



# Robert Down Principal's Update

February 23, 2023

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## Principal's Message

Dear RHD Families -

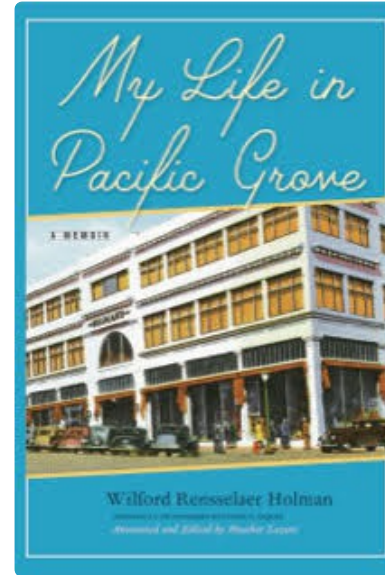
### Thank Yous

Thank you to the following parents who helped with Kindness Week: Anhel Somilleda, Jorden Perry, Socoro Papadakis, Heidi Kijenski, Emily Hasselbauer, Jessica Millington, and Shalynna Crandall. Counselor Sonda Frudden and Counseling intern Cassandra Goff organized a wonderful week of activities.

I'd also like to recognize Site Council Co-Chair Heloisa Junquirea for decorating the lobby with inspiring posters for Black History Month as well as Administrative Intern/RHD parent Elizabeth Cooper who helped build all of the new compost bins for our Cafeteria Sustainability program and also will be volunteering to teach our Garden Rangers about the current situation with the eradication of the kelp forests in the Monterey Bay.

#### **PG History Presentation by RHD Parent**

The Heritage Society of Pacific Grove presents RHD parent Heather Lazare, speaking about Pacific Grove in the early 1900s and the Holman family's influence on the town. Join us on Sunday February 26th at 2:00 PM at Chautauqua Hall for insights into the book Lazare edited by her husband's great-grandfather, W.R. Holman.



#### **Volunteers Needed for Career Day**

We need parent volunteers to share their careers with our 5th-grade students. Volunteers are to contact Mrs. Frudden, at [sfrudden@pgusd.org](mailto:sfrudden@pgusd.org). A meeting will take place in March to inform volunteers of the details. We are looking for a variety of careers to share with our 5th-grade students. Your presentation can be about 10 minutes in length. You will have the option of recording your presentation, presenting via ZOOM while on the job, or in person.

#### **Parent Conference Week**

Parent Teacher Conference Week. Kindergarten students have minimum day Monday through Friday, March 6-10. Students in grades 1st-5th grades only have minimum days Wednesday through Friday, March 8-10.

#### **Rising Issue with Prime Drinks on Campus**

I wanted to provide information to parents about a rising issue on several campuses due to the popularity of Prime (non-caffeinated) and Prime Energy drinks. This issue has caused some major issues in Britain, but a few of our students have heard about the social media challenges on Tik

Tok. Below is a link for an informative article. Our Nutrition Director will be sharing information regarding Ed Code and any nutritional concerns next week.

<https://www.the-sun.com/health/7246990/nutritionist-verdict-prime-drink-why-child/amp/>

The CDC does not recommend energy drinks for children, and I'm only bringing this to your attention due to the owners of the company being social media influencers and appealing to some students.

### **Book Week**

See the activities below and urge your child to read for the Read-a-Thon. I'll be sharing one or more of my favorite books during the flashlight reading in the cafeteria next Friday, March 3rd from 6:30-7:30 PM.

In Otter Ohana,

Sean Keller, RHD Principal  
Google Voice (831) 275-0083  
[skeller@pgusd.org](mailto:skeller@pgusd.org)

## **RHD Brick Sales Are Available Online**

### **Brick Fundraiser Back Online**

A huge shout out to Field of Dreams Designs and its owner, Neil MacLaren, for being willing to sell RHD Bricks for our fundraiser. Please use the QR code below to order a 4x8 or 8x8 brick for our summer project.





