



Robert Down Principal's Update

April 25, 2024

Principal's Message

Dear Otter Parents and Guardians,

1. Don't forget Open House at 5:15 tonight!
2. Next week we will be holding a Drop, Cover, and Hold On emergency drill. This drill will help us imbed how to respond when we have a major earthquake. I will be coming onto our PA system and announcing the beginning of the drill next Tuesday at 11:00. Everyone on campus will duck and cover their heads. If they are inside, they will hold onto a table or desk to help protect them. We will also have some observers who will debrief with us afterwards to talk about what went well and where we can improve.
3. If you follow Abraham Maslow's hierarchy of needs, you know that his theory said that before people can fulfill their self esteem and self-actualization needs, they need to fulfill their physiological needs and then their safety and security needs. This is, in part, the reason behind PG schools (and many other) giving free breakfasts and lunches to all students. It is also behind our efforts to make sure that all students feel safe - both physically and psychologically - at school. Disaster drills, anti-bullying campaigns, education regarding cultural understanding and diversity all contribute to fulfilling the lower levels of our basic needs. This is also the basis for routine and consistent expectations at home and at school. We expect students to walk in the halls, remove their baseball hats inside the building, treat each other nicely, play fairly on

the playground, respect adults, and use their Toolbox skills. These expectations (and others, of course) create a predictable environment in which students can then concentrate on their education. The same is true for home. Predictable and routine expectations at home, dinner with the family - yes, there is scientific research about the positive benefits of having a regular dinner with the family - setting age-appropriate boundaries that are consistently enforced actually give kids and adults a sense of security. It's like holding their hand crossing a busy street. With that rather long-winded prolog, with summer coming up, many parents tend to loosen the reins on their kids and relax rules around the house allowing them to "get away" with much more than they would during the school year. Rules and consequences become unpredictable. While some loosening is fine, our kids still need their sleep and should be in bed by a reasonable time. They still need to have chores to teach them responsibility and contribution to the family. They still need to read on a regular basis both with and without you. The family still needs to eat as many dinners together as possible. This gives your child a sense of security to then pursue self-esteem and self actualization. Maslow may have died 50 years ago, but his work is still relevant today.

4. I continue to be impressed with the level of academic work that our students do as well as their kind nature. I had a lovely lunch the other day with kids who were "caught doing something good." We drew names out of a bucket with a couple hundred slips of paper kids are given when they are caught. How cool is that?

Matt Bell, Interim Principal, Robert Down Elementary School

P.S. Robert Down families are invited to visit the newly restored school garden during our Open House event on April 25. Garden teachers Heidi Feldman and Keith Larson will be there to show what has been done during the past few months to bring our garden back, much of it with the help of our students. Have a taste of the first harvest of delicious greens from the veggie beds. There'll also be an opportunity to sign up for volunteering in the garden!



RHD Upcoming Events

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 27 - 5th Grade Sunset Event, PGMS, 6:00-8:00 PM

April 28 - RHD Volunteers at Big Sur Marathon

April 30 - Maypole Dance for parents, 10:25 AM, Ottertorium

April 30 - RHD Choir Performance, PGMS, 6:30 PM

May 7 - Teacher and Staff Appreciation, see sign up below



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. 5th Grade Sunset Event (April 27)

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.

2. 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. Charleston Wrap Fundraiser (April)

