



CNB Cub Courier Newsletter

Monday, September 21, 2026 - Friday, September 25, 2026

Next Week at a Glance

Monday / skix^wiws / lundi: September 21 - (BADC)

- School Photo Day

Tuesday / s⁷asl⁸ásq⁸t / mardi: September 22 - (FEHG)

- Terry Fox Run 11am

Wednesday / ska⁷tlásq⁸t / mercredi: September 23 - (BADC)

- Field Study - Kettle River Camping - Outdoor Ed8 Wednesday to Friday
- Band: Parent Travel and Fundraising Meeting re: MusicFest Canada 7pm

Thursday / smasq⁸t / jeudi: September 24 - (FEHG)

- Fire Drill 1:40PM
- CNB Community Welcome Back BBQ from 5pm - 6pm

Friday / scl⁸kstasq⁸t / vendredi: September 25 - (BADC)



Full CNB Calendar [HERE](#)

Photo Day is Monday!

Photo Day at CNB is Monday, September 21.

School photo retakes will be on Monday, October 19.

Monday, September 21, 2026

Absentee / Retake Date:

Monday, October 19, 2026



Your School Photo today
becomes a family treasure tomorrow



Optional - October Lunch Meals

October's optional lunch meal program for students who wish to participate will be available for purchase on Monday, Sept. 21st on their child's [school cash online account](#).

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** - Last day to order Sunday, Sept. 27. We will be serving PIZZA on Thursday, Oct. 8 and Thursday, Oct. 22 because there is NO SCHOOL on those following Fridays.

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

October Meals 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 HGFE BLT PASTA SALAD	2 DCBA PIZZA	3
4	5 EFGH BUTTER CHICKEN RICE BOWL	6 ABCD CHICKEN TERIYAKI	7 EFGH TURKEY MASH POTATO BOWL	8 ABCD PIZZA	9 Administrative Implementation Day – NO SCHOOL	10
11	12 Thanksgiving Day - NO SCHOOL	13 GHEF TURKEY OR HAM SUB	14 CDAB CHICKEN ALFREDO	15 GHEF BEEF BURGER & VEG	16 CDAB PIZZA	17
18	19 FEHG SHEPHERDS PIE	20 BADC HOT DOG & VEG's	21 FEHG Early Dismissal 11:55am Parent/Teacher Conferences 4:00pm	22 BADC PIZZA	23 Professional Development Day - NO SCHOOL	24
25	26 HGFE LASAGNE	27 DCBA CHICKEN BURGER & VEG's	28 HGFE SAMOSA	29 DCBA SUSHI	30 HGFE PIZZA	31

Current 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 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			

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 cashionline](#) account

Thank you for your support!



Back to School Community BBQ

Our CNB back-to-school BBQ is on **Thursday, September 24th** from 5pm to 6pm! All are welcome to join us for this free event of burgers, hot dogs, and sausages.

M&M Meats will be on site — first come, first served until the food runs out!

Leadership students will have fun activities for families to enjoy, and the school will be open for students to proudly show you their learning spaces. All classrooms will be open for the community to see.

Our amazing PAC will have the Den Store open with drinks and snacks.

Some of our staff will be joining us, though many have family commitments that evening. Parent-teacher conferences are scheduled for Wednesday, Oct. 21. By then, teachers will be ready to share much more about your child's learning and connections. If you'd like to connect with a teacher sooner, please feel free to reach out by email.

We're looking forward to sharing dinner and community time with you!



Student Clubs

CNB Clubs

Day	Club	Time	Room	Teacher Sponsor
Monday and Wednesday	Choir Club	7:45am – 8:45am	118	Ms. Chisholm
Tuesday	Movie Club	Lunchtime	Port 6	Mr. Toth
Wednesday	Homework Club	8:30am – 9:00am	127, Gathering Room	Ms. Michelle and Ms. Jo
Wednesday	Dance Club	Lunchtime	112	Ms. Seigman and Mrs. Preston
Wednesday	Singing and Drumming Club	Lunchtime	127, Gathering Room	Ms. Michelle and Ms. Jo
Wednesday	Calm Club	Lunchtime	203	Mr. Walley and Mr. Fournie
Wednesday	Pokemon Club	Lunchtime	105	Ms. Harsh
Thursday	Movie Club	Lunchtime	111	Mr. Luff
Thursday	Art Club	3:30-4:30	125	Ms. Young
Friday	Chess Club	Lunchtime	Port 2	Mr. Ortwein
Friday	Gay Straight Alliance Club	Lunchtime	123	Ms. Dodd and Ms. Harsh
Friday	Colouring Club	Lunchtime	202	Ms. Novak
Friday	Card Game Club	Lunchtime	102	Ms. Robinson
Tues, Wed, Thurs	Fitness Club	8:30 - 9:00am	Weight Room	Resource
Tues, Wed, Thurs	Homework Club	8:30 – 9:00am	Library	Resource



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.

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.

The Central Okanagan School District's Appeals Process

Board Policy 3090 – 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 3090 – Appeals, that can be accessed from the 'Board 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 Administrative Procedure – Student Fees (*Regulations*), 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 Administrative Procedure 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. Please also ensure to include the following information in your September, January and June Newsletters:

The Central Okanagan School District's Sanctuary Schools Policy

Board Policy 4030 – Sanctuary Schools (see www.sd23.bc.ca) upholds the Board's commitment to providing educational opportunities for all students who are ordinarily resident in the Central Okanagan, including those with precarious immigration status or no immigration status.

Student registrations that pertain to Policy 4030 – Sanctuary Schools will be processed through the Welcome Centre.

[Policy 4030 - Sanctuary Schools](#)

[Welcome Centre](#)

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.

Athletics

For Athletics inquiries, please contact derek.worrall@sd23.bc.ca



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

Click on the link below to check out the practice schedule:



[CNB Schedule.pdf](#)

drive.google.com

Volleyball at CNB

Grade 6 volleyball games are organized after the grade 7 and grade 8 leagues start. When info becomes available, families will receive a message directly from Mr. Worrall.

Grade 7 and 8 district volleyball league and travel information is available [HERE](#)

Volleyball Hoodies for Purchase

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



Cross Country

Cross-country athletes' district league and travel information is available [HERE](#)

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



Movie Night at MBSS



YMCA Okanagan Swims



2nd Annual Make a Splash



Kelowna Dolphins
Fall 2026



Kelowna Crows RFC
Juniors



Kelowna Springboard
Diving Club



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.

$$2+3=5$$

$$12-5=7$$

$$3+8=11$$

$$9-5=4$$

$$4$$

$$9+6=15$$

$$7+1=8$$

$$3 \times 6 = 18$$

$$5 \times 2 = 10$$

$$6$$

