



# Robert Down Principal's Update

February 8, 2024

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## Principal's Message

Dear Otter Parents,

Happy Thursday! Matt Bell and I thoroughly enjoyed this week at Robert Down. The rain and weather kept us indoors (and on our toes!) for a few recesses and lunches, but students were so patient and kind....which is fitting, since it was ***Kindness Week!*** Our counselor, Sonda Frudden, with the help of several parent volunteers and staff, provided daily activities at lunch to celebrate. Students wrote thank you notes, painted rocks, and decorated our campus with chalk art. Please come visit our front lobby to see the beautiful butterfly mural (picture below).

Giving shout outs is risky for fear of missing folks. Having said that, I would like to recognize the extraordinary efforts seen each day of our yellow jackets (playground supervisors), custodians, and office staff! They all show true dedication to the RHD students and staff.

Next week is February Break. We hope you enjoy this time off to rest, recharge, and spend time with family. We look forward to welcoming students back on campus on **Tuesday, February 20.**

Go Otters!



### RHD Upcoming Events

**February 12-19** - February Break (no school)

**February 20** - Return to School

**February 20** - PTA Dine Out, Monarch Pub & Restaurant, 5:00-8:00 PM

**February 20** - RHD Site Council Meeting, 3:30 PM

**February 20** - PTA Meeting, 6:30 PM

**February 26-March 8** - PTA, Book Week

**March 7** - PGUSD Board Meeting, 6:30 PM

**March 8** - PTA Pajama Reading Night, 5:30-7:30PM

**March 14** - RHD STEM Night

**March 11-15** - TK/K Parent Teacher Conferences, students released 12:10 PM

**March 13-15** - 1st-5th grade Parent Teacher Conferences, students released at 12:10 PM



## 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.



## 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. To make an appointment at the District Office please contact Bree Nehring by calling 607-8892 or emailing [bnehring@pgusd.org](mailto:bnehring@pgusd.org)

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

## 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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## Flyers

Registration  
Opens Feb 1st



# The WAVE Program



A Fun-Filled, 2-Week Summer Experience for  
ALL rising 4th, 5th, 6th and 7th Graders

July 8-18 @ PGHS  
Mon-Thur • 9am to 4pm

## SUMMER 2024

Culinary | Basketball | Boxing | Dance  
Baseball | Softball | Soccer | Lacrosse  
Backyard Games | Swim Lessons  
Tennis Wrestling | Water Polo  
Track & Field | Volleyball

Join Us!  
THIS SUMMER

MAKE NEW FRIENDS &  
GREAT MEMORIES THIS SUMMER!

### Eligibility Requirements:

Must be entering 4th, 5th, 6th  
or 7th Grade in Fall 2024  
AND

Attend a PGUSD School  
or Live in PGUSD boundaries

### REGISTER ONLINE

[www.thewaveprogram.org](http://www.thewaveprogram.org)

Registration includes \$125 donation  
per family. Scholarships Available!

FOR MORE INFO: (408) 960-5194

SIGN UP FOR THE WAVE PROGRAM HERE!

RHD PTA presents  
Dine in Fundraiser:



15% of all the purchases will be donated to  
the Robert H Down PTA.

