



Robert Down Principal's Update

March 7, 2024

Principal's Message

Dear Otters,

What an amazing week of activities! We look forward to many more in the coming weeks.

Our beautiful Robert Down Garden will once again come to life and thrive! Heidi Feldman and Keith Larson spent countless hours last weekend pruning, weeding, and setting the stages for new growth as they hope to provide the area for student exploration, classroom adventures, and healthy edibles for our Otters. Many thanks to Heidi and Keith!

This week, hosted by PTA (specifically Heather Lazare and Jessica Thompson) is the annual Read-a-Thon. Books, in general, comprise a huge piece of school life so let's celebrate reading in a special way this week. On Friday during lunch, students will enjoy bringing books from home and participating in a "Book Swap"; what a sensible way to share gently-read books with classmates and while receiving "new" reads at the same time. Mrs. Scanlon, our book source expert, has helped to facilitate this event and will be a special reader to the students this Friday night along with various teachers, myself, and Dr. Adamson, our PGUSD School Superintendent!

Can't say enough about the RHD Toolbox Assemblies! Last month we enjoyed reminders relevant to KINDNESS during our TK/K performance. Next week on Friday at 10:15, our 4th graders will grace the Ottortorium stage with another toolbox surprise. Parents and families

welcome to attend!

Our instrumental music program is now up and running, thanks to the generous efforts of MS music teacher Barbara Priest and HS music teacher George Warren who are accommodating all PGUSD schools by designing very creative schedules! Along with their efforts come those of our school staffs who have been very flexible and understanding. Needless to say, we are very grateful for the many who have helped keep the music program alive.

Spelling Bee is buzzing! Over 21 semi-finalists in 4th and 23 in 5th grade will have received their next set of spelling lists by the time this publication is released. Many thanks to our spellers' teachers and a huge high-five to coordinator Alex Jenner. Hey! I am a big fan of Spelling Bees; was an 8th grade finalist back in 1964! 🙌

A very belated thank you to our counselor Sonda Frudden for always spreading kindness, but particularly during our "official" Kindness Week in February. The students were racing at lunch (literally) asking the whereabouts of the daily activity. Students of all ages and abilities enjoyed each and every day of Sonda's efforts.

Last, but not least, is a reminder about Parent Conference Week (March 11 - 15). Our schedule will be: TK/K daily minimum days and grades 1 - 5 Wednesday, Thursday and Friday minimum days - released at 12:10pm.

It takes a huge force daily to support our students, including parents, families, teachers, general staff, administrators, district office; no one group does it alone. Thank you all!

Mary Riedel



RHD Upcoming Events

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

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)

March 18 - RHD Site Council Meeting, 3:30 PM

March 20 - PTA Dine Out, Peppers Mexicali Cafe, 11:30 AM - 9:00 PM

March 20 - Final Spelling Bee Competition, Cafeteria, 6:00 PM

March 24 - RHD Drama Club Play, Ottertorium, 2:00 PM and 5:00 PM

PTA Information

Last Day for the Read-A-Thon!

Thanks so much for your great support of the Read-a-Thon! As we close in on Friday, our final day, we're looking impressive: 66,713 minutes read so far! Please keep encouraging your students to read and log their minutes!!

This year, whichever class logs the most minutes read will get a special treat from the PTA! Our top 3 readers with the most minutes in TK - 2nd grade and top 3 from 3rd - 5th will get a gift certificate to Bookworks!

Book Swap Friday:

Friday at lunch will be the Book Swap—students can bring a book and take a book (all free). If they forget, we have plenty of books so they will be able to grab one even if they didn't come with one.

Book Night Friday, 6-7pm:

Friday night is Book Night from 6-7pm -- students can come to school in their comfy clothes with stuffies and we'll have snacks and hot chocolate in the cafeteria and Guest Readers reading us stories. We did this for the first time last year and it was a success! We hope to see you there!

Thanks so much,
Robert Down Elementary School PTA



Read·A·Thon

RHD students have read 66,713 minutes!

Can we get to 70,000 by tomorrow?

It's not too late to sign up and start logging! You can do so at this link:

<https://www.read-a-thon.com/readers/r/aNilAZ/1>

Update on rewards:

TK-2nd grade: Top 3 readers with the most minutes will get a Gift Card to Bookworks.
The class with the most minutes logged will get a special treat from the PTA.

3rd-5th grade: Top 3 readers with the most minutes will get a Gift Card to Bookworks;
The class with the most minutes logged will get a special treat from the PTA.

