



ROBERT DOWN PRINCIPAL'S UPDATE

August 25, 2023

Principal's Message

Dear RHD Families -

I was feeling a little under the weather the last two days and was off campus, so my apologies for not sending this update yesterday.

Thank you to the dedicated few parents that attended this month's Cocoa with Keller that focused on the Big Five Safety Protocol. These "Ask the Principal" nights occur to provide moments to answer questions and help provide feedback for our yearly goals. If you were unable to make it and would like to watch the presentation, click here:

<https://drive.google.com/file/d/1cShPgBm7xIF-WsDIUG6zznI0wUo7ymk2/view?usp=sharing>

I hope I'm feeling better in order to attend tomorrow night's Back to School Night at CSUMB. The Monterey Bay Union will be hosting the Colorado Springs Switchbacks. Click on the link below the flier to order your tickets today!

Our wonderful counselor and behavior health therapist will be hosting Coffee with the Counselors this Tuesday, August 29th, from 9:00-10:00 AM on campus. Check in to the office that morning if you are interested in attending. (See the flier below)

Our Drama Club is back for 2nd-5th graders. See the message below.

From the PGUSD Nurse

Please contact our health clerk if your child has a severe allergy and has emergency medication to manage them. Cindy Waznis / cwaznis@pgusd.org

Parents are needed to help organize the following events:

- Bike Rodeo (September 23rd- 1 parent signed up)
- Butterfly Bazaar - all PGUSD PTAs help with this event (October 7th)
- Halloween Party (Late October Friday TBD - 4 parents signed up)
- Read a Thon/Book Week (February)
- Book Swap (March 7th - Get Donated Books/Students bring one get one)
- Book Night (March 8th - Contact Guest Readers, like me!)
- Art and STEM Night/STEAM Night (April TBD)
- Diversity Night (TBD)
- Bingo Night (TBD)
- Movie Night (TBD)
- 5th Grade Campout (May, TBD)
- 5th Grade Sunset (May, TBD)

Reminders:

- Gates will open at 8:30 AM. School begins on at 8:45 AM
- Gate A (Spruce between 12th and 13th streets), Gate C (Near TK building - formerly the Co-Op), and Gate D (On Pine near ramp and the little schoolhouse library) will be open.
- Gate B (Spruce & Fountain) **WILL NOT** be open and no personnel will open it for students. Please walk around to Gate C.
- **Drop off zones should not be used as parking spaces and will be marked with orange cones. Students should be able to get out of the vehicle on their own on the sidewalk side of the street:** On Pine Ave. next to our new TK building and in back of campus near Gate A Please park away from campus and get your steps in if you want to walk your student to a gate. We will be asking PGPD to monitor the area for safety.
- **Please park away from campus if you would like to drive your student to school and walk them to a gate.**
- Release time: On Mondays, Tuesdays, Wednesdays, and Fridays RHD releases TK and Kindergarten students are released at 2:10 and 1st-5th grade students at 3:10 PM
- **Release Time Thursdays: All students are released at 1:55 PM for staff collaboration time.**
- If you are in need of the Before and After School Recreation Program (BASRP), please reach out to Darryl Smith at darryl.smith@pgusd.org or go to our website <https://robertdown.pgusd.org/Parents/B-A-S-R-P-/index.html>
- Please remind students that ride bikes or scooters to walk them around campus and outside on the sidewalk to remain safe - and especially wear a helmet.
- Cocoa With Keller (Ask the Principal Nights) will occur via Zoom on the fourth Tuesday each month: Sept. 26, Oct. 24th, *Nov. 21st, Jan. 23rd, Feb. 27th, March 26th, April 23rd, May 21st. (*Principal being selfish on his birthday in November 😊)

In Otter Ohana,

Sean Keller, RHD Principal
Google Voice (831) 275-0083
skeller@pgusd.org



RHD Upcoming Events

August 26 - Monterey Bay Futbol Club (Union), Back to School Night 7PM (details below)

August 29 - Coffee Meet & Greet with the Counselor, RHD Loft, 9:00-10:00 AM (flyer below)

September 4 – Labor Day Holiday, No School

September 6 - Toolbox Parent Event, RHD Library, 6:00-7:00 PM

September 7—PGUSD Board Meeting, 6:30 PM

September 16 —PG PRIDE, Walk with Pride Event, Lovers Point

9:00 AM—12:00 PM

September 19 - PTA Meeting via zoom, link to follow

September 20 —School Picture Day

September 23 - PTA Bike Rodeo, RHD Playground, 10:00 AM - 12:00 PM



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.

