

## ***Good afternoon, Royston El community!***

Here is your week ahead for Dec 15-19, 2025.



And for those wanting the "quick hits" for the upcoming week:

### **School News**

- **Spirit Week**

- Monday - Ugly Sweater Day
- Tuesday - Merry and Bright - Wear Something Festive (Red/Green)
- Wednesday - Santa Hat Day - **Winter Concert Day**
- Thursday – Coose either:
  - Christmas Character Day - dress like your favourite holiday character (from book/movie etc....)
  - or you can choose “all of the above” – Ugly Sweater + Merry and Bright + Santa Hat.
- Friday - Pajama Day and Pancake breakfast for all students(9-10am)

- **Royston Winter Concert –**

- **Dec 17<sup>th</sup> 1:00pm / 6:00pm**
- **PAC Bakesale** – bring cash.
- **Sweet Seats auction before each Winter Concert for the “Best Seats” in the House** - All proceeds will go to the Royston Elementary Compassionate Care Fund, supporting students and families in our own community when the need arises.

- **Report Cards come home on December 19<sup>th</sup>.**

- **EDAS -Everybody Deserves a Smile**
  - Division 11 will be visiting the EDAs warehouse on Monday to help spread the cheer. Folks can still consider e-transferring a donation to [Donate2ComoxValley@edas.ca](mailto:Donate2ComoxValley@edas.ca)
- Once again, our Royston Community is stepping up to support the **“Sharing the Christmas Spirit” Comox Valley Hamper program**. Ask your kids if they have signed up for anything. Hampers will be picked up on Wednesday morning – Dec 17.
- Compassionate Care through Royston EI - as always, please reach out if you know anyone in our community who might benefit from some additional support this holiday season.
  - Connect with me at [lee.mckillican@sd71.bc.ca](mailto:lee.mckillican@sd71.bc.ca) – This process is fully confidential.

### **PAC News**

- **Hot Dog lunch on Tuesday** – Check the PAC Hot lunch order page for more details.
- **Next PAC Meeting - Wednesday Jan 14 at 6:30PM**
  - All parents are welcome! We offer free childcare.

### **District News**

### **Community News**

- **Attention Royston Volleyball Players** - Comox Valley Volleyball December Camp is December 20th and 21st at Highland School. The morning session is for grades 5-8 and the afternoon session is for grades 9-12. Please email Brian at [bdstevens@hotmail.com](mailto:bdstevens@hotmail.com) for more information.

### **Social Emotional Learning**

**Social Emotional  
Learning at Royston**

## How to Help Your Child Navigate Holiday Stress

1. Stick to your regular routine as much as possible. If your child normally goes to bed at 8pm, try to continue that throughout the holidays. In fact, during the school year, it is helpful to follow the same sleep schedule during the weekends as well.
2. Try not to overschedule. It is nice to do winter activities and visit with family but try to have a few "down" days when your child can stay in pj's all day and have time for free play and some peace and quiet.
3. Make sure that your child goes outside to play as much as possible! Limit screen time to less than 30 min per day.
4. Manage sugar intake. It is important for immunity and emotional balance that your child eat as healthy as possible.
5. Remind them that this is a time to be grateful and show kindness towards others. You can model this by showing patience and giving back to your community.
6. Share some fun activities like baking, solving puzzles or playing board games as a family. This is a great time to make memories!

If your child suffers from anxiety, depression or another mental health issue, remember that there are community resources that can help. As well, it is helpful to encourage your child to share their feelings by talking about them or writing about them in a journal.

Happy Holidays!



Thanks everyone - have a great weekend,

Lee McKillican and Char Siddon 😊