Please contact Heather Lazare at heatherlazare@gmail.com if you have any questions.

PGUSD neither endorses nor sponsors the organization or activity represented in this document.



Book Swap!

**Join us for our third annual Book Swap this Friday
during lunch in the RHD cafeteria!**

**Bring a book, take a book: but if you forget to bring a book, it's ok
because we'll have lots of books waiting for you to choose from!**



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Book Night is this Friday!

March 8th from 6-7PM, RHD Cafeteria

Wear your comfy clothes, bring a stuffy and a blanket, and get cozy while you listen to our Guest Readers share their favorite stories!

Snacks, juice, and hot chocolate provided. Please BYO water bottle to refill and cut down on waste!

We still need some help to make this a memorable event!

Sign up to volunteer or bring food/drinks here:

<https://www.signupgenius.com/go/4090F4DACA2FA6FF2-48112180-book#/>



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[Click Here to Sign Up!](#)



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.



Flyers

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**

**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



SCAN WITH PHONE

Yearbooks provided by


Don't wait to get your yearbook, this is *pre-sale only*.
Limited quantity available

1. <https://plicbooks.com/go/KYRV59>

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SCAN HERE


A PARTNERSHIP IN
EXCELLENCE

TO COMPLETE THE SURVEY



Please provide feedback for PGUSD schools by filling out this 10-minute survey. Your ideas will contribute to our plan for the next three years. Click on the link below, or scan the QR code.

[PGUSD Family Survey](#)



PLEASE COMPLETE BY MARCH 25TH, 2024

CELEBRATING 41 YEARS OF GIVING!

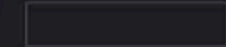


**Sunday,
April 21, 4-7pm**

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 today!

\$85 in advance

\$100 beginning April 15

(over 21 years of age only, please)



Email 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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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!

Thursday

-- only on full days of school --

~~September 14~~ 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.

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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.



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

- 2024 - MARCH

This Month we are Testing out Yogurt Parfaits & Fruit Smoothies for Breakfast!

FRIDAY

1	Domino's Cheese or Pepperoni
	Deli Sandwich
	Side Salad Fresh Fruit
8	Domino's Cheese or Pepperoni
	Deli Sandwich
	Side Salad Fresh Fruit
15	Domino's Cheese or Pepperoni
	Deli Sandwich
	Side Salad Fresh Fruit
22	Domino's Cheese or Pepperoni
	Deli Sandwich
	Side Salad Fresh Fruit
29	Domino's Cheese or Pepperoni
	Deli Sandwich
	Side Salad Fresh Fruit

MONDAY

4	Mozzarella Stuffed Breadsticks w/ Marinara
	Chicken Nuggets & French Fries
	Corn Fresh Fruit
11	Crispy Chicken Sandwich
	Cheese Lasagna
	Baby Carrots Fresh Fruit
18	Mozzarella Stuffed Breadsticks w/ Marinara
	Chicken Nuggets & French Fries
	Corn Fresh Fruit
25	Crispy Chicken Sandwich
	Cheese Lasagna
	Baby Carrots Fresh Fruit

TUESDAY

5	Corndog
	Macaroni & Cheese
	Carrot Fresh Fruit
12	Cheese Quesadilla
	Crunchy Beef Tacos
	Refried Beans Fresh Fruit
19	Hot Dog
	Macaroni & Cheese
	Carrot Fresh Fruit
26	Cheese Quesadilla
	Crunchy Beef Tacos
	Refried Beans Fresh Fruit

WEDNESDAY

6	Orange Chicken & Rice
	Grilled Cheese
	Broccoli Fresh Fruit
13	Orange Chicken & Rice
	Homemade Chicken & Cheese Taqitos
	Chef Choice Vegetarian Option
	Mixed Vegetable Roast Fresh Fruit
20	Orange Chicken & Rice
	Grilled Cheese
	Broccoli Fresh Fruit
27	Orange Chicken & Rice
	Homemade Chicken & Cheese Taqitos
	Chef Choice Vegetarian Option
	Mixed Vegetable Roast Fresh Fruit

THURSDAY

7	Cheeseburger/ Hamburger
	Homemade Bean & Cheese Burrito
	Corn Fresh Fruit
14	Cheeseburger/ Hamburger
	Bean & Cheese Nacho
	Tater Tots or Corn Fresh Fruit
21	Cheeseburger/ Hamburger
	Homemade Bean & Cheese Burrito
	Corn Fresh Fruit
28	Cheeseburger/ Hamburger
	Bean & Cheese Nacho
	Tater Tots or Corn Fresh Fruit