Screen Time Events From SmartSocial

Next events:

- Making Screen Time Fun While Reducing the Negative Impact - VIP Event, August 30th & 31st
- Live Parent & Student ChatGPT & Google Bard AI Training - September 7th
- Avoiding Strangers, Drugs, and Dangerous Situations Online - VIP Event, September 26th & 27th
- Navigating AI Tools To Prep A Student For Their Future College & Career - VIP Event, October 24th & 25th
- Using Screen Time to Support Positive Student Behaviors on Campus and At Home - VIP Event, November 14th & 15th

Virtual Parent Night Event

In today's digital world, screens are an integral part of our lives, offering boundless opportunities for learning and leisure. But how can we ensure that screen time is a source of joy and not a thief of it?

This event is designed for parents, students, and educators. We will be sharing insights, tips, and tools to make the most of screen time while reducing its potential downsides.

Making Screen Time Fun

while reducing the negative impact

**Live Virtual Event
Taught by
Students &
Experts**



**TikTok, Snapchat,
Instagram, & YouTube**

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

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

Please Read: Allergy Alert Letter

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.

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:

- 
- INGREDIENTS:** CREAM FILLING
 WHIPPED CREAM, WHIPPED
 INSTANT PALM OIL, CORN STARCH,
 SWEETENED CONDENSED MILK,
 FLAVOR, VANILLA, SALT, LECITHIN,
 HYDROLYZED PALM OIL, BAKING SODA,
 POTASSIUM ACETATE, POTASSIUM
 SALT. **MAY CONTAIN TRACES OF**
PEANUTS, EGGS AND SULPHATES.
- INGREDIENTS:** CARAMEL, A CREAM
 FLAVOR, INSTANT PALM-HYDROLYZED
 MILK, MALT, LACTIC ACID, SALT,
 LECITHIN, HYDROLYZED SOY
 PROTEIN, BUTTER, VANILLA, BAKING
 SODA, POTASSIUM ACETATE.
- Photo: Food Allergy Canada**

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.

Please feel free to contact me with any questions.

Katrina

Katrina Powley, RN, BSN, CSN
District School Nurse
Pacific Grove Unified School District
kpowley@pgusd.org
Google Voice: (831) 275-5396

Download

520.1 KB

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.



PTA News

- The **Monterey Bay Futbol Club (MBFC)**, THIS SATURDAY! Our local pro soccer team, is hosting a Back-to-School Night at their 7pm game on Aug 26, against the Colorado Springs Switchbacks. Last day to purchase tickets is Fri. 8/25. Click here to purchase: https://seatgeek.com/colorado-springs-switchbacks-fc-at-monterey-bay-f-c-tickets/united-soccer-league/2023-08-26-7-pm/5911503?sgo_ac=ROBERTDOWN
Tickets: \$20 (discounted rate)
Time: 7-9pm
Place: Cardinale Stadium at CSUMB
- **PG Pride Walk with Pride** - 9/16
- **Bike Rodeo** - 9/23
- PTA Executive Positions are still available and can be shared to help alleviate time commitments. Please reach out to RHD PTA President, Soccoro Papadakis, at socorrovaldez33@gmail.com to find out how you can help.
- Check out the RHD website for lots of information under the "About Us" and "Parents" menus: <https://robertdown.pgusd.org/index.html>

Drama Club

Dear Robert Down Families,

We are very excited to announce that Drama Club for Grades 2-5 will begin this fall. The club will meet after school on certain Mondays and Tuesdays from 3:15-4:30pm. For those that are interested in joining please send an email to robertdowndrama@gmail.com. There is a capacity limit, so enrollment will be based on a first come first serve basis. Since this club is fully voluntary, we will ask all parents to volunteer at some point during the program.

Thank you,

Shawn Rozsa (Club Director)

A Message from our Garden Coordinator

Dear Robert Down Families,

I'm happy to let you know that I will help refurbish your school's garden as the newly hired Garden Coordinator. My past experience includes managing the public education program at the Monterey Regional Waste Management District, which included working with school gardens and environmental education. I'm also involved with the PG Community Garden.

The RHD garden is a diamond in the rough...a beautifully designed space for children that is just waiting to be cleaned up and replanted! We will revive this wonderful resource to make it a treasured space once again, inviting our students to learn in a natural, fun environment.

My hope is that we can do a deep clean and new planting in the next few weeks, to make the garden ready for student visits very soon, including classroom time, garden lunch, and an after-school Garden Club.

