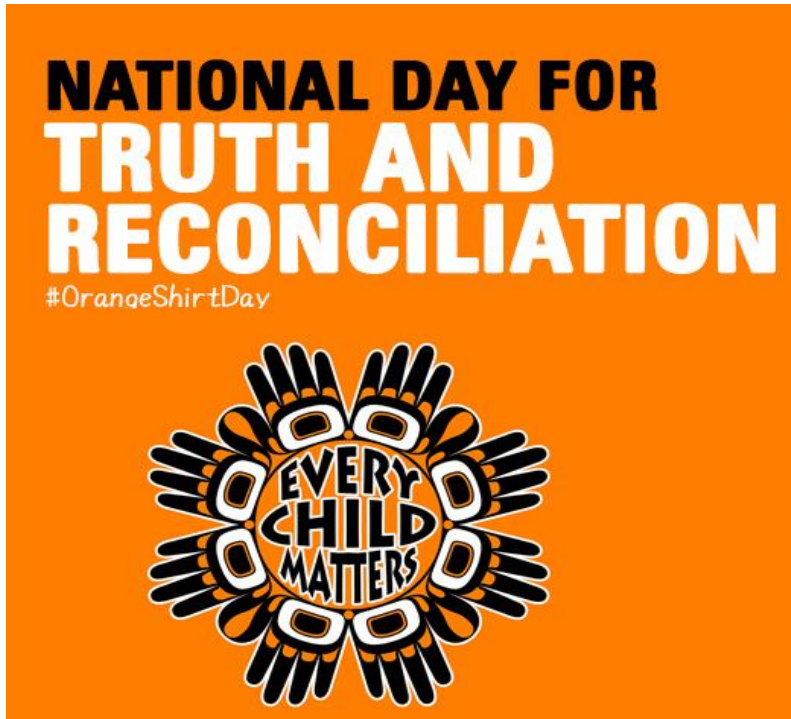


Good afternoon, Royston EI community!

Here is your week ahead for Sept 29 – Oct 3



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

School News

- Monday Sept 29th is Orange Shirt Day here at Royston – If you do not have an Orange Shirt, get creative with anything orange. Perhaps an orange ribbon as a show of support.
- Tuesday Sept 30th all schools will be closed for National Truth and Reconciliation Day.
 - The National Day for Truth and Reconciliation, originally known as Orange Shirt Day, is a Canadian day of memorial to recognize the atrocities and multi-generational effects of the Canadian Indian residential school system. It occurs every year on September 30th.

Comox Valley Spirit Walk

September 30th

to recognize the National Day for
Truth & Reconciliation



*"In orange shirts and ribbon skirts, moccasins and
a feather, we embrace the spirits of the ancestors,
and we all walk together."*

At 10am we will walk as a community from
Harmston Park down 5th Street to Lewis Park
Everyone is Welcome.

*We respectfully acknowledge that
the land we gather on is Unceded
Traditional Territory of the
K'omoks First Nation, the
Traditional Keepers of this land.*



Cross-Country season for students in grades 3-6 begins soon. Practice at 2nd recess on Mondays and Fridays. Parent driver 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)
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 1 – at Puntledge
- Wednesday, October 8 – at Huband
- Wednesday, October 15 – at Brooklyn

Oct 2nd – Royston Terry Fox Run at 12:30 PM – bring your toonies for Terry.

PAC News

- **PAC Email Signup!**
 - If you would prefer to receive PAC info via email, please sign up by clicking on this link: [SIGN UP NOW](#)
- **Hot Lunch orders are now closed for October**
 - This year we will be offering hot lunches Wednesday, Thursday, and Friday of each week. This is our biggest fundraiser for the PAC, and it relies on our parent community to volunteer. If you can volunteer for a specific day or be one of our backups if a regular volunteer cannot make it, please reach out to roystonhotlunch@gmail.com
 - Stay tuned for an email, as all parents will need to register on [Royston Hot Lunches](#) to be able to place orders.
- **Next PAC Meeting is Wednesday, October 8th at 6:30PM in the library**
- **Halloween Family Dance - Save the Date, Wednesday Oct 29th**

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

District News

Commented [LM1]:

Resources to support you and your child



Register for free training
Tips to protect children and youth online



Have a conversation
Talk with children and youth about things they may be experiencing

What kind of information can I find on erase.gov.bc.ca?

- **Practical guidance** to help you support your child's safety and well-being
- **Resources and information about:**
 - Diversity and inclusion
 - Mental health and substance use
 - School and online safety
- **Free training sessions** to help you keep your child safe online
- **Videos** explaining erase, the Report It Tool, and safe, caring and inclusive schools
- **Tips** for bringing concerns to your child's school



What is the Report It Tool?

Report It is an **anonymous online tool for students** to report anything concerning to their school safety team—whether it happens at school, online, or somewhere else. Find it at erase.gov.bc.ca.

Questions? Reach out to your school to learn more.



Ministry of
Education and
Child Care



Community News



- Ringette is a dynamic, non-contact ice sport that promotes teamwork, physical fitness, and confidence. Though played on ice like hockey, it features its own unique rules, equipment, and pace, making it a fun and inclusive experience for participants of all ages and skill levels.

[Registration](#): Preferred for planning and insurance, but walk-ins are welcome

- BGC (formerly Boys and Girls Club) is facilitating **Parenting Without Power Struggles (PWPS)** starting Thursday, October 2. PWPS is a free nine-week peer-support parenting program for caregivers of kids aged 9 to 12. BGC runs PWPS twice per year (Fall and Spring).

To Register: parentingprograms@bgccvi.com or call 250-338-7141

Social Emotional Learning



Developing a Growth Mindset

Intelligence, creativity, athleticism, and other qualities are not fixed traits that we are born with. Rather, they are ones that, with time and effort, can be changed. Perhaps you have heard someone say, "I am not a math person" or "Sports just aren't my thing". Many of us accept these statements about ourselves but we shouldn't because these traits are changeable. Carol Dweck, author of, "Mindset" shows evidence from research to illustrate that there are two types of mindsets: fixed and growth.

FIXED MINDSET: assumes that intelligence and other qualities, abilities, and talents are fixed traits that cannot be developed.

GROWTH MINDSET: Assumes that intelligence and other qualities, abilities, and talents *can* be developed with effort, learning and dedication.

| FIXED MINDSET | GROWTH MINDSET |
|--|--|
| Challenges are avoided to maintain the appearance of intelligence. | Challenges are embraced, stemming from a desire to learn. |
| Giving up in the face of obstacles and setbacks is a common response. | Showing perseverance in the face of obstacles and setbacks is a common response. |
| Having to try or put in effort is viewed as negative; if you have to try, you're not very smart or talented. | Doing hard work and putting in effort paves the path to achievement and success. |
| Negative feedback, regardless of how constructive, is ignored. | Criticism provides important feedback that can aid in learning |
| Other people's success is viewed as a threat and evokes feelings of insecurity or vulnerability. | Other people's success can be a source of inspiration and education. |

Helping your child develop a growth mindset starts with celebrating their mistakes and sharing your own. It is also important to model a growth mindset to our children.



Thanks everyone - have a great weekend,

Lee McKillican and Char Siddon 😊

