



Robert Down Principal's Update

May 9, 2024

Principal's Message

Dear Otter Ohana,

1. *Dear Parents - I wrote this newsletter a couple of days ago and the drill I outlined below has nothing to do with today's incident. It is merely a coincidence in timing. I scheduled the drill a month ago. At the same time, today's incident underscores our need to be vigilant.*

Last week we had a Drop, Cover, and Hold On drill for the school. Next week, on the 15th at 1:40, we will be holding a modified Lockdown/Barricade drill. While the premise of holding a drill like this is scary, we do ourselves and our kids no favors in not being prepared. Our staff has been informed and they will be talking to their classes about it. It is based on having someone on campus that shouldn't be there. As I said, our goal is to prepare our students and staff, so we want everyone to be completely informed about the event. So at 1:40, I will come over the loudspeaker and announce that we will be having a drill and for the teachers to lock their doors, close their blinds and have the kids in the safest part of the room. The whole drill should take about 5 minutes, tops.

2. A gargantuan THANK YOU goes out to our inestimable PTA for putting together a staff appreciation brunch on Tuesday. It was beyond delicious and the staff felt truly loved. Additional thanks to all of you who contributed to the feast. Small acts of kindness go way deeper than you may think.

3. I remember some time ago (ok, a looong time ago) reading *Commander Toad and the Dis-Asteroid* to my 5 year old son. To give you context, Commander Toad and Mr. Hop (gotta love the names) are trying to understand a distress signal and are studying a map of the solar system. My son suddenly pipes up and says, "I know the planets" and proceeds to rattle off all 9 planets - Pluto was still a planet -, how many moons each planet has, and the name of Pluto's moon, Charon. Last night, 29 years later, he gave me an explicitly detailed description of my parent's house which he only visited as a young child. How did he remember?

This experience, I'm sure, is not unique among parents. All of us can recount stories of our children excelling in some area: children who can remember every word of just about every song that Taylor Swift wrote, or who love to solve puzzles that many adults struggle with, or who seem to be best friends with every student in school, or who can master just about any sport. As we all know, there is way more to intelligence than simply being "good" in school and getting high grades. These observations that there is more to being "smart" than is measured in grades was the basis of research by Howard Gardner, a psychologist at Harvard University. In his research, Gardner identified seven different kinds of intelligence: bodily-kinesthetic (does well in sports, likes to build things), interpersonal (has many friends, shows empathy), intrapersonal (has high self esteem, has personal hobbies), linguistic (likes to write, enjoys reading), logical-mathematical (is good at math, enjoys puzzles), musical (plays an instrument, remembers songs), and spatial (like my son and myself, who has good visual imagination). While schools tend to emphasize linguistic and logical-mathematical intelligence, particularly in the upper grades, the world outside of school values all seven. Because all seven types of intelligence are important, it is critical that we develop all of our children's natural talents and abilities to be successful in life. That is why we at RHD also introduce programs like the Toolbox, Caught Being Good, Otter Certificates, and buddy programs.

As the days get longer and summer approaches, take some time to explore the area or areas that your child shows strength in and plan activities that allow them to show off their skills. Kids who have to work harder to be successful in school truly need to see that they have many strengths in other areas. Thomas Armstrong has written articles and books on bringing out your child's talents. *Seven Kinds of Smart* is excellent. I think the time you spend understanding and helping your child understand their natural abilities will not only give you better insight into how they learn, but will also draw you close together as a family. Now I'm going to look to see if I still have the copy of *Commander Toad*...

4. We will still be doing State testing next week. If your child is 3rd-5th grade, please make sure they get lots of sleep next week and a good breakfast before coming to school.
5. I've noted an increase in the number of toys that students have brought to school lately. Unless there is some special permission from your child's teacher, please have your kids leave their toys at home. Inevitably, a toy gets lost or broken or is the cause of a jealous squabble. Thanks for helping in this area.