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

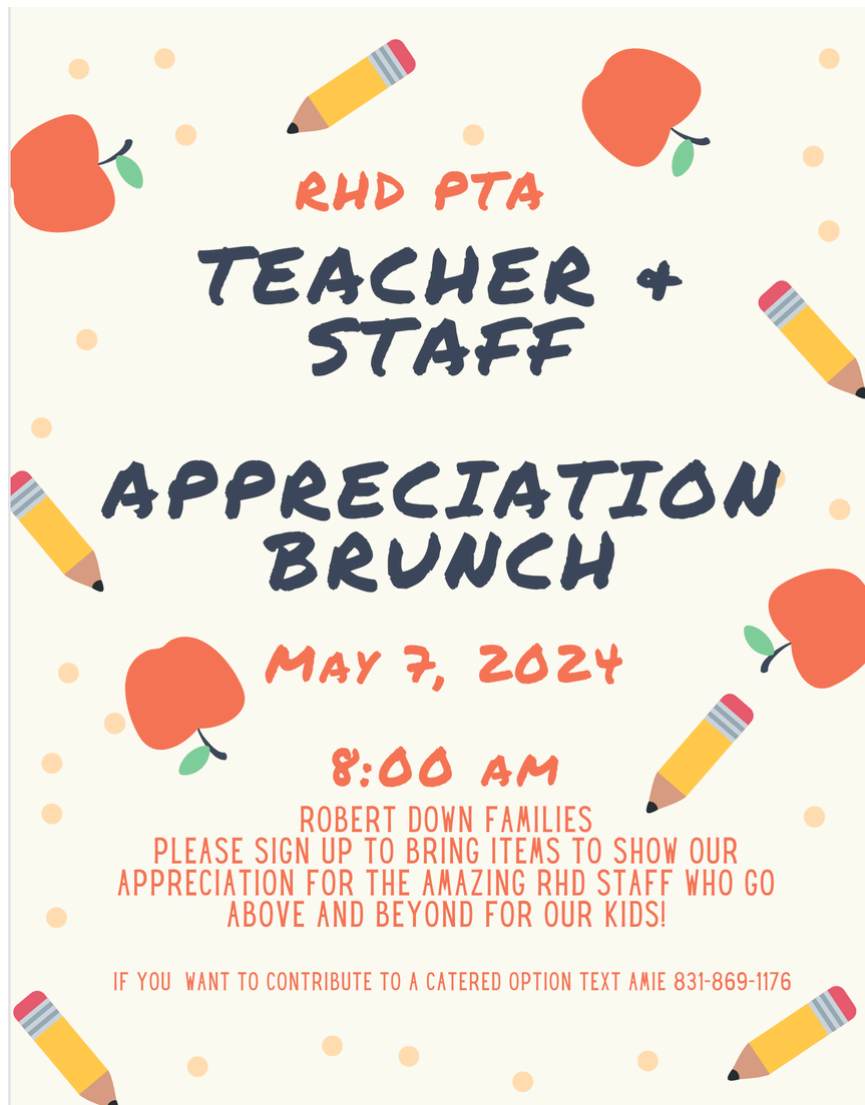
Fliers

SIGN UP GENIUS FOR 5TH GRADE SUNSET

The poster features a sunset background with a large sun in the center. The sun is a circle with horizontal stripes in shades of orange, yellow, and red. The text "5TH GRADE SUNSET" is written in large, white, stylized letters across the sun. Above the sun, the text "RHD & FG PTA Presents" is written in a smaller, white, serif font. Below the sun, the text "Let's Get Pumped for Middle School!" is written in a small, white, sans-serif font. Below that, the date and time "SATURDAY, APRIL 27 AT THE PG MIDDLE GYM 6:00PM - 8:00PM" are written in a white, sans-serif font. Below the date and time, the word "Featuring:" is written in a white, cursive font. Below "Featuring:", the words "MUSIC PIZZA GAMES" are written in a white, cursive font. Below "MUSIC PIZZA GAMES", the text "Volunteers Needed! Sign Up Here:" is written in a small, white, sans-serif font. Below that, the URL "https://www.signupgenius.com/go/4090F4DA CAF2FA6FF2-49152247-5thgrade" is written in a small, white, sans-serif font. Below the URL, the text "Please accompany your 5th grader to this event. Thank you!" is written in a small, white, sans-serif font. At the bottom of the poster, the text "PACIFIC GROVE UNIFIED SCHOOL DISTRICT NEITHER ENDORSES NOR SPONSORS THE ORGANIZATION OR ACTIVITY REPRESENTED IN THIS" is written in a small, white, sans-serif font. There are three small sun icons on the poster: one in the top left, one in the middle left, and one in the bottom right.



