

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

Here is your week ahead for Sep 8-12 –

The 2<sup>nd</sup> annual **Welcome Back BBQ** is next Thursday Sept 11 at 5pm (Volunteers are still needed -see PAC section below for details).

Welcome back to another school year at Royston Elementary. The first week is in the books and it had a really good feel. It has been great to catch up with the kids... so much growth in the last two months. Also, nice to catch up with parents. Our team is very excited to have our students back and are looking forward to a year full of learning, growth, and fun. As we kick off this year, I want to thank you for your continued support and involvement in our school community. Together, we can make this year a memorable one for all our students.

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

The Royston report is currently under construction – Thanks for your patience.

### **School News**

- Welcome back to all our students and a special welcome to all our new friends here at Royston.
- Welcome to our new staff and returning members here at Royston.
  - **Lina Nichol- Div 8 co-teacher**
  - **CJ Dyck - Div 8 co-teacher**
  - **Miranda Mahoney – Speech and Language (SLP)**
  - **Melissa Luitwieler – EA**
  - **Char Siddon - Vice Principal**
  - **Elisa Camp – returning Youth and Family Program Worker**
  - **Michelle Buxbaum – returning EA**

Look for Orange Shirt order forms to come home today or early next week with partial proceeds going to the I.R.S.S.S. (Indian Residential School Survivor Society). We are selling these at cost for \$20.00 and a Quick **turn-around deadline of Sept 13<sup>th</sup>**.

## **PAC News**

### **- Welcome Back BBQ is this Thursday, September 11 from 5PM - 7PM.**

To welcome everyone back to another beautiful school year at Royston Elementary, PAC is hosting our free Welcome Back BBQ. We will have food drinks, cake, and a Bouncy Obstacle Course. To make this event happen, we rely on **our parent community to volunteer**.

Please email [roystonelpac@gmail.com](mailto:roystonelpac@gmail.com) or post on our Facebook page if you can help. You do not need to commit to the entire event - we will need help with:

- shopping,
- set up,
- serving food and drinks,
- BBQing and
- keeping kids moving along in the obstacle course.

### **- First PAC Meeting is Wednesday, September 10th at 6:30PM in the library**

We welcome all parents and caregivers to join. We offer free childcare.

- **Hot Lunch volunteers are needed** to fill shifts on Tuesdays and Wednesdays (11:15-12:30 approx.). Our goal is to have it up and running for October but need volunteers to make it happen. If you can volunteers reach out to us at [roystonelpac@gmail.com](mailto:roystonelpac@gmail.com)

- Don't forget to check the Royston PAC Facebook Page for important updates. We are also working on a PAC email list as we've heard feedback that email is the preferred way to receive PAC news.

More details to follow next week.

Hope to see you there!

Royston

PAC

### **Reminders:**

1. Reminder to, please **send water bottles** with your child. We are not giving out cups this year.
2. School fees \$25.00 should be paid as soon as possible cash, cheque or e-transfer to [royston@sd71.bc.ca](mailto:royston@sd71.bc.ca)

## **Social Emotional Learning**

Is your child struggling with the transition back to school? Does your child cry or cling to you when you drop them off?

Change is difficult for most people and even more so for children. If your child is struggling, here are a few things to keep in mind:

1. Physical health is necessary for emotional health:
  - Please remember that children aged 3-5 years of age need 10 – 13 hours of sleep every night and children 6 – 12 need 9 – 12 hours of sleep every night.
  - Outside playtime is very important as it increases endorphins in the brain and helps children feel positive and happy.
  - Limited technology is advised. Current research suggests that elementary aged children should only have 1 hour of exposure to high-quality programming.
2. Your child will react to your behavior so when dropping off, try to stay positive and remind your child that they are going to a safe place where they will learn, meet friends, make new friends, and have fun.

Be gentle with yourself and allow for this transition to take place. Most children only need a short period of time to settle into new routines.

Thanks everyone - have a great weekend,

Lee McKillican and Char Siddon 😊

