

Good afternoon, Royston EI community!

Here is your week ahead for Dec 8-12, 2025.



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

School News

- **Royston Winter Concert –**
 - **Dec 17th 1:00pm / 6:00pm**

- **EDAS -Everybody Deserves a Smile**
 - Several classes at our school are participating in the EDAS project - Everybody Deserves a Smile. Student are designing card packages and cards.
 - We are one of 22 school communities participating in this project. The goal is to hand out handcrafted care packages to 1500 people living in difficult circumstances this Christmas.
 - The care packages will include: a hand decorated card, a pair of wool socks, a toothbrush, toothpaste, a bar of soap, a toque, a scarf, and a bag of homemade sugar cookies.

 - As part of the project, we are inviting families to consider donating wool socks (Sizes- Men and Non-binary = XL; Women = M), toques or scarves. Donations can be brought to the school office, or folks can consider e-transferring a donation to 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. And as always, please reach out if you know anyone in our community who might benefit from some support this holiday season.



KINDNESS CHALLENGE:

- As part of celebrating all the acts of kindness at Royston, we are having an assembly next Friday to show how one act of kindness inspires another by putting all our donated cereal boxes in a line like dominos and watching them fall. Currently, we have approximately 60 unopened boxes of cereal, but we are hoping for enough boxes to circle the gym. After the assembly all of the cereal boxes will be donated to the food bank. If possible, please consider donating a box of cereal to this worthy cause.

PAC News

- **Next PAC Meeting - Wednesday DEC 10th 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 for more information.

Social Emotional Learning

Social Emotional Learning

Social Emotional

Learning at Royston

Social Emotional Wellness for Families

Sometimes emotions run higher than usual during the holiday season and may be due to excitement or changes in routine. We are trying to work, go to school, attend family gatherings and enjoy the festive season but need a reminder to stay positive and optimistic. It is imperative that we model to our children what that looks like, and I know it can be difficult. Here are a few suggestions to help you create social emotional wellness during the holiday season by staying positive and optimistic.

Positivity: The practice of being optimistic in attitude

Optimism: The inclination to anticipate the best possible outcome

1. Share good news
2. Encourage good deeds/random acts of kindness
3. Watch "feel good" movies such as Happy Feet (young children) or A Wrinkle in Time (older children) or read aloud "feel good" books like, "Charlotte's Web"
4. Change pessimism into optimism by encouraging your child to say something positive when they say something negative
5. Start a "Goodness Box" that you fill with items for the food bank

Remember that:

- Kids who remain upbeat about life despite uncertain times have parents who model optimism
- Ungrounded pessimistic thinking erodes hope, sets kids up for failure and shortchanges their thriving abilities, but optimism can be taught
- Seeing unpleasant images repeatedly can exacerbate anxiety, increase fear and decrease optimism so monitor your child's exposure to the news



Thanks everyone - have a great weekend,

Lee McKillican and Char Siddon 😊

