

Good afternoon, Royston El community!

Here is your week ahead for Nov 24-28, 2025.



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

School News

- Volleyball - Wed Nov 26th – Games start at 3:00pm
 - **Coconuts- at Arden**
 - **Apples- at Ecole Coeur de l'île**
 - **Bananas- at home vs Valleyview**

- **Royston Winter Concert – Save the date –**
 - **Dec 17th 1:00pm / 6:00pm**

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 Royston 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>

ROYSTON ELEMENTARY PAC PRESENTS

Nov 26

PARENTING WORKSHOP SERIES

with Char Siddon,
Royston Elementary Vice Principal

PARENTING IN OUR CHANGING WORLD
SESSION 01: NOVEMBER 26 6-8PM
AT ROYSTON ELEMENTARY

LEARN ABOUT:

- Child developmental stages
- The need for attachment
- Parenting styles
- How to set boundaries
- Navigating challenging behaviours

*Childcare
*Giveaways
*Refreshments

SCAN TO REGISTER
30 SPOTS AVAILABLE. RSVP BY NOV 24

- **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.

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

Community News

Hello!

I am a Program Manager at the Military Family Resource Centre and we have a couple of new programs coming up in the new year for children Kinder-age 12. While military children are our target audience, other families may be experiencing similar situations (such as having parents who work in a camp) that are not part of the military community and if the caregivers felt it may be a good fit they could also sign up. Please let us know. Thank you so much

Email:

family.centre@comoxmfrc.ca

Social Emotional Learning

Social Emotional
Learning Corner



COUNTERWILL

“Strong attachments often preempt the counterwill reaction in a child.”
Gordon Neufeld

What is Counterwill? It is a defensive reaction to perceived control and coercion. As parents, we have all experienced this from our children at one time or another. For example, when we set limits for our children and say "No" to a toy, extra candy or screen time. Our children will instinctively oppose our will. The adult's WILL to establish values and goals, priorities, intentions, judgements, opinions, expectations etc. will cause a child's *counterwill*. Researcher Otto Rank based this theory on the idea that for every force, there is an equal and opposite force.

Counterwill is meant to protect our children from outside influences and direction. As creatures of attachment, children were never meant to be influenced, directed, taught, or managed when their attachment instincts were not engaged. Only children's attachments (to parents, caregivers, teachers) render them receptive to direction. The well-being of children and society depends upon our ability to support these working attachments. Dealing with counterwill:

- Focus on connection first
- Reduce coercion when directing
- Press pause side-step, and revisit the issue when in better attachment
- Make some room for your child's own ideas and initiatives
- Make amends when needed

For more information on attachment, setting boundaries, temperament styles, and parenting strategies register for our first Royston Parenting Workshop on Nov. 26th! See attached Flyer.



Thanks everyone - have a great weekend,

Lee McKillican and Char Siddon 😊

