

Good afternoon, Royston EI community!

Here is your week ahead for Jan 26 - 30, 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.**
- **Basketball news-** Please note changes to the girl's schedule. All games are 3:00-4:00pm (beginning Jan 26)
 - **Jan 26th**
 - Boys at Aspen (Parent rides are required)
 - Girls at home vs Robb Rd
 - **Upcoming games**
 - **Feb 2nd** – Boys at Gaglardi / Girls at home vs NIDES
 - **Feb 9th** – Boys at Huband / Girls at home vs Huband
 - **Feb 23rd** – Boys at home vs Cumberland / Girls at NIDES
- **Family Literacy Week** is next week (Jan 26-30)!
 - At Royston, we are celebrating this event through a '**Reading at Home Photo Display**'. If you like, please take a picture of your child reading at home (with a pet, family member, or independently) and submit it to our teacher-librarian for a chance to win a treat and a free book: Ashley.hamilton-macquarrie@sd71.bc.ca. Photos will be displayed on a bulletin board. Thanks for participating!

- **Author Visit:** we are fortunate to have local author, and Royston parent, [Jordan Scott](#) coming to read to our grade 1-3 classes. Jan 29, 2026 – 10:30-11:40.
- **Special Events:** follow this link from our public libraries. [Events - Vancouver Island Regional Library](#)
- **Re-Think your Drink Session – Jan 28th (All divisions)**
 - PHE specialist Jina Taylor will be here to lead a learning session on what we drink. Students will learn about sugar content and label reading and may come home with some new drink recipes. Students will also sample some drink recipes with little to no sugar.
- **Kindergarten Registration:** Comox Valley Schools will begin enrolling Kindergarten students starting on **Tuesday, January 20, 2026**. 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.
- **Parenting Workshop**
 - Last chance to register for our January 28th workshop on Internet Safety + Technology Tips.
 - 📄 **RSVP here:** <https://tinyurl.com/4aktz9vv>
 - Time: 6-8PM Royston Elementary
 - Free Childcare
 - Snacks, prizes and great information from Char Siddon!
- **Purdys Fundraiser**
 - Hey chocolate lovers! 🍫 We're kicking off our Purdys 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](#)

District News

- **Non-Instructional Day Scheduled for Friday, May 15**

**KINDERGARTEN AND OTHER PROGRAMS
2026-2027 REGISTRATION**

Neighbourhood Schools Registration Open

- Most students attend their neighbourhood school
- Placement in local catchment school is likely but not guaranteed, depending on space

January 26-30 - Expression of Interest Open

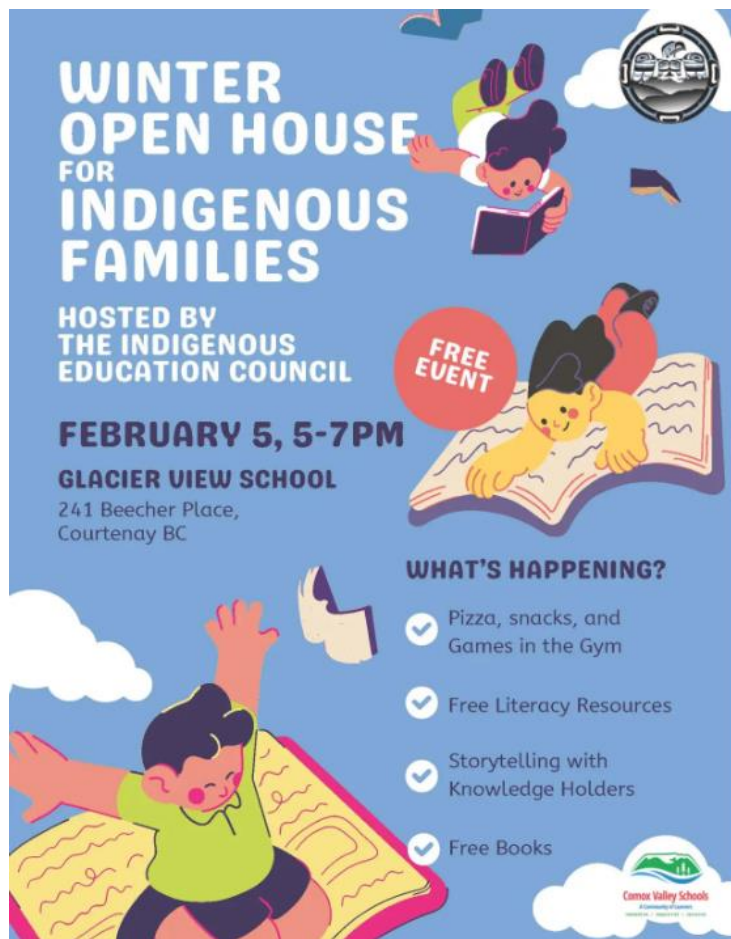
- Late French Immersion (Puntledge Park)
- For students entering Grade 6

February 24 - Navigate NIDES Registration

- Online Learning and Heartwood Programs
- Compass and FAe Kindergarten
- Register online at www.navigatenides.com


Comox Valley Schools
A Community of Learners

Community News



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.

Building Resilience: Helping Children Bounce Back

At school, we support students in building resilience—the ability to cope with challenges, recover from difficult moments, and keep going when things feel hard. Resilience does not mean handling problems alone or ignoring feelings. It means learning healthy ways to respond, asking for help, and knowing that support is always available. Children may

experience unkind behaviour, exclusion, or bullying, and it is important they know they are not alone.

For children, resilience includes recognizing and expressing feelings safely, learning ways to calm their bodies and minds, and believing they deserve kindness and respect. Resilience grows over time through caring relationships and consistent support at school and at home.

At school, we help students name their feelings, practice problem-solving, and identify trusted adults they can turn to for help. We also reinforce that reporting unkind behaviour is not tattling, but a way to keep everyone safe and supported.

Families can help build resilience by listening with empathy when children share difficult experiences and reminding them that their feelings matter. Supporting children in using calm-down strategies, such as breathing, taking a break, or drawing, can help them manage strong emotions. Practicing what to say or do in unkind situations can also help children feel more confident and prepared.

It is important for children to hear that unkind behaviour is not their fault and that asking for help is a strong choice. Noticing and celebrating effort—such as trying again after a hard day or reaching out for support—helps reinforce resilience.

Supporting resilience is a shared commitment between home and school. If your child is experiencing bullying or ongoing unkind behaviour, please reach out. We are here to work together to ensure every child feels safe, valued, and supported.

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

Resources for Families

- Family Smart Peer mentors. They also have lots of workshops online and in person
[Family Peer Support - FamilySmart](#)
- This list through Pathways:
[Pathways | Parent Support Groups](#)
- Healthy Families Program through Comox Valley Services
[Healthy Families Program - Comox Valley Family Services Association](#)
- Child and Youth Mental Health clinicians can work with parents as well
[Child and Youth Mental Health Intake Clinics - Province of British Columbia](#)
- Supports through the Foundry for parents of children aged 12 and up
[Foundry Comox Valley | Courtenay BC | Facebook](#)



Lee McKillican and Char Siddon 😊