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## RHD - Active Student COVID Cases

As of February 23

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## RHD Upcoming Events

**February** - African American History Month

<https://www.pbs.org/parents/thrive/teaching-your-child-about-black-history-month>

**Feb. 21-March 3** - Read-A-Thon & Book Week (see message below)

**March 2** - PGUSD Board Meeting, 6:30 PM

**March 3** - PTA Flashlight Friday Night, Cafeteria, 6:30-7:30 PM

**March 6-10** - Parent Teacher Conferences, Minimum Days (Kinder M-F, 1st-5th, W,TH,F only)

**March 14** - Cocoa with Keller, 6:30 PM

**March 19** - PG PRIDE Taste of PG, Spanish Bay, 4:00 - 7:00 PM

**March 22** - PTA Dine Out, Chipotle at Del Monte Center, 4:00 -8:00 PM

**March 22** - PGUSD Virtual TK/K Parent Meeting, 6:00-7:00 PM (see flyer below)

<https://pgusd.zoom.us/j/83838937165> Meeting ID: 838 3893 7165

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### **Read-A-Thon and Book Week February 21-March 3**

**We have a very special reading focused series of events coming up after February break.**

Starting Tuesday, February 21, RHD students will be able to log on to our online Read-A-Thon site and start logging reading minutes. Our goal is to log at least 110,000 total reading minutes across at least 210 RHD students, and raise some money for the wonderful community events, classroom supplies, special assemblies and other items that the PTA funds (note: students do not have to collect donations to participate, log minutes and help us meet our school goal).

**Mark your calendars for fun book-related events and keep an eye out for additional details from your teachers and the PTA.**

- **TUESDAY (2/21)-FRIDAY (3/3) Read-A-Thon!** Log your student's minutes read online each day; share with friends and family for pledges to encourage your student and raise money for RHD!
- **THURSDAY (2/23) Favorite Book Day!** Bring a favorite book to school and, if you want, dress up as a favorite book character!
- **MONDAY (2/27) Crafternoon: Bookmarks!** Come to the PG Public Library to make your own bookmark from 3:30-4:30pm!

- **THURSDAY (3/2): Book Swap!** Bring a book (or 3) from home to swap for a new-to-you book (or 3) in the RHD cafeteria during lunch recess!
  - **FRIDAY (3/3): Flashlight Friday Night!** Come to the RHD cafeteria from 6:30-7:30pm for a special hour of family reading fun with special guests. Come in PJs, with a flashlight or headlamp and any soft items for comfort. Snacks provided.
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## **Message from District Nurse Katrina Powley**

### **Medication Consent - Even for Store Bought/On the Counter Medication**

A friendly reminder that a medication consent form should be completed with parent and healthcare signature for all over-the-counter and prescribed medications given at school. This includes cough drops and throat lozenges.

### **Reminder -- Food Allergies**

*Hello Kindergarten and First Grade Classroom Families,*

*As a reminder, we have a Kindergarten classmate severely allergic to peanuts as well as First Grade classmates that are severely allergic to egg and egg products in addition to tree nut and peanut products. Therefore, they should not be exposed to any egg, tree nut or peanut products in the classrooms or lunch area in order to avoid life-threatening reactions to these foods requiring Epi-Pen treatment.*

*The Kindergarten classmate and First Grade classmates can develop life-threatening allergic reactions to these products via contaminated hands with both nut and egg remnants which are rubbed on the eyes, nose, and mouth. To maintain the highest level of safety, all of the Kindergarten and First classrooms will be compulsory egg, tree nut, and peanut-free classrooms. No school-based foods containing egg or nut products will be served in any of the Kindergarten and First Grade classrooms.*

