

Good afternoon, Royston EI community!

Here is your week ahead for Feb 2nd–Feb 6th,2026.



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

School News

- **Reminder- the Royston drop-off / pick-up area is an Idle Free zone. Please turn off your vehicles while you wait. Thank you.**
- **Pink Shirt Day is coming soon! Orders for pink shirts are due no later than Tuesday, Feb. 3rd. Thank you.**
- **Basketball news-** Please note changes to the girl's schedule. All games are 3:00-4:00pm.
 - **Feb 2nd**
 - Boys at Gaglardi (Parent rides are required)
 - Girls at home vs Nides
 - **Upcoming games**
 - **Feb 9th** – Boys at Huband / Girls at home vs Huband
 - **Feb 23rd** – Boys at home vs Cumberland / Girls at NIDES
- **Special Events:** follow this link from our public libraries. [Events - Vancouver Island Regional Library](#)

- **Kindergarten Registration:** Kindergarten registration is now open. To be eligible for enrolment in September 2026, a student MUST turn five (5) years of age by December 31, 2026.

To ensure you live in the Royston Elementary catchment area, check here: [School Locator](#)

- Please complete the form at this link: [School Registration](#)
- For registration to go forward, please attach the following to the registration form:
- Your child's birth certificate, any applicable immigration documents, and/or proof of Canadian citizenship. A current Passport/Landed Immigrant documentation may be used instead of a birth certificate. A Health Care Card may not be used as proof of age.
- Proof of your residence address (a document such as your current year property tax receipt, current month rental receipt, or a purchase/rental agreement)
- Your child's Health Care Card – front and back.

Note: You must use a computer to register. It will not work on either a phone or tablet.

If you would like more information on other programs offered by the school district, you will find it here: [Kindergarten Registration](#)

To register for the school bus, the information can be found here: [Student Transportation](#)

PAC News

- **Next PAC Meeting - Wednesday Feb 11 at 6:30PM**
 - All parents are welcome! We offer free childcare.
- **Westcoast Seeds Fundraiser Starts Feb 8**
Details will be sent out soon.
- **Purdy's Fundraiser**
 - Hey chocolate lovers! 🍫 We're kicking off our Purdy's Fundraiser and you're invited to help us reach our goal. Order your spring

treats through our custom link and up to 30% of your purchase goes directly to Royston Elementary PAC.

-  Start shopping (click on the blue link below):
- [Purdy's Chocolatier Fundraiser](#)

Please order by: February 26, 2026

District News

- **Non-Instructional Day Scheduled for Friday, May 15**
- **Internet Safety:** Our Comox Valley School District website has information to help keep your children safe online. You can find this information under the "Learning at Home" tab in "Learn71".
- **Taking a Photo Down** – Please note that if you need to remove a photo from the internet, go to: <https://takeitdown.ncmec.org/>

Community News

Try Lacrosse – Free Intro Sessions!!



The poster features a yellow and blue color scheme. At the top left, it says 'COMOX VALLEY WILD LACROSSE'. The main headline is 'LEARN TO PLAY LACROSSE' in large, bold letters. A starburst graphic on the right says 'FREE FREE FREE'. Below the headline, it says 'LEARN-TO-PLAY SESSIONS TRY LACROSSE FOR FREE BEFORE THE 2026 SEASON'. There are three columns of information: 'WHERE' (ÉCOLE PUNTLEDGE PARK GYMNASIUM, 401 WILLEMAR AVE.), 'WHEN' (MONDAYS FEBRUARY 2ND + 9TH 6 - 7:00 P.M.), and 'BRING' (HOCKEY HELMET WITH A CAGE, HOCKEY OR LACROSSE GLOVES, WATER BOTTLE). At the bottom, it states 'NO REGISTRATION REQUIRED. OPEN TO PLAYERS WHO ARE TURNING 5 TO 12 IN THE CALENDAR YEAR. PARENTS/GUARDIANS MUST SIGN A WAIVER AT DROP OFF FOR YOUR PLAYER TO PARTICIPATE'. The background image shows a coach and two young players in lacrosse gear.

If your child had fun at our lacrosse sessions and wants to try some more lacrosse for FREE.

Or if you are looking for a fun, fast-paced sport for your child? Join Comox Valley Wild Lacrosse for *2 free lacrosse sessions* – no experience needed.

 **Mondays, February 2 & 9, 2026**

6:00–7:00 PM

École Puntledge Park Gymnasium

401 Willemar Avenue, Courtenay

Open to children and youth born **2010–2021**

No registration required

Winter Open House

**WINTER
OPEN HOUSE
FOR
INDIGENOUS
FAMILIES**

HOSTED BY
THE INDIGENOUS
EDUCATION COUNCIL

FEBRUARY 5, 5-7PM

GLACIER VIEW SCHOOL
241 Beecher Place,
Courtenay BC

**FREE
EVENT**

WHAT'S HAPPENING?

- ✓ Pizza, snacks, and Games in the Gym
- ✓ Free Literacy Resources
- ✓ Storytelling with Knowledge Holders
- ✓ Free Books

Camox Valley Schools
A community of schools
learning together, growing together.

Social Emotional Learning

Social Emotional Learning

At Royston

A Note to Families: The information shared in this Social Emotional Learning Newsletter is offered in the spirit of support and care and is part of our Royston commitment to student well-being. While we aim to share helpful ideas and general strategies, this content is not intended to replace professional mental health care or individualized support. Our school team remains committed to supporting students within the school setting, and we value working in partnership with families to ensure children feel safe, supported, and cared for.

Less Screen Time = Emotional Regulation

At Royston Elementary, we support students' social and emotional growth alongside their academic learning. One important way families can help at home is by being mindful of screen use. While screens can be useful for learning and connection, research has shown that **too much screen time can make it harder for children to recognize, manage, and express their emotions.**

When children spend extended time on screens, their brains are constantly stimulated, which can make it difficult to slow down and notice feelings such as frustration, worry, or excitement. Reducing screen time gives children more opportunities to pause, reflect, and practice self-regulation—skills that are closely connected to the **Personal and Social Competency** in BC’s curriculum.

Less screen time also supports learning through real-world experiences. Activities such as free play, reading, talking with family members, creating, and spending time outdoors help children build problem-solving skills, persistence, and emotional awareness. These experiences align with the **Thinking Competency**, as students learn to reflect on their choices and develop strategies to manage challenges.

Face-to-face interactions are essential for building empathy and strong relationships. When children engage with others without screens, they practice reading body language, listening, and responding thoughtfully. These skills support the **Communication Competency** and help children feel more connected and confident at school.

Small changes—such as screen-free meals, short daily breaks from devices, or calming routines before bedtime—can make a meaningful difference. By working together, families and school staff can help students at Royston Elementary develop the emotional awareness, self-regulation, and resilience they need to thrive both in and out of the classroom.

Thank you for partnering with us to support your child’s social and emotional growth.



Lee McKillican and Char Siddon 😊

