



Robert Down Principal's Update

April 4, 2024

Principal's Message

Dear Otter Parents and Guardians,

With Spring Break quickly approaching, we wanted to send out a couple of reminders. Tomorrow is a minimum day with all students released at 12:10. School will resume on April 15 with a regular day for the students, which will hopefully give you some time to finish your taxes ;-).

As long as we're on the subject of a week off from school, let me note that often students will stay up later as a special treat and will sleep in later. If your student falls out of their regular school rhythm, make a point to get them back onto their normal school rhythm toward the end of the week so that they are ready to come back to school ready to learn. The last 7 weeks of school will be jam packed with activities, state testing for the older students, and lessons preparing them for success in next year's class.

Lately, I've noticed that the pickup and drop off in front of the school has been more chaotic and hence less safe than I'd like. Please, please, please be patient, drive extra slowly, and pull completely into the parking spot if you find one. I've noted that if you go a couple of blocks away, there are many parking spots and you get the added bonus of having a small walk with your student as you come to school. It will only add a couple of minutes to the time it takes, but will give you

lasting memories. And please don't do a U-turn near the school. It causes other cars to take their attention away from the road and children who are out and about.

Remember all the important dates coming up at RHD! Volunteer Appreciation Breakfast, Open House, Purple Up; the list goes on. Read ahead for dates and times!

Mary Riedel & Matt Bell



PTA VOLUNTEER REQUEST!

The Robert Down PTA is calling for volunteers to help us load buses for the **Big Sur International Marathon**. Please sign up to volunteer to help us with this event by April 12th. Last year your support allowed us to earn a \$750 grant from their foundation which further supported our teachers and your students. Our goal with your help is to be able to earn the same grant money again this year.

Please click the link below to sign up and volunteer on Sunday April 28th. **Sign up to volunteer by April 12th and receive a FREE volunteer T-shirt.**

Thank you very much for your volunteer support!

Registration Link: <https://bigsurinternationalmarathon.volunteerlocal.com/volunteer/?id=75717>

Password: **RobertDown**



RHD Upcoming Events

April 4 - PGUSD Board Meeting, 6:30 PM

April 5 - Minimum Day, all students dismissed at 12:10 PM

April 8-12 - Spring Break!

April 15 - Month of the Military Child, Purple Up! Day, Wear PURPLE! 💜

April 17 - Volunteer Appreciation Breakfast, 8:00-8:30 AM

April 21 - PG PRIDE, Great Taste, 4:00-7:00 PM at Spanish Bay

April 25 - RHD Open House (5:15 PM Food Truck, 6:15 PM

Principal's Message, 6:30-7:15 PM Classroom visits)

April 26 - 5th Grade Career Day, 10:30 AM-12:00 PM, Ottertorium

April 28 - RHD Volunteers at Big Sur Marathon (see link above!)



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

PTA Updates & Reminders

EVENTS

1. Big Sur International Marathon Volunteers (signup by April 12)

- a. help direct runners to appropriate buses
- b. Contact Sarah Fontecchio <thedsttproject@gmail.com> if you are interested

2. RHD Open House (April 25)

- a. 5:15-6:15 food truck and social play
- b. 6:15-6:30 principal's address
- c. 6:30-7:15 classroom visits

3. 5th Grade Sunset Event (April 26 or 27, TBD)

- a. Without more volunteers, this event may be canceled. Contact Lucie Hazen <ljhazen@gmail.com> if you are available to help this event be successful.

4. 5th Grade Campout (on RHD field, May 17-18)

- a. Without more volunteers, this event may be canceled. Contact Lucie Hazen <ljhazen@gmail.com> if you are available to help this event be successful.