*Given the importance of ensuring that there is no exposure to egg and nut food products in the Kindergarten and First Grade classrooms, we request that all Kindergarten and First Grade classroom families refrain from sending any foods with their child to school which contain peanut, tree nut or egg ingredients. We understand that this requires an adjustment for families in the foods that they pack for their students as well as time to plan for alternatives but know that this is an important implementation to minimize the exposure to life-threatening allergens for students with nut and egg allergies.*

*Thank you very much,  
Katrina Powley, RN, BSN, CSN  
District School Nurse  
Pacific Grove Unified School District  
[kpowley@pgusd.org](mailto:kpowley@pgusd.org)  
Google Voice: (831) 275-5396*

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### **Volunteer & Chaperone Clearance**

If you plan on being a **VOLUNTEER** on campus or a **CHAPERONE** for a field trip, please be sure you are fingerprint cleared with our district and submit a copy of your **COVID vaccine card** to the District Office. To make an appointment at the District Office please call Kimberly Ortiz at 646-6553.

Before coming to campus to volunteer, please check with your child's teacher to schedule a time that works best for them.

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**Office Reminders...**



1) Please have your child to school on time. Gates open at 8:30 AM. Warning bell rings at 8:40 AM. **Final bell rings and instruction begins at 8:45 AM.** When a student is tardy it is disruptive to the office and classroom. In addition, students miss important information and announcements from their teacher first thing in the morning.

2) Did you know that you can report your child's absence with your ParentVUE app? Simply log into your ParentVUE account to send the office a message about why your child is absent.

**\* Ways to report a student absent \***

a) ParentVUE app

b) 24 Hour Absence Line (831) 646-6663

c) Email Annie Deis at [adeis@pgusd.org](mailto:adeis@pgusd.org)

3) Please make sure to relay afterschool plans with your child **PRIOR** to the school day.

The office and teachers are getting phone calls and emails from parents daily about what their child should do after school. This is disruptive.

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## Robert Down Birthday Books

This notice is to tell you about our ***voluntary*** program designed to build the RHD library and foster your child's love of reading.

**Here is how it works:** To join the Robert H. Down Birthday Book Club fill out the information below (scroll way down to the bottom of this message to print the Birthday Book forms) and deposit it in the Drop Box at school along with a check for \$20.00 (please make the check payable to the P.G.U.S.D. and write R.H.D. Birthday Book on the memo line).

When your child's birthday month comes around Ms. Scanlon will present a new book in honor of your child's birthday. Your child will be the first one to check out and read the book that has been donated to the library to celebrate their birthday. A bookplate with your child's name will be affixed to the inside cover for all future readers to appreciate.



**Birthday Book Club.pdf**

[Download](#)

280.3 KB

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# Tools for the Journey

Creating a World of Kind, Connected Human Beings



## Breathing

*I calm myself and check-in.*



## Listening

*I listen with my ears, eyes, and heart.*



## Personal Space

*I have a right to my space and so do you.*



## Garbage Can

*I let the little things go.*



## Please & Thank You

*I treat others with kindness and appreciation.*



## Patience

*I am strong enough to wait.*

## Apology & Forgiveness

*I admit my mistakes and work to forgive yours.*

## Empathy

*I care for myself. I care for others.*

## Using Our Words

*I use the "right" words, in the "right" way,  
at the "right" time, for the "right" reason.*

## Taking Time

*I take time-in and time-away.*

## Courage

*I have the courage to do the "right" thing*

*Practices of a Peaceful Warrior*



**TOOLBOX**  
BY DOVETAIL LEARNING

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www.dovetaillearning.org



ToolboxParentWkshopHandout.pdf

[Download](#)