SIGN UP for Teacher & Staff Appreciation



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.



The WAVE

Summer Programs

Registration
Now Open!

SUMMER 2024



MATH MATES

Math Enrichment Course
June 3-7 @ TBD
Mon-Fri • 9am to 1pm

Led by **Cristopher Rosas**, a PGHS alumni and standout student-athlete. Rosas founded Math MATES in 2020 and graduated valedictorian in 2022.

He attends **Harvard University**, where he studies Applied Math with an emphasis in Economics and Computer Science.

Math MATES is for ambitious PGUSD students entering the 3rd, 4th, and 5th grades in the fall of 2024.



WAVE WRITERS

Creative Writing Course
June 24-27 @ TBD
Mon-Thur • 9am to 1pm

Led by **Hailie Atkinson**, President of the Young Writers Club, and an accomplished singer, musician, and aspiring actress. She is a published poet with Just Poetry Anthology, Scheherazade Magazine, and a winner of the Elliot Rushowitz-Roberts Poetry Award. She will be attending

UC Berkeley as an English major.

WaveWriters is for all incoming 4-5th graders heading into the Fall of 2024.

thewaveprogram
OF FAULTLESS BEHAVIOR

REGISTER ONLINE www.thewaveprogram.org

FOR MORE INFO: (408) 960-5194





NOW OPEN!

**AFTERSCHOOL PROGRAM
WINTER/SPRING 2024**



**MON-WED
& FRI
3PM-6PM**

**THUR
2PM-6PM**

YOUTH CENTER

302 16th ST.
Pacific Grove CA, 93950

PACIFIC GROVE UNIFIED SCHOOL DISTRICT NEITHER
ENDORSES NOR SPONSORS THE ORGANIZATION OR
ACTIVITY REPRESENTED IN THIS DOCUMENT.



ATTENTION INCOMING 6TH GRADERS

**PGMS
XC TEAM**

2024 LEAGUE CHAMPIONS

CROSS COUNTRY RUNNING

SUMMER CONDITIONING

JUNE 17TH AT 5:30 PM - PGHS TRACK

*If you plan to join the team in fall, we hope to see you in June
as we gear up for a great season. Three days a week ~
Optional but strongly encouraged!*

More info - email runclubpg@gmail.com



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



PACIFIC GROVE UNIFIED SCHOOL DISTRICT NEITHER ENDORSES NOR SPONSORS
THE ORGANIZATION OR ACTIVITY REPRESENTED IN THIS DOCUMENT.

SIGN UP FOR THE WAVE PROGRAM HERE!

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

BUY A YEARBOOK 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*.
Limited quantity available

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

Buy Now!
Debit/Credit

RC PREMIERSTUDIOS OF CALIFORNIA www.premierstudiosca.com • 559-274-9231

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



PACIFIC GROVE UNIFIED SCHOOL DISTRICT NEITHER ENDORSES NOR SPONSORS
THE ORGANIZATION OR ACTIVITY REPRESENTED IN THIS DOCUMENT.



FIRST NIGHT MONTEREY SUMMER ART CAMP

Early Bird Special until April 15th

SESSION 1	JUNE 10 - 14	AGES 7 - 12
SESSION 2	JUNE 17 - 21	AGES 10 - 16 (Maker's)
SESSION 3	JUNE 24 - 28	AGES 7 - 12
SESSION 4	JULY 08 - 12	AGES 10 - 16 (Maker's)
SESSION 5	JULY 15 - 19	AGES 7 - 12
SESSION 6	JULY 22 - 26	AGES 9+ Makers!

Project may include: Drawing, Painting, Sculpture, Self Portrait & Mutli Media

Maker's may include: Screen Printing, Sewing, Cooking Yarn Craft, Gardening

Art show the last day of the week!



