

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

Here is your week ahead for March 2-6, 2026.



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

### **School News**

- **For Grade 6 Basketball players- Cumberland Transition Jamboree (Just for Grade 6 students).**
  - **March 2 3:00-4:00pm**
    - Boys and Girls at Cumberland (rides needed).
  
- **Young Entrepreneur Fair – March 5th – Students from all divisions will visit the fair and may want to bring some money.**
  - **The much-anticipated Young Entrepreneur Show will take place on Thursday March 5th from 9:00-11:30AM. While classes will be visiting the show intermittently throughout morning, parents and school community members are welcome to drop in at any point during the event.**
  - **This is a celebration of learning, the culminating event after 6 weeks of learning and preparation. Students from Divisions 10 and 11 have worked diligently through a design process of setting goals, prototyping, market research, operations, money planning, marketing, and writing formal business plans.**
  - **Setting up their businesses in the gym, students will take this opportunity to promote and sell their products. Items are priced anywhere from \$1.00 to \$10.00**
  - **10% of earnings will be donated to YANA and SPCA.**

- **We hope to see you at the show!** 😊

## **PAC News**

- **Next PAC Meeting - Wednesday Mar 11 at 6:30PM**
  - All parents are welcome! We offer free childcare.
- **PAC Fundraisers:**
  - **Westcoast Seeds: Be ready for gardening season and support our school!**
    - Orders close this Sunday!
    - Pick up will be just before spring break at the school.
    - <https://fundraising.westcoastseeds.com/pages/organizations/royston-elementary-school>
  - **Erin's Gut Feelings Sourdough**
    - Order freshly made delicious sourdough bread for only \$10, with 30% going back to our school. Pick up is on Fridays! More details and preorder on the PAC site:
    - <https://royston-elementary-pac.square.site/>
  - **Roe's Bouquet Subscription - Pre-order for Mother's Day Gifts!**
    - Partners and friends- plan ahead and spoil your loved ones by purchasing a beautiful flower arrangement subscription from Roe's Garden!
    - Pick up will be just before spring break at the school.
    - <https://www.theroesgarden.ca/shop/p/royston-elementary-fundraiser-flower-subscriptions>

## **District News**

- **Cross Boundary Request Information**
  - The cross-boundary transfer request process for Comox Valley Schools is open Feb. 1-28. Students registered with Comox Valley Schools may request a transfer to a school outside their catchment area for the 2026-2027 school year. The request window opens February 1, 2026, until February 28, 2026. [Cross Boundary Requests Open Feb.1-28 - Comox Valley Schools](#)

**Community News**

**TRY  
RUGBY**

**SUN, MARCH 1ST**

~~G.P. VANIER~~ **CLOSED**

**NEW LOCATION  
LEWIS PARK**

**11:00**  
**non contact**  
NO EXPERIENCE NEEDED

grades 3-8 >

**cvrapidsrugby**  
 **rapidsrugby.ca**

BGC

(formerly Boys and Girls Club) is facilitating **Parenting Without Power Struggles (PWPS)** starting Thursday, March 5 from 7:30 to 9 pm. PWPS is a free nine-week peer-support parenting program for parents and caregivers of youth under 14 years of age.

- To Register or for more information contact: [parentingprograms@bgccvi.com](mailto:parentingprograms@bgccvi.com) or call Ted at 250-338-7141

**parenting without power struggles**

Next Session starts March 5

Navigate the pre-teen years with confidence and connection. Empower yourself to be the best possible parent for your youth!

THURSDAYS from 7:30-9 pm  
9-week session starting March 5 to April 30

Virtual Sessions  
Accessible wherever you are!

Registration Required  
Reserve your space today!

[bgccvi.com/pwps/](http://bgccvi.com/pwps/)  
[parentingprograms@bgccvi.com](mailto:parentingprograms@bgccvi.com)

bgc Central Vancouver Island

opportunity changes everything.

- **Community Basketball Opportunities**

- **Thunderball Basketball:** April 10-May 29 on Fridays at Isfeld for grade 3-5 and at Vanier for grades 6-7. The two leagues will have separate boys and girl's teams. There's 30 minutes of skills then a 45 min game each week. Only \$80 for 8 weeks including a T-shirt.
  - For grade 3-5 register here: [2026 Grade 3-5 Thunderball Basketball Registration – Fill out form](#)
  - For grade 6-7, see the attachment or email [larrystreetcar@gmail.com](mailto:larrystreetcar@gmail.com)

- **Dime Valley Basketball:**

- Dime Valley Spring registration is open for the Club Travel Team and Spring Academy <https://www.dimevalleybasketball.ca/>

# A Choral Mosaic

## 2026: Feb 28



St. George's United Church Presents

## A Choral Mosaic 2026

A Choral Extravaganza:  
6 Choirs & 100+ Voices

**Saturday, February 28 @ 7pm**

Adults: \$20 | Ages 13-17: \$10  
Ages 12 & Under: Free

(Tickets on Eventbrite -->  
& at Laughing Oyster)



Proceeds to benefit  
St. George's United Church & Music Heals  
[www.stgeorgesunited.com](http://www.stgeorgesunited.com)

### Social Emotional Learning

*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.*

Dear Families,

At school, we are supporting students in learning how to recognize and regulate their emotions. This work connects directly to the **British Columbia Curriculum** and the Core Competencies (Personal and Social Awareness and Responsibility, Communication, and Thinking)

Emotional regulation means noticing how we feel, understanding our feelings and choosing tools to help us feel safe and ready to learn. We use a trauma-informed approach and understand that all behaviour is communication of an unmet need. Students need safety, connection, and skills to manage big feelings.

Students are learning more about the Zones of Regulation in the coming weeks and this learning will help them recognize, understand, and label their emotions. The Blue Zone is when we feel tired, sad, or low energy. The Green Zone is when we feel calm and ready to learn. The Yellow Zone is when we feel worried, frustrated, or excited. The Red Zone is when we feel angry or overwhelmed. Students are often in different zones throughout the day. Our goal is to help them recognize which zone they are in and which strategies to use to regulate.

In class, students practice breathing strategies. They take movement breaks. They use quiet spaces like classroom calm corners or the Rest and Reset room, and they draw or write about their feelings. These skills help students reflect on their thinking, communicate their needs, and take responsibility for their well-being.

At home, you can help by naming emotions you notice. You can ask your child what Zone they are in. You can model your own calming strategies.

When children feel understood and supported, they are better able to learn and build healthy relationships.

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



Lee McKillican and Char Siddon 😊