885.8 KB

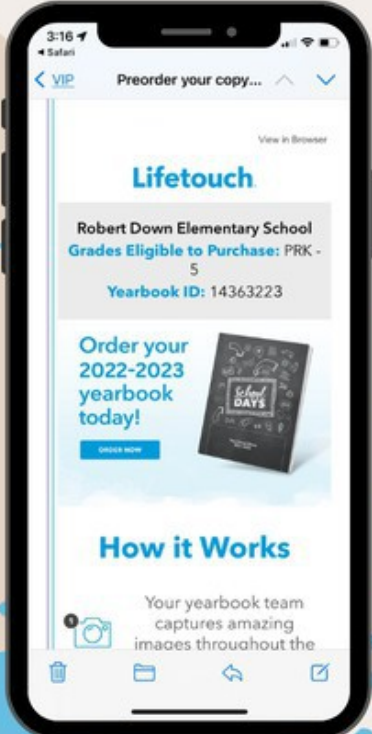
## Otterly Adorable



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Flyers

## PTA Newsletter



**Order your  
2022-2023  
yearbook today!**

**IT'S EASY!**

- 01** Go to <https://ybpay.lifetouch.com/Order>
- 02** Enter our Yearbook ID: 14363223
- 03** Place an order for your child's yearbook!

**RHD Yearbooks for SALE!**

Yearbooks are available for sale, please order soon if you'd like one:

<https://ybpay.lifetouch.com/Order/SelectJob?>

[jobNumber=14363223&utm\\_source=ExactTarget&utm\\_medium=email&utm\\_campaign=PN\\_YB\\_F22\\_DEC&utm\\_medium=email&utm\\_source=ExactTarget&utm\\_campaign=PN\\_YB\\_F22\\_DEC](https://ybpay.lifetouch.com/Order/SelectJob?jobNumber=14363223&utm_source=ExactTarget&utm_medium=email&utm_campaign=PN_YB_F22_DEC&utm_medium=email&utm_source=ExactTarget&utm_campaign=PN_YB_F22_DEC)

**Orders must be placed by April 17**

Don't miss out on all the events at Robert Down Elementary School. Pre-order your yearbook today at [ybpay.lifetouch.com](https://ybpay.lifetouch.com) using your **Yearbook ID Code: 14363223**.

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# Build It at the Library

Fourth Friday of the Month  
3:30-4:30pm

**February 24th:**  
Marble Maze and Gravity Maze



Sponsored by the PGPL Friends and Foundation  
with support from the Joe Rock Fund.

Pacific Grove Unified School District neither endorses nor sponsors the organization or activity represented in this document.

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CELEBRATING  
40 YEARS OF GIVING!



Sunday,  
March 19, 4-7pm

The Inn at Spanish Bay Ballrooms,  
Pebble Beach

Come join us for an  
evening of Great Food,  
Wine, Brew and a  
Great Silent Auction!

Raising funds  
for Pacific  
Grove  
Classrooms

*Please Join Us*

Purchase your tickets or  
make a donation online now!

Go to: [supportpgpride.com](http://supportpgpride.com) today!

\$75 in advance

\$85 beginning March 13

(over 21 years of age only, please)



Email [info@supportpgpride.com](mailto:info@supportpgpride.com) for sponsorship opportunities,  
silent auction donations, food & beverage vendor opportunities.  
Mail Donations to: P.O. Box 419, Pacific Grove, CA 93950

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# PGUSD 2023-2024

## TK & Kindergarten Parent Meeting

This will be a virtual parent information meeting for all incoming PGUSD Transitional Kindergarten and Kindergarten students to discuss registration and program content for the 2023-24 school year.