2024 SUMMER SESSIONS 9:30 AM - 3:00 PM

Early Supervision: 8:30 - 9:30 am

Late Supervision: 3:00 - 4:00 pm

Discounts available for enrolling two or more family members

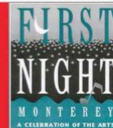
For more information go to www.firstnightmonterey.org and to sign up your child!

Pacific Grove Unified School District neither endorses or sponsors the organization or activity represented in this document.

Register online at www.firstnightmonterey.org

Contact us by email: info@firstnightmonterey.org

Archer Community Park Building | 542 Archer Street | Monterey



- 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

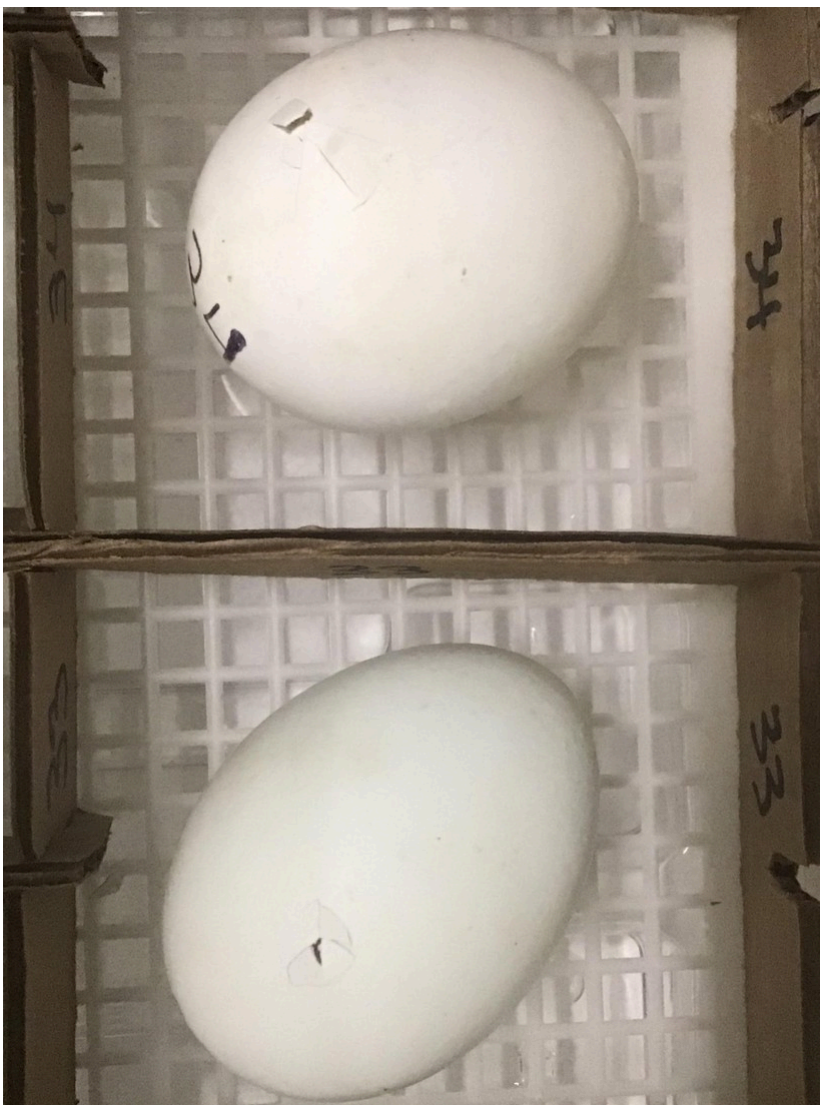
© 2023 Simply Good Food, LLC

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

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 Taquitos 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

© 2017 DOVETAIL LEARNING. All rights reserved.

www.dovetaillearning.org



ROBERT H. DOWN
Elementary School

Robert Down Elementary School

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

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

Phone: (831) 646-6540

Email: RHDOOffice@pgusd.org



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](#)