**Tuesday, February 20th**  
**5 - 8 PM**

The Monarch Pub and Restaurant  
617 Lighthouse Ave  
(831) 324-4987

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

**RHD PTA DINE IN FUNDRAISER**



**WEDNESDAY, MARCH 20th**  
**11:30AM-9PM**

**10% OF YOUR PURCHASE  
WILL BE DONATED TO RHD.  
DON'T FORGET TO MENTION OUR FUNDRAISER!**

**Peppers Mexicali Cafe**  
170 Forest Ave, PG  
(831)373-6892



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**2023  
2024**

**ORDER  
YOUR  
YEARBOOK  
ONLINE  
NOW!**

**EASY ORDERING WITH YOUR  
MOBILE DEVICE.  
SCAN QR CODE WITH CAMERA APP**

**ROBERT H. DOWN  
ELEMENTARY**

**Purchase Now!!!  
Perfect bound book  
\$30.00  
Hard cover book  
\$35.00**

**2023-24 Yearbook - Buy one today!**

**Order Now!!! Sales end May 6th, 2024**

**Ad Cost Pricing**

**Full Page: \$100, 1/2 Page: \$50, 1/4 Page \$25, 1/8 Page \$15**



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**Anyone's Yoga Presents:**

**Lunchtime Yoga / Stretching / Relaxation  
w/ Mrs. Tobin**



**Come and learn to stretch and relax yoga style!**

**Where: Room C-3 (music room)**

**When: Lunchtime Recess on Wednesdays**

**Start Date: January 17, 2024**

**Bring your own mat if you like, or mats and a carpeted floor are provided.**

**Anyone can do this! First 15 students to arrive get a spot!**

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**JOIN THE GOOD NEWS CLUB®**

**IT'S FREE!**

**I Am Loved!**

**IT'S FUN!**

**Everyone Has Value!**

**Helps Me Do Right!**

**GOOD NEWS CLUB® (GNC™)**  
*is an exciting, fun-filled weekly club for kids in which the Bible is clearly taught with songs, stories, games...*

**WHO TEACHES THE CLUB?**  
*GNC teachers are specially trained Christians concerned for the well-being of your child. All club workers are screened as required by Child Evangelism Fellowship® Child Protection Policy to ensure your child's safety.*

**Thursday**  
 -- only on full days of school --  
~~September~~ 2023- May 16th 2024  
 Nov. 9  
**Time:** 2:00 PM- 3:30 PM  
**Location:** Robert Down Elementary School -E-2  
**Sponsor:** CEF NorCal Central Coast  
**Contact:** Janice Hare 831-601-2974  
**To Register:** Pick up a registration form in the office and bring to the club meeting.  
 \*Pacific Grove Unified School District neither endorses nor sponsors the organization represented in this document\*.

**CEF**  
 CHILD EVANGELISM FELLOWSHIP®  
*Reaching children worldwide*

The United States Constitution requires schools to respect the right of all external organizations to distribute flyers to students at school if the school permits any such organization to distribute flyers. Accordingly, the school cannot discriminate among groups wishing to distribute flyers at school and does not endorse the content of any flyer distributed at school. The school encourages parents to assist their children in making choices appropriate for them.

**This is not an activity of the school or the school district.**

V2.0

[CLICK HERE to ORDER RHD Spirit Wear](#)

**Otterly Adorable**



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## Please Read: Allergy Alert Letter



**Allergy Alert Letter August 2023.docx.pdf**

[Download](#)  
520.1 KB

Hello Robert Down Families,

This year, we have some schoolmates in grades 2 through 5 with life-threatening allergies to eggs, tree nuts, peanuts, and milk requiring Epi-Pen treatment if exposed to eggs and foods containing tree nuts, peanuts, and milk. To maintain the highest level of safety, all of the 2nd grade classrooms will be compulsory egg, tree nut, and peanut-free classrooms. We ask that all Second Grade classroom families not send foods to school with their child which contain tree nuts, peanuts, and eggs.

Mr. Keller will be discussing with all grade levels the importance of being safe at the lunch tables and not playing with milk cartons by purposely pouring liquids onto trays, onto the table tops or ground, and not stomping on cartons to hear them "pop". He will also share with students the importance of using hand wipes or washing hands after eating any food allergy products to keep playground equipment safe for all students.

The best way to determine if foods are allergy-free snacks is to read the label since most brands have a warning statement or allergen list. Be aware of phrases like this:

- May Contain Peanuts
- Processed on shared equipment with Peanuts
- Manufactured in a facility that also processes Peanuts
- Contains Peanut or Peanut Ingredients



In addition, we will encourage students to care for their food properly at school by not sharing food with others, not throwing food, and not carelessly spilling food onto others in order to eliminate food allergy exposure and cross contamination in eating areas shared by multiple grade levels.