*For the 2023-24 school year, if your child turns 5:  
On or before September 1, 2023: Kindergarten  
Between September 2, 2023-April 2, 2024: TK  
On or after April 3, 2024: eligible for K in Aug. 2024*



Wednesday, March 22, 2023  
6:00 - 6:30 PM General Information  
6:30 - 7:00 PM Break Out by site

Zoom Meeting Link

<https://pgusd.zoom.us/j/83838937165>

Meeting ID: 838 3893 7165

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An opportunity to visit campuses in person will be during Open House:  
Forest Grove – April 26 at 6:00 PM, Multi-Purpose Room  
Robert Down – April 27 at 5:45 PM, Ottertorium

# RHD PTA DINE OUT FUNDRAISERS 2023

**FEBRUARY**



**FEBRUARY 21**

5pm - 8pm

**MARCH**



**MARCH 22**

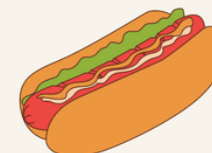
4pm - 8pm

**APRIL**



**APRIL 19**

4pm - 8pm



**MAY**



**MAY 17**

All day

**JUNE**



**JUNE 14**

All day

**JULY**



**JULY 7**

11am - 7pm



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**CLICK HERE to ORDER RHD Spirit Wear**



# Pacific Grove Unified School District

## FEBRUARY 2023 Elementary School Menu



Breakfast				
Monday	Tuesday	Wednesday	Thursday	Friday
Cereal Raisins / Craisins / Apple Crisps Milk	Mini Cinnis Raisins / Craisins / Apple Crisps Milk	Concha/Pan Dulce (Mexican sweet bread) 100% Fruit Juice Milk	Cereal Raisins / Craisins / Apple Crisps Milk	Chocolate Muffin 100% Fruit Juice Milk
Lunch				
		Wednesday 2/1	Thursday 2/2	Friday 2/3
		Turkey Taco Nada Baby Carrots Sliced Peaches Milk Cheez-its	Build-a-Burger (all-beef or veggie patty) plain or with cheese, lettuce & pickles Baked Beans 100% Fruit Juice Milk	Domino's Cheese Pizza Side Salad Fresh Fruit Milk
Monday 2/6	Tuesday 2/7	Wednesday 2/8	Thursday 2/9	Friday 2/10
Mozzarella Stuffed Breadsticks with marinara sauce Green Beans Applesauce Milk	Orange Chicken Steamed Rice Edamame Fresh Fruit Milk	Brunch for Lunch Buttermilk Pancakes served with syrup Turkey Sausages Home Fries Fresh Fruit Milk	Grilled Chicken Sandwich or Veggie Burger Carrots 100% Fruit Juice Milk Cheez-its	Domino's Cheese Pizza Side Salad Fresh Fruit Milk
Monday 2/13	Tuesday 2/14	Wednesday 2/15	Thursday 2/16	Friday 2/17
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
Monday 2/20	Tuesday 2/21	Wednesday 2/22	Thursday 2/23	Friday 2/24
NO SCHOOL	Crispy Chicken Sandwich (NAE whole-muscle breaded filet) Sweet Potato Tots Fruit Cup Milk	Meatballs & Marinara (chicken meatballs) Texas Toast Green Beans Fresh Fruit	Build-a-Burger (all-beef or veggie patty) plain or with cheese, lettuce & pickles Baked Beans 100% Fruit Juice Milk	Domino's Cheese Pizza Side Salad Fresh Fruit Milk
Monday 2/27	Tuesday 2/28			
Bean & Cheese Pupusa Carrots w/ Tajin Fruit Cup Milk	Chicken & Waffle (NAE chicken served with syrup) Corn Fresh Fruit Milk			

Daily Vegetarian Option includes Sunbutter & Jelly Sandwich & Bean & Cheese Burrito Menu subject to change without notice; the USDA and CDE are equal opportunity providers and employers

**\*ALL MEALS ARE FREE THROUGH MAY 26, 2023\***  
[www.pgusd.org/Departments/Food-Services](http://www.pgusd.org/Departments/Food-Services)