Matt Bell, Interim Principal, Robert Down Elementary School



RHD Upcoming Events

May 9 - PGUSD Board Meeting, 6:30 PM

May 14 - PTA Dine Out, Taste of India

May 17-18 - 5th Grade Campout, RHD Field

May 21 - Famous Person Reports, 4th Grade, 10:15-11:45 AM

May 21 - PTA Meeting, 6:30 PM

May 23 - PGUSD Board Meeting, 6:30 PM

May 24 - Toolbox Assembly, 3rd Grade, 11:35 AM

May 31 - Senior Memory Walk, 9:00 AM

May 31 - 5th Grade Promotion, 11:00 AM

May 31 - Last Day of School, Minimum Day, dismissal 12:10 PM

5th Grade Camp Out - Please RSVP

Hello fellow 5th grade families!

We are fast approaching our **5th Grade Camp Out** to celebrate their graduation and move to middle school.

All RSVPs are needed on or before Wednesday May 8th. Please click this link below to open the Google Form and register your child.

Registration Link: <https://forms.gle/S3M3dE2isfQkNfUd6>

Event: Friday May 17th 5pm - Saturday May 18th 8am

Location: Robert Down Elementary School Field.

Please enter through the field gate on Junipero Avenue across from the Community Center for the event. All Gates will be locked.

- 1 Chaperone required for every 2-4 students
- Participants required to provide camping gear
- This is a Phone Free / Device Free Experience
- This event is for 5th Grade Robert Down Students only
- This is a nut free event

The PTA will be providing pizza dinner and a popcorn snack. Parent help is needed for other snacks and breakfast foods, please help us make this a success.

https://www.signupgenius.com/index.cfm?go=s.signup&urlid=8050445AEA82AA0FA7-49251911-5thgrade#

Our event committee is looking for 8-10 parent volunteers for set up and help with dinner 4pm - 6:30pm. If you are able to volunteer your time please email Lucie Hazen: ljhazen@gmail.com

Many thanks,

Sarah Fontecchio, 831-214-9462



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.



Fliers

Butterfly Bazaar Needs Your Help!



For many years, Pacific Grove children have welcomed the monarch butterflies to PG with a parade and festival in October. The festival, known as the Butterfly Bazaar takes place immediately after the parade. The Butterfly Bazaar games, food and entertainment is completely coordinated by parent volunteers and helps raise money for all PGUSD school PTAs. We will not be able to continue this tradition without help from more PGUSD parents! Currently the Butterfly Bazaar committee is looking for volunteers to help with the following positions:

- Secretary: meeting notes and keep meetings on track
- Treasurer: track funds before, after and day of event
- Ticket Sales: Distribute flyers and sell tickets for games
- Food Coordinator: Set up food sales and vendors
- Games Coordinator: set up games and coordinate game volunteers
- Musical Cakes: Organize cake donations and musical cake game

We will not be able to continue to have the Butterfly Bazaar without more parent volunteers!

If you are interested in helping with any of these positions please email:

pacificgrovebutterflybazaar@gmail.com

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 PUBLIC SCHOOLS

REGISTER ONLINE www.thewaveprogram.org

FOR MORE INFO: (408) 960-5194



RHD PTA FUNDRAISER

**TUESDAY,
MAY 14th**

**11AM- 2:30PM
5PM - 9:30PM**

**20% of purchases will
be directed to Robert
Down Elementary PTA!!**



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



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

- 2024 -
MAY

NEW SALAD BARS NOW DAILY

**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: Fruit Smoothie or Yogurt Parfait

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.

