



January 11/2026

Ey Swayel Prince Charles Families:

Last week our focus has been on helping our Royals settle back into their school routines after the holiday break. Consistency at home plays a big role in supporting success at school. Here are a few helpful tips:

- **Regular Bedtime:** Ensure children get enough sleep to stay alert and engaged during the day.
- **Balanced Nutrition:** A healthy breakfast and nutritious meals fuel learning and concentration.
- **Daily Physical Activity:** Encourage movement and outdoor play to boost energy and mood.
- **Limited Screen Time:** Reducing recreational screen use helps students focus and wind down before bed.
- **Organized School Materials:** Having supplies ready and backpacks packed the night before can ease morning stress.
- **Positive Mindset:** Talk about the day ahead and celebrate small successes to build confidence.

Thank you for maintaining strong routines. This consistency supports our Royals' learning and well-being both at school and at home.

We also want to share that Jersey Day was a great success! It was wonderful to see so many students proudly wearing jerseys from hockey, baseball, soccer, basketball, football, and more. Thank you for helping make this day fun and spirited!

Warm regards,

Mr. Paul Allanson
Principal of Prince Charles Elementary School

Here are some things for you to know as we head into **Week #18** at **Prince Charles Elementary**:

1. **Kindergarten Registration:** Registration will commence on **Monday, January 19th**. If you have a child turning five in 2026, it's time to register for Kindergarten! Please click the link below on January 19th to complete the registration process or see Ms. Smith at the office for any assistance. If you

know of a family with an eligible child, feel free to share this information with them. **** Please see the other attachments for Kindergarten Information. ****

<https://www.abbyschools.ca/kindergarten>

2. **Skittleball:** We are excited to announce that Skittleball season is here! This opportunity is open to all Grade 5 students. Prince Charles will be represented by two teams this year: **Prince Charles 1** and **Prince Charles 2**.

Mr. Allanson and Mr. Warkentin will be coaching the teams this season, and we look forward to a fun and active experience for our students. All permission forms are on School Cash and need to be completed before our first games on Wednesday: All athletes will be required to have runners, a water bottle and be in active wear (shorts, t-shirt, leggings or sweat pants). Please see the schedule below:

Prince Charles 1 (Mr. Allanson)

Wednesday, January 14th – **HOME GAME** PC1 vs. McMillan 2 @ 3:00
Wednesday, January 21st – **HOME GAME** PC1 vs. IKT 1 @ 3:30
Wednesday, January 28th – **HOME GAME** PC1 vs. Mountain 2 @ 3:00
Wednesday, February 4th – **AWAY GAME** PC1 @ McMillian 1 @ 3:00
Wednesday, February 11th – **AWAY GAME** PC1 @ Swift 1 @ 3:00

Prince Charles 2 (Mr. Warkentin)

Wednesday, January 14th – **AWAY GAME** PC2 @ Mountain 1 @ 3:00
Wednesday, January 21st – **AWAY GAME** PC2 @ Swift 1 @ 3:30
Wednesday, January 28th – **AWAY GAME** PC2 @ Margaret Stenersen @ 3:00
Wednesday, February 4th – **HOME GAME** PC2 vs. IKT 1 @ 3:30
Wednesday, February 11th – **HOME GAME** PC2 vs. Sandy Hill 2 @ 3:00

3. **Young Actors:** We are excited to welcome back the Young Actors Program to Prince Charles Elementary for the month of January! Under the guidance of Mr. Montana, our Royals will explore a variety of acting strategies designed to inspire creativity and build confidence.

Through engaging drama games, mini-scenes, and improvisation, students will develop essential skills in expression, communication, and cooperation. These workshops encourage students to exercise their imaginations in new and exciting ways, while fostering the ability to confidently and creatively express

themselves in front of their peers, skills that will benefit them throughout the school year.

4. **PC Swag:** We're excited to offer Prince Charles Elementary swag for students and families! To order a Prince Charles Elementary hoodie, zip-up, or t-shirt, please click on the link below:

<https://sapphirecreative.com/product-category/apparel-program/prince-charles-elementary/>

Orders typically take about two weeks to arrive. Once your items are ready for pickup, Ms. Smith will contact families directly.

Show your Royal pride, we can't wait to see our community rocking their PC gear!

5. **Upcoming Dates:**

January	
Monday, January 12	PAC Meeting
Friday, January 23	Hot Lunch – J's Pizza

6. **Information from the PAC:**

Notice: Hot Lunch ordering deadline has been extended to Wednesday, January 14th @ 10:00 pm.

Next PAC Meeting is: Tuesday, January 13th @ 7:00 in the library.