Pacific Grove Unified School District Elementary Menu BREAKFAST

Cereal Variety Offered Daily

Monday: Mini Maple Pancakes

Tuesday: Cinnamon Bun

Wednesday: Bagel

Thursday: Donut Variety

Friday: Concha

Served with Whole Fruits or 100 %
Fruit Juice

All Meals FREE for ALL Students

Gluten Free Alternative Breads &
Items Available at Each Site as Needed

© 2023 Simply Good Food, LLC

This institution is an equal opportunity provider. Menu is subject to change. A variety of milk is offered each day.

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

Otterly 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.

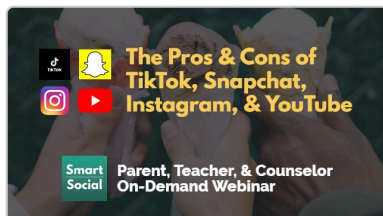
FACT: Food allergies are **VERY serious**. People with food allergies must be careful about what they eat **all the time** and **always be prepared for an allergic reaction**.

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

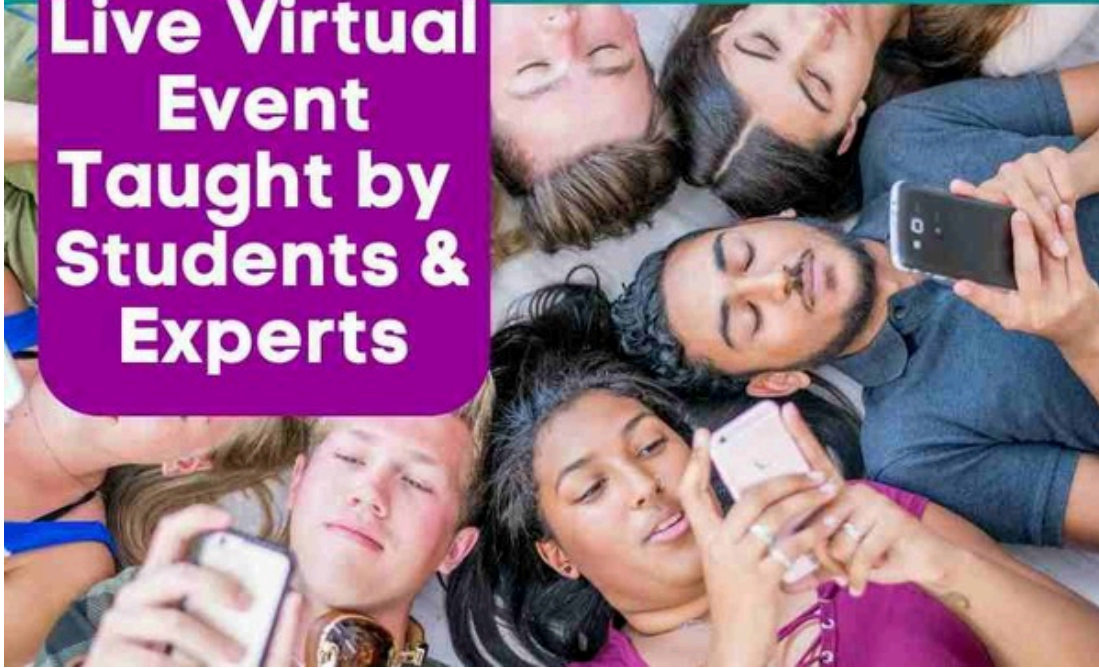
The SmartSocial Parent, Teacher & Counselor forum will teach you the hidden safety features of TikTok, Snapchat, Instagram, Fortnite, Netflix, YouTube & More

🔗 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



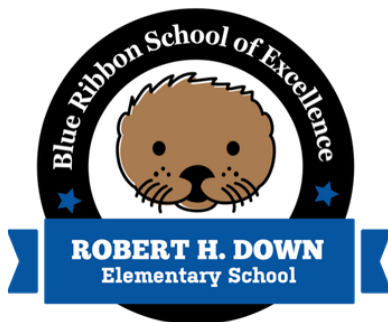
Practices of a Peaceful Warrior



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

is using Smore to create beautiful newsletters

Created with  **smore**

Communicate quickly and effectively with interactive newsletters.

Smore empowers educators to connect with their community, streamline school communications, and increase engagement.

[Create a newsletter](#)

