



Robert Down Principal's Update

February 22, 2024

Principal's Message

Dear Parents and Guardians,

It's always nice to have a week off to celebrate our presidents, but I find that my "bucket" is more filled when I get to see the kids (and their parents and guardians) come to school with a smile and see how eager they are to share with me the work that they are doing and the successes that they've had. It is truly a privilege to be an Otter.

I've got a number of things to share with you, so let's get to it.

First, we will be having an evacuation drill today, Friday, Feb. 23, at 2:45. All students will go with their teacher up to the upper field and we will verify that everyone is accounted for, doors have been shut, and protocol has been followed. We will also do a small practice of "releasing" a couple of students to their parents as if this were a real fire and we can't go back into the building. As you probably know, every month we have some type of drill to assure that we are prepared to deal with a number of situations to keep our students and staff safe. Our District has contracted with McKimball and Associates to observe our drills and to give us feedback on where we can improve and they will be watching today.

Secondly, I am excited to announce a great workshop next Wednesday from 6-7:00pm via Zoom for parents of 4th - 8th grade students (although you can certainly still join if your child is younger.) The flier is attached, but here is the gist of the workshop: *Does your child struggle with transitioning from one task to the next? Do they get "stuck" and have trouble regulating emotions? Are shoes, jackets, homework, or favorite items often misplaced?*

Please join us for an online educational talk about important cognitive functions students need to learn and manage everyday life skills, like the scenarios above. The session will help parents understand:

- *What are executive functions?*
- *What executive functioning skills do elementary and middle school students often struggle with?*
- *Strategies for improving specific EF skills.*

Use this link to attend the Zoom meeting: <https://pgusd.zoom.us/j/82603979523?pwd=c01uNGRUelpBVjYvR3RwSTd5S1dyZz09>

Also, on March 13th at 6pm, at PGHS Library, Robert Down and Forest Grove will come together to share information regarding registration and program content for our 2024-25 TK/K program. Please join us if your child is eligible to attend based on their birthdates listed on the flyer below.

Lastly, I've been very impressed with how our students are getting to school on time. Moms, dads, and guardians, pat yourself on the back. That being said, I've noted that there have been some drop offs in front of the school that were less safe than they should be. Let me encourage you, if you drop your student off in the drop-off zones to pull all the way into the drop-off zone so that your car does not protrude into the street. If the zone has other cars in it, go ahead and do a loop around the block and try again rather than letting your child get off while you are still in the street. Or better yet, park a few blocks away and walk with your student to school. It can be a bonding time and a little walk with your child can do wonders for your mental outlook for the day.

As a reminder, Mrs. Riedel, my counterpart, will be at the helm of the S.S. Otter for most of the month of March and I will be taking most of the month of April or until Mr. Keller is able to return. We've been very humbled by the warm welcome we've been given. Thank you.

Go Otters!
Matt Bell

RHD Upcoming Events

February 26-March 8 - PTA, Book Week, Read a Thon



February 28 - Executive Function Skill Building for Students in Grades 4-8, see flyer below

March 7 - PGUSD Board Meeting, 6:30 PM

March 8 - PTA Book Swap at lunch & Pajama Reading Night, 5:30-7:30PM

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

March 13 - PGUSD TK/K Parent Orientation Meeting, PGHS Library, 6:00 PM

March 14 - RHD STEM Night, 5:00-7:00 PM (see flyer below)

PTA Information

Join the Read-A-Thon!

Our Read-A-Thon starts Monday February 26, 2024 and ends March 8th—when we'll celebrate with a Book Swap and Book Night on March 8th (more to come soon!).

This week, your student is bringing home instructions on how to activate their personal page. This is where you will be able to view and record their progress.

We encourage you to activate your reader's account today by clicking on <https://www.read-a-thon.com/readers/r/aNilAZ/1> and following the simple instructions.

We hope **EVERYONE** participates—our goal was 200 students last year and we reached 224. Can we get to 250 this year? We think so! Last year, Mrs. Hiserman's 5th grade class logged the most reading minutes, with 42,000 minutes read! Can any class beat that this year?! Let's see!!