The following resource link and attachment can assist you in teaching your children how to support friends with allergies and how to keep them safe.

<https://community.kidswithfoodallergies.org/blog/8-ways-to-teach-children-about-food-allergies>

Please feel free to contact me with any questions.

Thank you very much,

Katrina

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Katrina Powley, RN, BSN, CSN  
District School Nurse  
Pacific Grove Unified School District  
kpowley@pgusd.org  
Google Voice: (831) 275-5396

# How To **AVOID** a Food Allergy **REACTION**

The only way to **AVOID** having an allergic reaction is to **AVOID THE FOOD YOU'RE ALLERGIC TO**. That's why it's important to follow these rules.



**Wash your hands** before eating.



**Don't share** food or drinks.



**Read labels twice** or ask an adult. **NO LABEL? DON'T EAT IT!**



**Always tell** whoever is making your food about your food allergy.



**Don't take chances.** If you don't know what's in your food, **DON'T EAT IT.**



# Food Allergy MYTHS



**MYTH:** Eating a little bit of a food you're allergic to won't hurt.

**FACT:** For someone with a food allergy, **even a small amount** of a food allergen can cause a **serious allergic reaction**.

**MYTH:** Peanut allergy is the most dangerous food allergy.

**FACT:** Any food can cause an allergic reaction. **No single food allergy is more dangerous than another.**

**MYTH:** Food allergies are *not* serious.

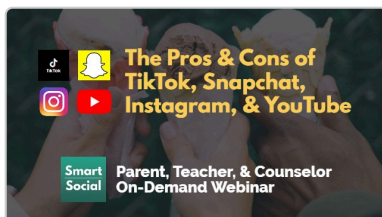
**FACT:** Food allergies are **VERY serious**. People with food allergies must be careful about what they eat **all the time** and **always be prepared for an allergic reaction**.

**MYTH:** A food allergy always develops in childhood, then you're stuck with it for life.

**FACT:** A person can develop a food allergy **anytime**, even as an adult. **Kids may outgrow a food allergy**, especially allergies to milk, egg, soy, and wheat.



## SmartSocial



### AI Parent Training For Students

The SmartSocial Parent, Teacher & Counselor forum will teach you the hidden safety features of TikTok, Snapchat, Instagram, Fortnite, Netflix, YouTube & More

🔗 [smartsocial.com](https://smartsocial.com)

# Making Screen Time Fun

while reducing the negative impact

**Live Virtual Event  
Taught by  
Students &  
Experts**





# Tools for the Journey

Creating a World of Kind, Connected Human Beings



## Breathing

*I calm myself and check-in.*

## Quiet/Safe Place

*I remember my quiet/safe place.*



## Listening

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

## Empathy

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



## Personal Space

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

## Using Our Words

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



## Garbage Can

*I let the little things go.*

## Taking Time

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



## Please & Thank You

*I treat others with kindness and appreciation.*

## Apology & Forgiveness

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



## Patience

*I am strong enough to wait.*

## Courage

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



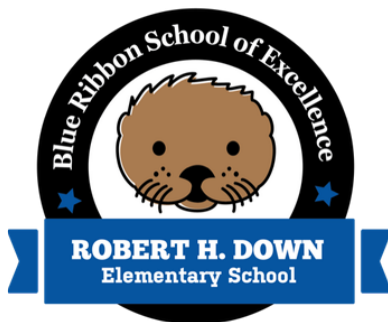
*Practices of a Peaceful Warrior*



**TOOLBOX**  
BY DOVETAIL LEARNING

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www.dovetaillearning.com



## Robert Down Elementary School

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

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

Phone: (831) 646-6540



## Robert Down Elementary School

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