

Good afternoon, Royston El community!

Here is your week ahead for Jan 12 - 16, 2026.



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

School News

- **Wishing you all the best over the break. See you again real soon on Monday, January 5th**
- **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](#)

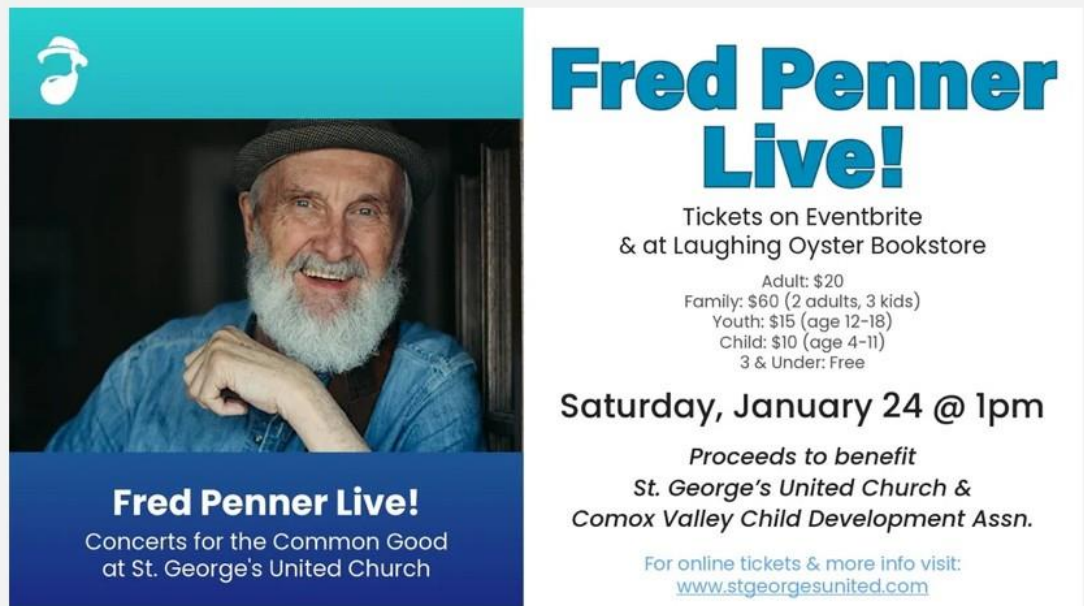
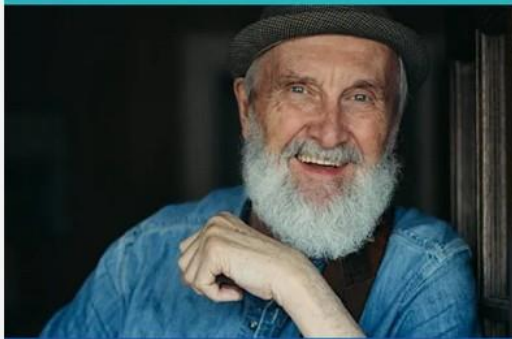
To register for the school bus, the information can be found here: [Student Transportation](#)

PAC News

- **Next PAC Meeting - Wednesday Jan 14 at 6:30PM**
 - All parents are welcome! We offer free childcare.

District News

Community News

A promotional poster for a live performance by Fred Penner. The poster is split into two main sections. On the left, there is a photograph of Fred Penner, an older man with a long white beard and a grey hat, wearing a blue denim shirt. Above the photo is a teal banner with a white icon of a person wearing a hat. Below the photo is a dark blue banner with white text. On the right, there is a white background with blue and black text. The title 'Fred Penner Live!' is in large, bold, blue letters. Below the title, it says 'Tickets on Eventbrite & at Laughing Oyster Bookstore'. Then, it lists ticket prices: 'Adult: \$20', 'Family: \$60 (2 adults, 3 kids)', 'Youth: \$15 (age 12-18)', 'Child: \$10 (age 4-11)', and '3 & Under: Free'. The date and time are 'Saturday, January 24 @ 1pm'. Below that, it says 'Proceeds to benefit St. George's United Church & Comox Valley Child Development Assn.'. At the bottom, it says 'For online tickets & more info visit: www.stgeorgesunited.com'.

Fred Penner Live!

Concerts for the Common Good
at St. George's United Church

Fred Penner Live!

Tickets on Eventbrite
& at Laughing Oyster Bookstore

Adult: \$20
Family: \$60 (2 adults, 3 kids)
Youth: \$15 (age 12-18)
Child: \$10 (age 4-11)
3 & Under: Free

Saturday, January 24 @ 1pm

Proceeds to benefit
**St. George's United Church &
Comox Valley Child Development Assn.**

For online tickets & more info visit:
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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.

As we embark on the holiday season, we know it can bring a mix of excitement and stress-especially for those of us balancing family, work, and the needs of our children. This time of year, it is easy to get caught up in the hustle and bustle, but it's also important to take a step back and remember the importance of gentleness with ourselves and our loved ones.

The holidays can trigger a variety of emotions, both joyful and challenging. If you find yourself feeling overwhelmed, anxious, or even distant from "holiday cheer", you are not alone. Parenting, especially in these unprecedented times, is tough. We're often asked to hold a lot of emotional weight, and it's important to be kind to ourselves as we navigate these seasons.

In the spirit of self-compassion and trauma-informed care, we offer a few gentle reminders to make the holidays a little more manageable and safer for you and your children.

1. **Embrace Imperfection** – The holidays don't have to be perfect to be meaningful. It is okay if the tree isn't perfectly decorated or if your meal isn't exactly what you envisioned. Sometimes, the most memorable moments are the ones that come without a plan – those quiet, spontaneous times of connection with your child.
2. **Set Boundaries that Honor Your Well-Being** - The holidays can be full of demands- whether from extended family, social obligations or the expectations we place on ourselves. Remember that it is O.K. to say, "No". Boundaries are essential for maintaining your mental health and creating a safe, nurturing environment for your children.
3. **Take Breaks and Create Calm Moments** – Finding small moments of rest can be helpful for both children and adults. Whether it's reading together, taking a short walk, listening to music, or enjoying quiet time, these pauses can support emotional regulation and reduce stress.
4. **Reach Out for Support When Needed** – You do not have to navigate the holidays alone. Reaching out to trusted family members, friends, or school staff for support is a sign of strength. Connection and community can make challenging moments feel more manageable.

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](#)

Happy Holidays from the Royston Elementary Staff



Lee McKillican and Char Siddon 😊