This year, whichever class logs the most minutes read will get a special treat from the PTA! Our top 3 readers will get to gift certificates to Bookworks!

We raised **\$5,000** last year, which went right back to the school in the form of supporting our teachers with funds to buy classroom materials, art supplies, books, new chairs, plants—whatever they may need to make your children's experience at school interactive, memorable, and supportive. If you have any specific questions, please contact Heather Lazare: heatherlazare@gmail.com.

Thanks so much,
Robert Down Elementary School PTA



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

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

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

Flyers

PGUSD Parent Education Event

Executive Function Skill Building for Students in Grades 4-8

Wednesday, February 28, 2024

6:00 PM - 7:00 PM

Presented by:

Caitlyn McGinley, MA

Educational Specialist & Executive Function Coach

Center for Developing Minds



Does your child struggle with transitioning from one task to the next?

Do they get "stuck" and have trouble regulating emotions?

Are shoes, jackets, homework, or favorite items often misplaced?

Please join us for an online educational talk about important cognitive functions students need to learn and manage everyday life skills, like the scenarios above. The session will help parents understand:

- What are executive functions?
- What executive functioning skills do elementary and middle school students often struggle with?
- Strategies for improving specific EF skills.



Use the QR Code or link below to access the meeting.

<https://pgusd.zoom.us/j/82603979523?pwd=c01uNGRUelpBVjYyR3RwSTd5S1dyZz09>

For additional questions, please contact sfrudden@pgusd.org.

PGUSD 2024-2025

TK & Kindergarten Parent Meeting

*This will be an in person parent information meeting for all incoming
PGUSD Transitional Kindergarten and Kindergarten students to
discuss registration and program content for the 2024-25 school year.*

For the 2024-25 school year, if your child turns 5:

On or before September 1, 2024: Kindergarten

Between September 2, 2024-June 2, 2025: TK

On or after June 3, 2025: eligible for K in Aug. 2025



DATE: March 13, 2024

TIME: 6:00 – 7:00 PM

LOCATION: Pacific Grove High School Library

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

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

FOR MORE INFO: (408) 960-5194

SIGN UP FOR THE WAVE PROGRAM HERE!

RHD'S FAMILY STEM NIGHT!

STEM = Science, Technology, Engineering, and Math

Hosted by RHD's STEM Club

When: Thursday, March 14, 2024
from 5pm-7pm

Where: RHD cafeteria & surrounding hallways

*Families are encouraged to
participate in a
wide variety of science
activities!*

3D printing

LEGO ROBOTICS

Create a circuit

MCOE Fab Lab

Catapult design challenge

straw rockets

Engineering &
design challenges

Glowforge laser cutting demo

Learn how to code
using Ozobots

Robotics Programming
with Sphero and Dash
and Dot bots



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 Mexican Cafe
170 Forest Ave, PG
(831)373-6892



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

**2023
2024**

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YOUR
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ONLINE
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ELEMENTARY**

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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!**

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
 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®
 Since 1937
 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](#)

Offerly Adorable













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

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.

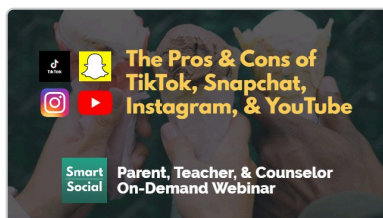
FACT: Food allergies are **VERY serious**. People with food allergies must be careful about what they eat **all the time** and **always be prepared for an allergic reaction**.

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

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



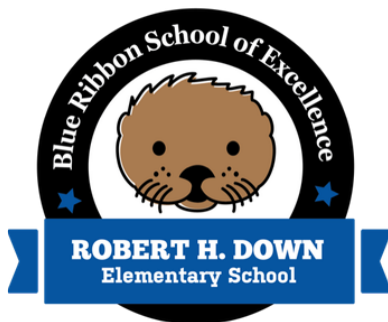
Practices of a Peaceful Warrior



TOOLBOX
BY DOVETAIL LEARNING

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www.dovetaillearning.org



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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