

Good afternoon, Royston El community!

Here is your week ahead for Nov 17-21, 2025. **No school on Nov 20th.**



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

School News

SCHOLASTIC BOOK FAIR

- **The Scholastic Book Fair is next week: November 17 - 20!**
 - Students will have the opportunity to walk through the book fair during their designated time next week, then make purchases from:
 - 2:15 - 4:30 Wednesday
 - 8:00 - 4:30 Thursday (parent-teacher interview day)
 - This is a fundraiser for the school library - all profits go to buying new books for the school. Thanks for your support!
 - If you have any questions, please email ashley.hamilton-macquarrie@sd71.bc.ca.
- **Nov 20th all day Parent – Teacher meetings.** These will take place on Thursday throughout the day.
 - Please note that there will be **no classes on Thursday, November 20th.**
 - Some teachers have time slots available on M, T, W and Fr outside of school hours.
 - Please sign up, via this link to book your individual meeting time:

- <https://secure.parentinterviews.com/royston>
 - Your child should attend the meeting with you so they can present to you what they've been working on.
- Volleyball - Wed Nov 19th – Games start at 3:00pm
 - Coconuts play at Courtenay El Wednesday 3:00pm
 - Apples– **No game this week**
 - Bananas– **No game this week**

PAC News

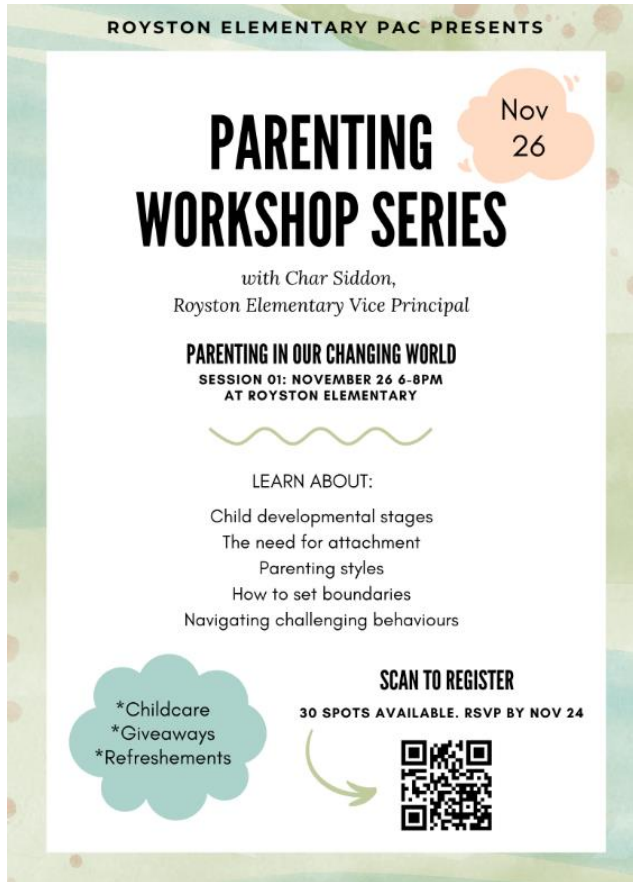
- **Next PAC Meeting - Wednesday DEC 10th at 6:30PM**
 - All parents are welcome! We offer free childcare.

Shop Local While Supporting our PAC!

We're excited to announce that the Royston El PAC [Online Store](#) is now open! This year, we're featuring some amazing local goodies, including: Royston Roasting Coffee, Hot Chocolates, Yumm Numm's Freeze Dried Candy and Royston Apparel. Pick up will be before Winter Break.

<https://royston-elementary-pac.square.site/>

- **Join our first Parenting Workshop led by Char Siddon on November 26th, 6:00- 8:00pm**
 - Learn practical strategies to support our children's emotional growth and well-being. Door prizes, refreshments and free childcare! 30 spots available so register ASAP:
<https://tinyurl.com/257psy5f>



- **Save the Date: Royston's 2nd Annual Winter Market is on November 30th**
Santa photos, ear piercing and a huge variety of gift items. We still have a few tables left (\$35 each). Volunteers needed to bake and to work in the concession. If you can help or want to reserve a table email: roystonelpac@gmail.com

District News

A new Non-Instructional Day focused on Indigenous Learning has been proposed to take place on **Friday, May 15, 2026**. On this day, teachers and staff will engage in professional learning centred on Indigenous histories, cultures, and ways of knowing.

This initiative reflects the district's Truth and Reconciliation Commitment and aligns with Design Principles in our Strategic Plan.

The addition follows a change to the provincial school calendar regulations, which now require all school districts to dedicate one professional learning day each year to advancing Indigenous student success and strengthening understanding of Indigenous perspectives.

Read more and provide feedback here: [Introducing a New Non-Instructional Day Focused on Indigenous Learning - Comox Valley Schools](#)

Parent Workshops

Everyone is welcome! Sessions take place in the Multipurpose Hall and include a complimentary family dinner and supervised children's activities. This program is aimed towards families & children ages 0-8 years.

Drop in to our free, one-hour parenting sessions where local experts share practical knowledge and tools to help parents build confidence and connection. Dinner includes gluten-free and vegan options prepared by LUSH Valley (not guaranteed celiac friendly).

The Parent Speaker Series is made possible thanks to the Plan H Grant and BC Healthy Communities - a non-profit committed to enhancing community health.

Schedule:

- Dinner: 5:00 pm
- Speaker: 5:30–6:30 pm
- Location: Comox Community Centre – Multipurpose Hall
- Optional registration for updates and resources: [Parent Speaker Series](#)

Upcoming Sessions:

- Nov 18, 2025 – Adjusting to Parenthood – Support for New and Expecting Parents – Rosalie (RN), Public Health
- Nov 25, 2025 – Become the Parent You Always Wanted to Be Using the Positive Intelligence® Framework – Linda, Be Thriving Moms <https://bethrivingmomstoday.com/> Dec 2, 2025 – Growing Up Safely: Practical Tips to Prevent Injuries in Children – Olivia Aguiar (PhD), Public Health

Social Emotional Learning

Social Emotional Learning Corner



Emotional intelligence can be improved by developing strategies in the 5 areas of social emotional learning (self-awareness, social awareness, **self-management**, relationship skills, and responsible decision making).

Self-management means having the ability to manage one's emotions, thoughts, and behaviours effectively in different situations and to achieve goals and aspirations. This includes the capacities to delay gratification, manage stress, and feel motivation and agency to accomplish personal and collective goals.

Self-management plans use social emotional character-building proficiencies to lead students towards self-discipline, self-motivation, and independent learning. Some strategies to help your child develop self-management at home include:

1. Helping your child to set reachable goals such as reading quietly for 15 minutes. Discuss how they feel when they achieve goals that they set for themselves.
2. Help your child monitor triggers and cues to their behaviour and use these as a springboard for discussion. For example, ask your child what they are feeling when they are angry and talk about the antecedent to the behaviour (ie: hunger, or frustration with a challenging task).

3. Help your child to self-reflect by talking, writing or drawing about their struggles with self-management. Ask them to describe what the most challenging part was or what they think they could do better next time.

Thanks everyone - have a great weekend,

Lee McKillican and Char Siddon 😊

