



CANYON FALLS

MIDDLE SCHOOL

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

Week at a Glance: January 29 - Feb 2, 2024

Monday – Jan 29	- Beginning Band 8:00 - 8:50 am - Power Hour (Learning Commons) 8:15 - 8:50 am - Band Fundraiser - Hot Dog Day
Tuesday – Jan 30	- Intermediate Band - 8:00 - 8:50 am - Hot Lunch (Poppadoms) - Social Justice & Diversity Club (Dragonfly community at lunch) - Power Hour (Learning Commons) 3:20 - 4:00 pm - Kitchen Brigades 4:00 - 6:00 pm
Wednesday – Jan 31	Band Fundraiser - Snack/Treat Sales
Thursday – Feb 1	- Beginning Band 8:00 - 8:50 am - Hot Lunch (Wrap Zone & Frozen Yogurt)
Friday – Feb 2	- Exploratory 3 ends - Intermediate Band 8:00 - 8:50 am - Band Fundraiser - Snack/Treat Sales - Gaga Ball Tournament (gym at lunch)

Upcoming Dates

Feb 5 Exploratory 4 begins
Feb 16 Teacher Professional Day - no school
Feb 19 Family Day - no school
Mar 6 Learner Led Conferences 5:00 - 7:00 pm (early dismissal @ 1:00)

Noon-Hour Supervisor Positions Available

If you are interested in being part of the CMS team in a paid noon-hour supervisor position please contact Mr. Tonn.
carson.tonn@sd23.bc.ca

BASKETBALL PRACTICES

Monday, Jan 29

Gr 7 girls 7:30 - 8:45 am
Gr 8 girls 5:00 - 6:30 pm

Tuesday, Jan 30

Gr 7 boys 3:30 - 5:00 pm

Wednesday, Jan 31

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

Thursday, Feb 1

Gr 7 boys 7:30 - 8:45 am

Friday, Feb 2

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

Here is the link to the newest Canyon Connection video!

<https://drive.google.com/file/d/1E-LWtAfoCkU2vLAIBzEfAZLCRujOc6VI/view?usp=sharing>

Grade 6 basketball information meeting will be announced in PHE the week of January 29th.



BASKETBALL GAMES

Monday, Jan 29 - Friday, Feb 2

Gr 8 boys BYE week
Gr 8 girls BYE week

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

Arriving Late to School

Parents/Guardians, we could use your support with students arriving late to school after the 9:01 start time. We have been noticing an increase in the number of students arriving after the start time bell. Arriving late is disruptive to your child, their peers, and school staff.

If your child does arrive late:

- Remind your child they are to check-in at the Welcome Centre (Office) to receive an Admit Slip
- Proceed directly to class after receiving the Admit Slip
- Give the Admit Slip directly to their teacher

We appreciate any support you can provide to prevent late arrivals. Please contact the school if you are needing assistance with your child in this regard.

Parents, we could use your support with students leaving school early.

We have been noticing an increase in students leaving before the scheduled end of the day and this is disruptive to classes and to your child's learning. However, we understand that there are times when extracurricular sports, appointments and emergencies make early dismissal unavoidable. If your student needs to leave early, we would ask you to help us out with the following:

- Please use the School Messenger App to let our office staff know what time your child needs to leave.
- Please remind your child when they should be leaving the school and that they need to check out at the office. Sometimes parents contact the office staff to remind students they need to leave. Calling multiple times at the end of the day into communities is disruptive to the teachers and the learners they are caring for.

Thank you for your help!

Our Intermediate band students are raising money for their trip to the Con Brio Music Festival. During lunch periods on the following days, band students will be selling a delicious variety of snacks priced from just \$0.25 to \$4.00.

Fri, Jan 26 – Pizza Day – pre-orders, counter sales and treats

Mon, Jan 29 – Hot Dog Day

Wed, Jan 31 – Snack/Treat Sales

Fri, Feb 2 – Snack/Treat Sales

Thank you very much for supporting our students!



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!



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.

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.

A LOOK AT *Learning*

CMS PHE

Over the next ten weeks, students in PHE will be focused on how their choices affect their overall well-being.

Strength training

Learning a variety of movements to improve both strength and mobility while identifying basic anatomy.



Nutrition

Exploring our Canada Food Guide and Nutrition Labels to help make healthy food choices.



Big Idea

Healthy choices influence our physical, emotional, and mental well-being.



Handball

Understanding what it means to be a valuable, inclusive, empathetic and sportsmanlike teammate.



Yoga

Increasing muscle flexibility as well as taking the time to understand our mental health.



Central Okanagan Hockey Academy Applications for 2024/25 School Year

Hockey Academy Applications for the 2024/25 school year will open up at 8 am on February 1, 2024.

Please apply early as this program can fill up quickly

Note: on-ice sessions are at MNP Place (formerly Capital News Centre)

Students are to meet at the arena for the AM class and will be transported by School District #23 bus back to school after the ice time. Equipment is transported back to school by parent volunteers and the CMS' Hockey Skills Academy trailer.

The **Canyon Falls Middle School Hockey Academy** is only available to students entering grade 7 and 8 for the 2024-2025 school year. The Hockey Academy runs during the first half morning of our Enrichment program.

Program Link: [Canyon Falls Middle School Hockey Academy](#)

Mr. Blain Wright
SD#23 Hockey Skills Academy Coordinator
Central Okanagan Public Schools
Kelowna, BC
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Mr. Anthony Greer
CMS Hockey Academy Teacher
Canyon Falls Middle School
Kelowna, BC
Phone: (250) 870-5123 Ext. 7861
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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