



CANYON FALLS

MIDDLE SCHOOL

1211 Frost Rd, Kelowna, BC V1W 5M1 250 870-5123

Week at a Glance: January 22 - 26, 2024

Monday – Jan 22	- Beginning Band 8:00 - 8:50 am - Power Hour (Learning Commons) 8:15 - 8:50 am - CMS Diversity Club in Dragonfly community (room 304) at lunch
Tuesday – Jan 23	- Intermediate Band - 8:00 - 8:50 am Hot Lunch (Freshbox Sushi) - Power Hour (Learning Commons) 3:20 - 4:00 pm - Kitchen Brigades 4:00 - 6:00 pm
Wednesday – Jan 24	
Thursday – Jan 25	- Beginning Band 8:00 - 8:50 am Hot Lunch (Jugo Juice) - PAC Meeting 6:30 pm (in the Bald Eagle Community)
Friday – Jan 26	Spirit Day - Dress like a Rockstar / Karaoke in the gym @ lunch - Intermediate Band 8:00 - 8:50 am Band Fundraiser Pizza Day

Upcoming Dates

- Feb 2 Exploratory 3 ends
- Feb 5 Exploratory 4 begins
- Feb 16 Teacher Professional Day - no school
- Feb 19 Family Day - no school

Friday January 26 is dress like a dress like a Rockstar Day. Support your community in their attempts to bring home the Cup, earn points and wear your favorite concert or band t shirt, dress like your version of a rockstar and come to the gym at lunch for karaoke.

BASKETBALL PRACTICES

Monday, Jan 22

Gr 7 girls 7:30 - 8:45 am
Gr 8 girls 3:30 - 5:00 pm

Tuesday, Jan 23

Gr 7 boys 3:30 - 5:00 pm

Wednesday, Jan 24

Gr 8 girls 7:30 - 8:45 am
Gr 8 boys 3:30 - 5:00 pm

Thursday, Jan 25

Gr 7 boys 7:30 - 8:45 am

Friday, Jan 26

Gr 8 boys 7:15 - 8:45 am
Gr 7 girls 3:30 - 5:00 pm

Parking Lot Concerns

With the current weather conditions we are going to be blocking off the bus loop lane closest to the school from 3:00-3:30. Bus drivers are reporting that cars blocking the lane are causing unsafe conditions for students to load and unload the busses and also delay bus routes. This is proving to be even more challenging for our students with mobility issues. In addition, please note that the cul-de-sac in front of the school is a no parking area. Congestion in this area is also blocking busses from leaving on time. We thank you for your understanding.

Grade 6 basketball will begin in February



BASKETBALL GAMES

Monday, Jan 22

Gr 8 boys KCMS @ CMS2 5:30 - 7:00 pm
Gr 8 boys CMS1 @ CMS3 7:00 - 8:30 pm

Thursday, Jan 25

Gr 8 girls KLO1 @ CMS 7:00 - 8:30 pm

CMS Spirit Wear for sale!

We have a limited number of CMS hoodies and t-shirts available in the Welcome Centre. Cash only.

Hoodies \$40

Community coloured t-shirts \$10

CMS t-shirts \$15

Disability Parking Stalls

We know that the snow and ice can make it challenging to see the designated disability parking spots but we do require those spots for students with mobility issues that are being picked up. We have two spots, both located just north of the crosswalk. Please do not park in those spots unless required. Thank you.

CMS would appreciate any donations of unneeded magazines for projects in the art studio!

Messages from PAC

January PAC Meeting is on Thursday, January 25 at 6:30 pm in the Bald Eagle Community. Everyone is Welcome!

Hot Lunch Volunteers

Our Hot Lunch Squad is in need of reinforcements for Term 2! Why should you sign up, you ask? Well, aside from earning the prestigious title of "Hot Lunch Volunteer Superhero," you'll also get exclusive access to the secret realm of the servery and illustrious bragging right of being instrumental in keeping our program alive!

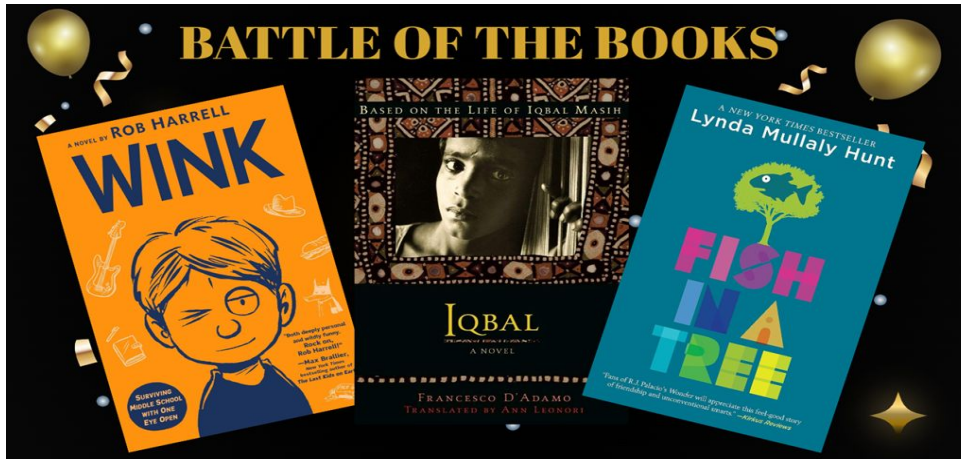
Sign up at <https://www.signupgenius.com/go/10C0F48A9AD28AAF9C34-46854495-cmshot#/>

Hot Lunch Orders

If you missed the first few weeks of January Hot Lunch order, not to worry, you can still get an order in for the rest of the month. Go to www.cmspac.ca and place your order today.

CMS Battle of the books is back!

- Students form a team and sign up in the library
- They read 3 books in preparation for our trivia battle on March 11th
- The winning team earns points towards Canyon Cup!



Come visit the Lost and Found table in the foyer.





A LOOK AT *Learning*

THE GRIZZLY COMMUNITY

Students discovered, researched, and created a tool or diorama for their top career choice.
Well done Grizzlies!



Red Cross Certified Babysitter Course



Canyon Falls Middle School - Grizzly Room

Participants will learn how to provide care to younger children in a variety of age groups, and how to prevent and respond to emergencies.



Saturday, February 10
9:00am - 4:00pm



Age: 12-18 years



\$80

Only 12 spaces!

**Register here
or online:**



Course ID: 29465



kelowna.ca/recreation

250-469-8800



2024 Winter Program

EcoCooks Club is an afterschool program consisting of 8 fun-filled workshops. Youth (grades 4-7) are immersed in this science-based environmental cooking program which creates a strong foundation to develop lifelong healthy and planet-positive eating habits.



Two
program
options

"This was the BEST cooking class I've ever been to...it was awesome that we learned a lot about the environment!"
~ Youth Participant

Tuesdays | January 23rd– March 12th or
Wednesdays | January 24th – March 13th

Time | 4:15pm to 6:30pm

Location | Salvation Army Sutherland Church, Kelowna

Cost | Free

To register, please visit:
<https://www.ecocooks.org/registration-kelowna>
For more information, please contact:
Bonny at bdemelo@uncf.ca