plunge**  
 Come Join our Supportive Diving Community & Learn from one of our Incredible Coaches!


1 meter & 3 meter springboard diving lessons for:

- Beginners
- Competitive Athletes
- Adults



- Programs for everyone ages 5 and Up
- Lessons held at the H2O Adventure + Fitness Centre & Rutland Family YMCA

Email [ksdc.general@gmail.com](mailto:ksdc.general@gmail.com) with any questions



**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](mailto:info@westkelownabearsfootball.ca)  
[www.westkelownabearsfootball.ca](http://www.westkelownabearsfootball.ca)

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

REGISTER ON  
[WESTSIDEMINORFASTBALL.CA](http://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 U19 - \$240	

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

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

**YOUTH CAMPS 6-12**  
• 12 THEMED CAMPS  
• COMIC BOOK SUPERHEROES  
• MUSICAL THEATRE  
• A 1275A CIRCUS BELL & HOWARD  
• CRYSTAL PALACE  
• V.I. PUPPETS

**LOCATIONS:**  
• STUDIO 100, RICA & BLACK BOX THEATRE  
• THE WATCHER IN THE WOODS PLAY  
• TEEN MUSICAL THEATRE

**THEATRE FOR ALL**

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