MONDAY

6 Mozzarella Stuffed Breadsticks w/ Marinara
Chicken Nuggets & French Fries

13 Crispy Chicken Sandwich
Cheese Lasagna

20 Mozzarella Stuffed Breadsticks w/ Marinara
Chicken Nuggets & French Fries

27

MEMORIAL DAY

TUESDAY

7 Corndog
Macaroni & Cheese

14 Cheese Quesadilla
Crunchy Beef Tacos

21 Corndog
Macaroni & Cheese

28

Chef's Choice

WEDNESDAY

1 Orange Chicken & Rice
Homemade Chicken & Cheese Taquitos
Chef Choice Vegetarian Option

8 Orange Chicken & Rice
Grilled Cheese

15 Orange Chicken & Rice
Homemade Chicken & Cheese Taquitos
Chef Choice Vegetarian Option

22 Orange Chicken & Rice
Grilled Cheese

29

Chef's Choice

THURSDAY

2 Cheeseburger/ Hamburger
Bean & Cheese Nacho

9 Cheeseburger/ Hamburger
Homemade Bean & Cheese Burrito

16 Cheeseburger/ Hamburger
Bean & Cheese Nacho

23 Cheeseburger/ Hamburger
Homemade Bean & Cheese Burrito

30

Chef's Choice

FRIDAY

3 Domino's Cheese or Pepperoni
Deli Sandwich

10 Domino's Cheese or Pepperoni
Deli Sandwich

17 Domino's Cheese or Pepperoni
Deli Sandwich

24 Domino's Cheese or Pepperoni
Deli Sandwich

