

Good afternoon, Royston El community!

Here is your week ahead for Oct 14-17, 2025



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

School News

Happy Thanksgiving and reminder that Monday is a holiday.

I am thankful that we here at Royston Elementary have ways that we can support families and students. Please reach out to me or anyone on the team here at the school if you or someone you know is struggling financially. We have ways to help – especially when it comes to feeding students.

Cross-Country season is on now! Practices are 2nd recess on Mondays and Fridays. Parent drivers are always needed. To be a parent driver we will need the following in our files:

1. Criminal record Check (every 5 years)
2. Driver's Abstract (yearly) See link below
 - a. <https://www.icbc.com/driver-licensing/getting-licensed/Your-driving-record>
3. Copy of your Driver's Licence (yearly)
4. Copy of your insurance policy (yearly)

Please connect with our office for support

Upcoming Cross-Country events

- Wednesday, October 15 – at Brooklyn Elementary
- Wednesday, October 22- at Airport Elementary

Commented [LM1]:

PAC News

- **Volunteers Needed! Halloween Dance is October 29th**
 - We are looking for help with baking, shopping, setting up, concession and clean up! Please email roystonelpac@gmail.com if you are able to help.
- **REMINDER: November Hot Lunch Ordering Closes October 22nd**
 - Please log in to the Hot Lunch program (<http://rovston.hotlunches.net>) and click on the menu to place your order.
 - **Please place your order by 5pm on Wednesday October 22, 2025**
 - If you require ordering assistance with this schedule or have any questions, please email roystonelhotlunch@gmail.com
- **GUNTER BROS Fundraiser - October 17 - 31st**
 - We were a bit delayed getting this going but orders will open October 17th and pick up will be November 23rd.
- **Don't Forget - PAC Email Signup!**
 - Stay up to date with PAC News, please sign up by clicking on this link: [SIGN UP NOW](#)
- **Next PAC Meeting - Wednesday Nov 12th at 6:30PM**
 - All parents are welcome! We offer free childcare.

District News

**VOLLEYBALL
CO-ED YOUTH
CAMP**

**FUNDRAISER
ISFELD SR BOYS**

\$25

REGISTRATION

OCT 18TH
AT ISFELD

GR 5-6
9:00-11:00 AM

GR 7
11:30AM-1:30 PM

GR 8
2:00-4:00 PM

The poster features a QR code for registration and an illustration of two volleyball players in action at the bottom.

Social Emotional Learning

We hope you have wonderful plans for Thanksgiving with family and friends, and that you have some time to reflect on what you are thankful for. Many of us face challenges in life and finding things to be thankful for can be difficult. However, one strategy to help move you and your family towards positivity and happiness is to find time every day to talk or write about 5 simple things in the day that you are grateful for. Research indicates that people who intentionally talk or write about what they are grateful for each day are happier and find more peace and joy. As well, they are better able to regulate their emotions.

The ability to regulate our emotions is a focus at Royston Elementary.

Some strategies to try at home:

1. Pick one emotion and ask your child to explain it. For example, “frustration” or “anger” and then talk about how our body feels when we experience these emotions. Create a calming corner in your home with activities to help your child deal with these challenging emotions.
2. Write a family grateful journal every day. Perhaps every family member could contribute one thing they are grateful for, and it could be recorded in a special family keepsake book. You could add photos to this book as well.
3. Create a “Thankful” poster about your family and post it where everyone can see it.

le: In the Jones Family, we are thankful for:

- Yummy snacks
- Bedtime Hugs
- Family Game Nights
- Sunshine

Thanks everyone - have a great weekend,

Lee McKillican and Char Siddon 😊

