

Good afternoon, Royston EI community!

Here is your week ahead for Oct 20-24, 2025



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

School News

- If you have not paid the \$25.00 School supplies fee, please do so now.
School fees \$25.00 - cash, cheque, or e-transfer to royston@sd71.bc.ca
 - a. This fee covers the cost of school supplies (already bulk purchased here at the school). Please contact me if you have concerns about this payment as we do have access to some funding support.
- On Thursday we will do our school wide Secret Path- Walk for Wenjack. This will take place outside and will be going rain or shine.
- Only two more Cross Country meets.
 - **Upcoming Cross-Country events**
 - Wednesday, October 22 - at Airport Elementary
 - Monday, October 27 - at Ecole Puntledge Elementary

Volleyball begins this week for grade 4-6 students with our first practices. We will have 2 teams this year (Experienced and Beginner).

- Wed Oct 29th -Exp at Lake Trail / Beginner at Brooklyn

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

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://royston.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**
 - It's a great opportunity to stock your freezers with high quality local meat. This is an excellent fundraiser for our PAC as we get \$10 for every box of meat and \$5 for every box of pepperoni sold.
 - Orders are available online through Hot Lunches at <https://royston.hotlunches.net> **until 5pm on Sunday October 31st.**
 - **Important Note:** If your order is more than \$500, please email roystonelhotlunch@gmail.com and we will send you payment instructions (there is a maximum in the Hot Lunch system).
 - An email with pick up instructions will be sent out when we have a confirmed pick up date. If you're not able to pick up your order at that date and time, we ask that you make arrangements for someone to pick up the order on your behalf. We are unable to safely store the frozen meat past the set pick up date and time.

- **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

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 PlanH 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
- No session: Nov 11
- Optional registration for updates and resources: [Parent Speaker Series](#)

Upcoming Sessions:

- Oct 28, 2025 – Strategies to Support Neurodiverse Kids – Lindsay & Brandon, CVCDA <https://www.cvcda.ca/>
- Nov 4, 2025 – Nature-Based Family Activities for Self-Regulation – Jenn Johnson, ECE & Strong Start Facilitator
- 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



How to help a child who is afraid of Halloween

Many Halloween traditions are strange and unlike our normal day-to-day lives. We do our best all year to teach our children to eat healthy food and not talk to strangers but then on Halloween night, we allow them to go out and collect candy from people they don't know. It is common for children to feel some fear and anxiety along with excitement about this day so here are some helpful tips:

- Let your child know that their fearful feelings are normal and o.k.
- Talk and read stories about Halloween (this helps children learn what to expect and takes away the element of surprise that can be frightening)
- Clear up any misunderstandings that might make anxieties worse
- Practice for the big night (Have your child dress up and go visit a neighbor a few days before Halloween)
- Talk about the difference between real and imaginary
- Choose to participate in daytime Halloween activities to take away the element of fear that increases with the dark

Remember that this is supposed to be a fun tradition and if it is something that causes fear in your child, give them the freedom to choose not to participate. Instead, have a family games night at home and provide treats for them to eat.

Thanks everyone - have a great weekend,

Lee McKillican and Char Siddon 😊