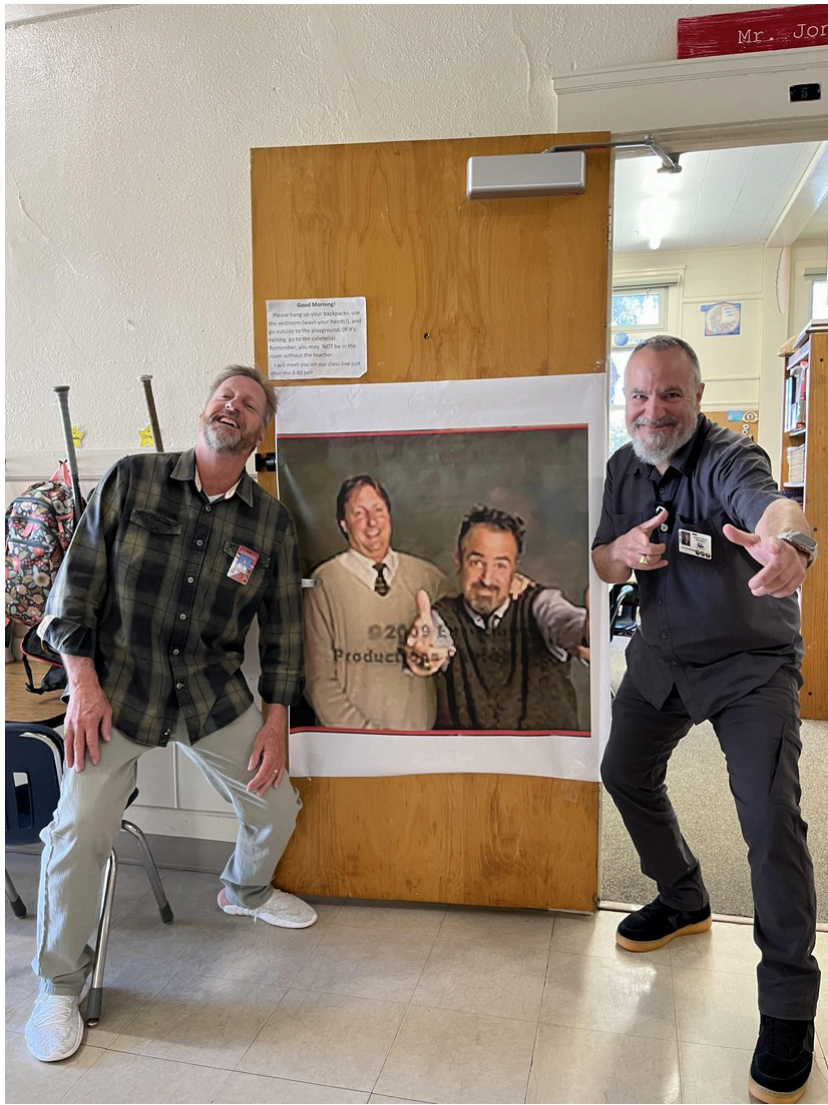
31

Domino's Cheese or Pepperoni
Deli Sandwich

CLICK HERE to ORDER RHD Spirit Wear

Otterly Adorable



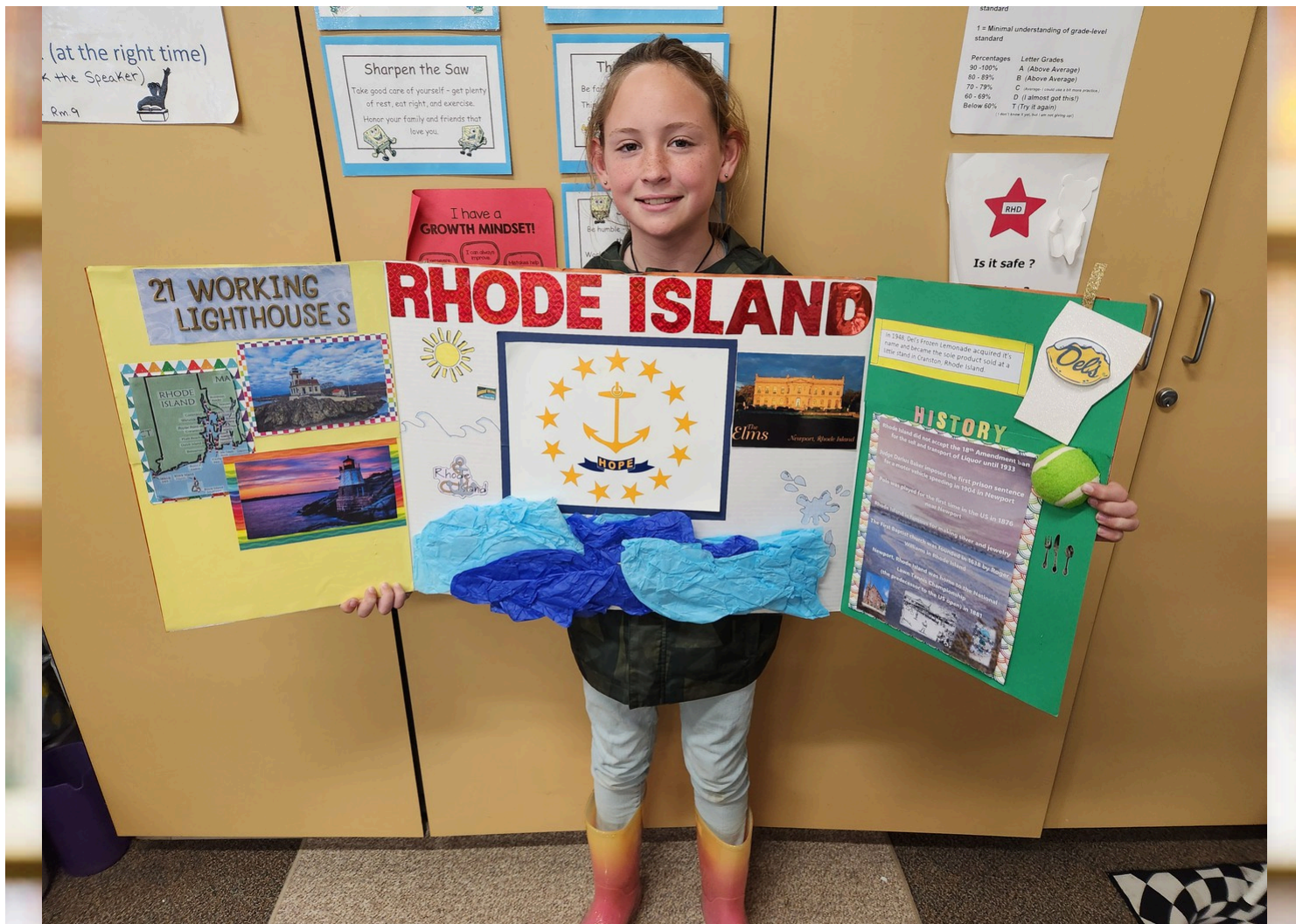


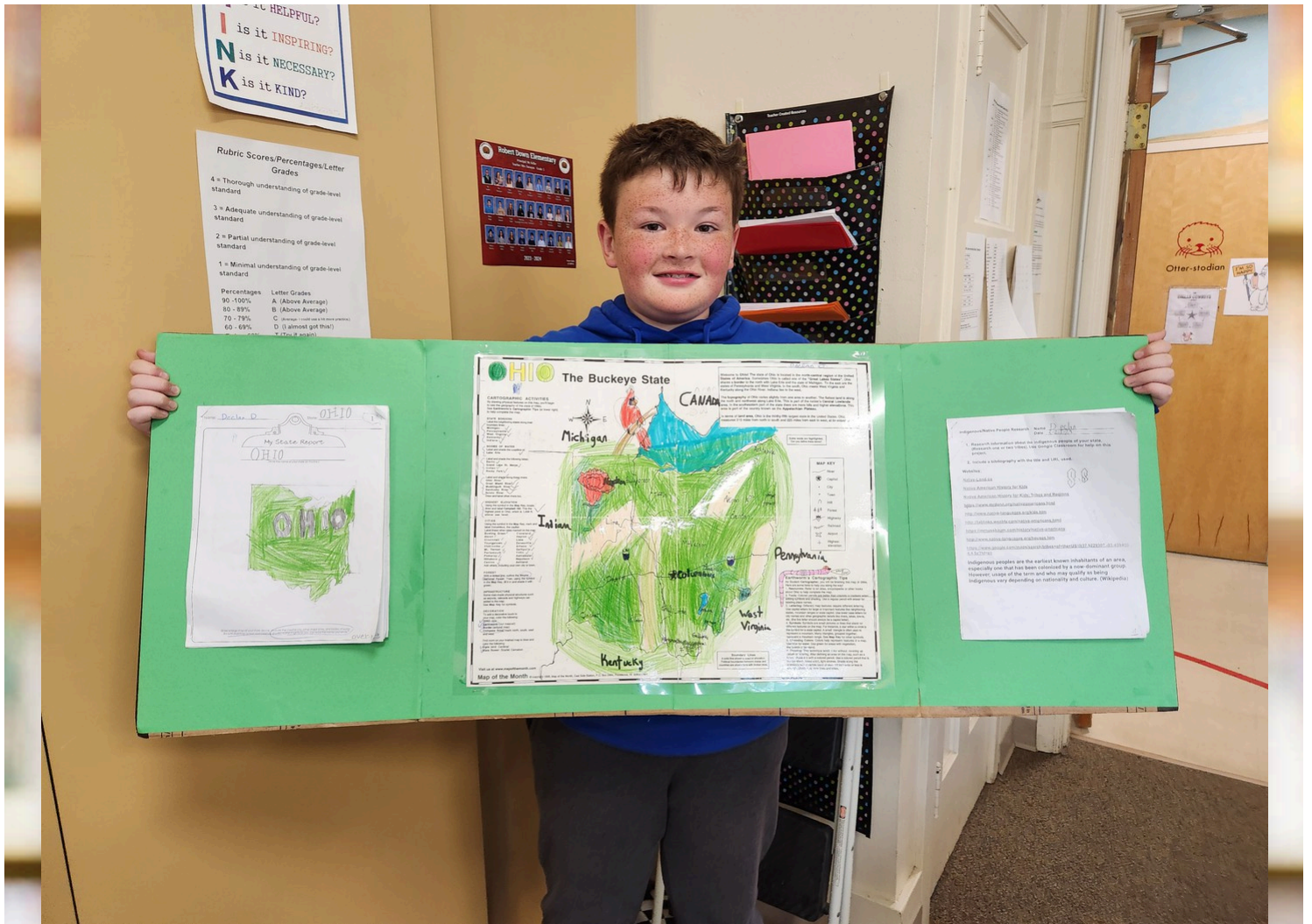












Please Read: Allergy Alert Letter



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

Email: RHDOOffice@pgusd.org



Robert Down Elementary School

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Communicate quickly and effectively with interactive newsletters.

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