## Pacific Grove Unified School District

### MARCH 2023 Elementary School Menu



Breakfast				
Monday	Tuesday	Wednesday	Thursday	Friday
Cereal Raisins / Craisins / Apple Crisps Milk	Mini Cinnis Raisins / Craisins / Apple Crisps Milk	Concha/Pan Dulce (Mexican sweet bread) 100% Fruit Juice Milk	Cereal Fresh Fruit Milk	Chocolate Muffin 100% Fruit Juice Milk
Lunch				
		Wednesday 3/1	Thursday 3/2	Friday 3/3
		Miller's Beef Hotdog (uncured, no nitrates) Baked Beans Fresh Fruit Milk	Grilled Chicken Sandwich or Veggie Burger Cucumbers 100% Fruit Juice Milk	Domino's Cheese Pizza Side Salad Fresh Fruit Milk
Monday 3/6	Tuesday 3/7	Wednesday 3/8	Thursday 3/9	Friday 3/10
Mozzarella Stuffed Breadsticks with marinara sauce Green Beans Applesauce Milk	Brunch for Lunch Buttermilk Pancakes served with syrup Turkey Sausages Home Fries Fresh Fruit Milk	Turkey Ham & Cheese Sandwich Edamame Fruit Cup Milk	Turkey & Cheese Cracker Kit Baby Carrots Fresh Fruit Milk	Soybutter & Jelly Sandwich String Cheese Fruitables Juice Fresh Fruit Milk
Monday 3/13	Tuesday 3/14	Wednesday 3/15	Thursday 3/16	Friday 3/17
Macaroni & Cheese Garlic Breadstick Cucumbers Fresh Fruit Milk	Orange Chicken Steamed Rice Corn Fruit Cup Milk	MINIMUM DAY Turkey Taco Nada Baby Carrots Fresh Fruit Milk	MINIMUM DAY Build-a-Burger (all-beef or veggie patty) plain or with cheese, lettuce & pickles Baked Beans 100% Fruit Juice Milk	Domino's Cheese Pizza Side Salad Fresh Fruit Milk
Monday 3/20	Tuesday 3/21	Wednesday 3/22	Thursday 3/23	Friday 3/24
Cheese Calzone with marinara sauce Green Beans Fresh Fruit Milk	Crispy Chicken Sandwich (NAE whole-muscle breaded filet) Sweet Potato Tots Fruit Cup Milk	Meatballs & Marinara (chicken meatballs) Texas Toast Corn Fresh Fruit	Grilled Chicken Sandwich or Veggie Burger Baked Beans 100% Fruit Juice Milk	Domino's Cheese Pizza Side Salad Fresh Fruit Milk
Monday 3/27	Tuesday 3/28	Wednesday 3/29	Thursday 3/30	Friday 3/31
Bean & Cheese Pupusa Carrots w/ Tajin Fruit Cup Milk	Chicken & Waffle (NAE chicken served with syrup) Corn Fresh Fruit Milk	Teriyaki Chicken Steamed Rice Mixed Veggies Fresh Fruit Milk	Build-a-Burger (all-beef or veggie patty) plain or with cheese, lettuce & pickles Baked Beans 100% Fruit Juice Milk	Domino's Cheese Pizza Side Salad Fresh Fruit Milk

Daily Vegetarian Option includes Sunbutter & Jelly Sandwich & Bean & Cheese Burrito Menu subject to change without notice; the USDA and CDE are equal opportunity providers and employers

**\*ALL MEALS ARE FREE THROUGH MAY 26, 2023\***  
www.pgusd.org/Departments/Food-Services

## Robert Down Elementary School

Website: <https://robertdown.pgusd.org/>

Location: [485 Pine Avenue, Pacific Grove, CA, USA](#)

Phone: (831) 646-6540



**2022-23 Pricing Letter to Households.pdf**

[Download](#)

156.5 KB



**BUS-PASSapplication - 22-23.doc**

[Download](#)

80.5 KB



**Allergy Alert Letter K-2.pdf**

[Download](#)

174.4 KB



**RHD November 2022 Brick Fundraiser Fliers.pdf**

[Download](#)

740.1 KB



**Robert Down Elementary School**



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**Communicate quickly and effectively with interactive newsletters.**

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