HELPING OUT

1. Support the PTA by joining: <https://jointotem.com/ca/pacific-grove/robert-h-down-elementary-pta>

- a. Tax-deductible membership starts at just \$20/yr/person
- b. Membership does not commit you to volunteering your time

2. Square 1 Art Fundraiser (order by April 19)

- a. Buy merchandise featuring your child's art to support the school
- b. <https://shop.square1art.com/Shop/artwork/Search>
- c. See March 20 catapult connect email (RE: Square 1 Art Keepsakes) for details
- d. Contact Sarah Fontecchio <thedsttproject@gmail.com> if you have any questions

3. Charleston Wrap Fundraiser (April)

- a. details announced soon
 - b. Contact Sarah Fontecchio <thedsttproject@gmail.com> if you have any questions
-

Flyers



Calling all Robert Down Volunteers!

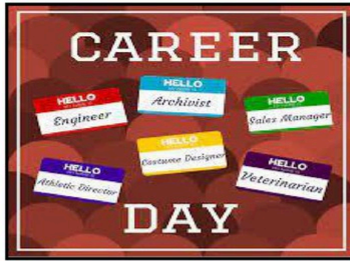
**You're cordially invited to our
Volunteer Appreciation Breakfast**

**Wednesday, April 17
8:00-8:30 AM
Robert Down Cafeteria**



CAREER DAY, VOLUNTEERS NEEDED!

We are still looking for parents who have careers in the trades, for example; chef, carpenter, electrician, plumber, landscaper, painter, mechanic, or hair dresser. If you're interested in sharing your experiences with our 5th grade students, please email Sonda Frudden at sfrudden@pgusd.org



PARENT VOLUNTEERS NEEDED!

Please join us for our annual 5th-grade Career Day. We seek volunteer speakers to share their professions with our 5th grade students. You can make a video or speak in person.

INFORMATIONAL EVENT FOR PARENT VOLUNTEERS:

Wednesday, March 27

6:00-6:30 PM online link to join the meeting:

Career Day Parent Volunteer Information Meeting

Wednesday, March 27 · 6:00 – 6:30pm

Time zone: America/Los_Angeles

Google Meet joining info

Video call link: <https://meet.google.com/tcj-pmno-zex>

Or dial: (US) +1 530-727-5491 PIN: 656 536 165#

More phone numbers: <https://tel.meet/tcj-pmno-zex?pin=9171576667072>

FIFTH-GRADE CAREER DAY

April 26, 2024

10:30 AM-12:00 PM

Robert Down Elementary Auditorium

PG GROWS HEALTHY

A Home Gardening Program for Pacific Grove Families

Heidi Feldman, the School Garden Coordinator for Robert Down School, along with her colleague Keith Larson, have been teaching your children how to work in our garden and grow organic food for their school lunches. The kids love their time in the garden, getting their hands dirty and planting lettuce and veggie seeds!

Now Heidi would like to let you know about the new **PG GROWS HEALTHY** home gardening program. Members of the Pacific Grove Community Garden, along with Sustainable PG, are offering to help local families grow healthy, seasonal food...right where they live. Community garden members will share basic instructions about garden bed design and construction, soil composition, planting of seeds and seedlings for vegetables and pollinator plants, seasonal crop rotation, harvesting, and preparation of healthy meals using their own, very locally sourced vegetables. Mentorship will include meetings in the Community Garden, lessons about tried-and-true gardening techniques, and problem-solving on location in the home garden. Funds for the new program were raised with the recent MC Gives campaign.

Participants in the PG GROWS HEALTHY project will receive a GARDEN TO GO:

A raised bed kit, garden tools, soil and a packet of organic seeds.

To find out more about the program and to apply to participate, contact Heidi at feldman.heidi@yahoo.com or 831-521-8196.



615 Sunset Drive Pacific
Grove High School

**Done with taxes? Have
things to shred? Come to
PG high school for free
shredding event (donations
accepted). Sponsored by the
Interact Club of PG high
school**

Where: PG high school parking lot

Shredder: Professional shredding
by The Shredding Source Solutions
of Salinas

We accept cash or checks.

The Interact Club is part of Pacific
Grove Rotary which is a 501.c
charitable organization. All donations
are tax deductible. Please make
checks out to Pacific Grove Rotary.

**April 20, 2024
11am – 3pm**

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!

**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*.
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BUY A YEARBOOK HERE!

Pacific Grove Recreation

Summer 2024

Registration opens March 27 at 12pm

Swim Lessons
Tot Swim Lessons
Youth Sports Camps
Youth Adventure Camp
Preschool Adventure Camp
Play-Well TEKnologies LEGO® Camp
Pacific Chess Academy Camp
Afro-Latin Jazz Dance
Ballet & Tap Camp
Yoga for Kids
and more!

For more details call 831-648-3134 or
visit www.cityofpg.org/recreation



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PACIFIC GROVE RECREATION

YOUTH TRACK AND FIELD 2024



Season Dates: April 2 - May 30
Practices Tuesdays & Thursdays 6:30-7:30 PM
at Pacific Grove High School Track
Track Meets on Saturdays

Registration opens March 4 at 12:00 PM

PG Resident \$99 (Ages 5-14)

Non-Resident \$108 (Ages 5-14)

Register online at www.cityofpgr.org/recreation

Call 831-648-3134 for more information

PACIFIC GROVE UNIFIED SCHOOL DISTRICT NEITHER ENDORSES NOR SPONSORS
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CELEBRATING 41 YEARS OF GIVING!

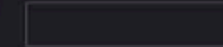


**Sunday,
April 21, 4-7pm**

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

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

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!

- 2024 -
APRIL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**Pacific Grove Unified
School District
Elementary Menu**

BREAKFAST

Cereal Variety Offered Daily
Fruit Smoothies & Yogurt Parfaits Served
in Trial Modes this month

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

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

1 Mozzarella Stuffed Breadsticks w/ Marinara Chicken Nuggets & French Fries Corn Fresh Fruit	2 Corndog Macaroni & Cheese Carrot Fresh Fruit	3 Orange Chicken & Rice Grilled Cheese Broccoli Fresh Fruit	4 Cheeseburger/ Hamburger Homemade Bean & Cheese Burrito Corn Fresh Fruit	5 Domino's Cheese or Pepperoni Deli Sandwich Side Salad Fresh Fruit
8 SPRING BREAK	9 SPRING BREAK	10 SPRING BREAK	11 SPRING BREAK	12 SPRING BREAK
NEW SALAD BARS COMING NEXT WEEK!				
15 Crispy Chicken Sandwich Cheese Lasagna Baby Carrots Fresh Fruit	16 Cheese Quesadilla Crunchy Beef Tacos Refried Beans Fresh Fruit	17 Orange Chicken & Rice Homemade Chicken & Cheese Taqitos Chef Choice Vegetarian Option Mixed Vegetable Roast Fresh Fruit	18 Cheeseburger/ Hamburger Bean & Cheese Nacho Tater Tots or Corn Fresh Fruit	19 Domino's Cheese or Pepperoni Deli Sandwich Side Salad Fresh Fruit
22 Mozzarella Stuffed Breadsticks w/ Marinara Chicken Nuggets & French Fries Corn Fresh Fruit	23 Corndog Macaroni & Cheese Carrot Fresh Fruit	24 Orange Chicken & Rice Grilled Cheese Broccoli Fresh Fruit	25 Cheeseburger/ Hamburger Homemade Bean & Cheese Burrito Corn Fresh Fruit	26 Domino's Cheese or Pepperoni Deli Sandwich Side Salad Fresh Fruit
29 Crispy Chicken Sandwich Cheese Lasagna Baby Carrots Fresh Fruit	30 Cheese Quesadilla Crunchy Beef Tacos Refried Beans Fresh Fruit			

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.

A person can
be allergic to
ANY food...

...but in the
United States, the
most common food
allergens are...



MILK



EGG



WHEAT



FISH



SHELLFISH



PEANUTS



**TREE
NUTS**



SOY



SESAME



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.

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