Please let me know if you would like to volunteer, as your time permits, to make the magic happen, no gardening experience necessary. Our kids and teachers will be so thankful for your gift of time and hands-on help. You can contact me at hfeldman@pgusd.org if you are available to join me in the garden.

Wishing you all a very happy start of school,

Heidi Feldman

831/521-8196

e-mail: hfeldman@pgusd.org

Flyers

COFFEE WITH THE COUNSELORS

Tuesday August 29
9am-10am

Come meet the counseling team. Ask questions, and learn about social emotional supports provided by your Robert Down counseling team

SONDA FRUDDEN, PPS
CORI ROSENBERG, LCSW, RN



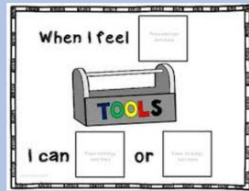
QUESTIONS?
PLEASE CONTACT SONDA @
SFRUDDEN@PGUSD.ORG
OR
(831) 291-3389

Parent Workshops

Guidance and Support from the
Elementary School Counseling Team – Zoe
Roach, MEd, PPS, Sonda Frudden, PPS and
Cori Rosenberg, LCSW, RN

Parent Toolbox Talk

- Wed Sept 6 | 6pm Robert Down
- Thurs Sept 7 | 9am Forest Grove



Helping Your Child Cope with Stress and Anxiety

- Wed Nov 15 | 6pm Forest Grove
- Thurs Nov 14 | 9am Robert Down



Executive Functioning (EF)

- Wed Jan 31 | 9am Forest Grove
- Thurs Feb 1 | 6pm Robert Down



Transitions for parents of 5th graders

- Wed May 1 | 9am Robert Down
- Thurs May 2 | 6pm Forest Grove



**Coffee and pastries will be available
at the morning sessions and snacks
in the evening sessions**

Questions? Please contact Cori
Rosenberg : croseberg@pgusd.org or
(831) 632-9551

These talks are a collaboration between FG and RD and parents are
welcome to attend any session at either school ☺



ROBERT DOWN ELEMENTARY BACK TO SCHOOL NIGHT!



Saturday August 26th | 7pm | Cardinale Stadium
Tickets just \$20 for all students, staff, and
families!

[CLICK HERE](#) for discounted tickets in the Robert
Down Elementary School Section! School Section!

Contact Brady Bergeron at 701-361-1656
or email brady@montereybayfc.com
if you have issues accessing tickets

CLICK HERE FOR TICKETS TO THE SOCCER GAME!



PG P.R.I.D.E. PRESENTS:

WALK WITH

P.R.I.D.E.

(PUBLIC RESPONSE IN DOLLARS FOR EDUCATION)

SUPPORT PGUSD SCHOOLS BY RAISING
MONEY FOR YOUR CLASSROOM, TEAM, OR
CLUB! PARTICIPANTS WALK, RUN, BIKE OR
SCOOT ALONG THE REC TRAIL BETWEEN
LOVER'S POINT AND THE AQUARIUM, AND
GAIN PLEDGES FROM FAMILY AND FRIENDS
TO SUPPORT THEIR EFFORTS!

SATURDAY, SEPTEMBER 16
9:00 AM - 12:00 NOON

START @ THE LOVER'S POINT REC TRAIL



DONATE NOW @ WWW.SUPPORTPGPRIDE.COM

ALL MONEY RAISED GOES DIRECTLY TO YOUR
CHILD'S CLASSROOM - DOLLAR FOR DOLLAR!

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

Join PTA (\$20/member)

The RHD PTA is a non-profit organization and donations are tax deductible. Tax ID# 23-7103880



<https://jointotem.com/ca/pacific-grove/robert-h-down-elementary-pta>

RHD T-shirts / Sweatshirts



\$15 / \$35 cash or check

\$16 / \$37 Totem, PayPal, or credit card (Square)

\$5 each sticker/decal (free with each membership!)



RHD PTA DINE OUT FUNDRAISERS

AUGUST



AUGUST 23

4pm-9pm

SEPTEMBER



SEPTEMBER 20

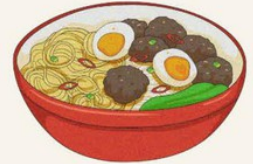
All day

OCTOBER

Michael's
Grill and Taqueria

OCTOBER 11

All day



NOVEMBER



NOVEMBER 15

Dinner

DECEMBER



DECEMBER 13

All day



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



Pacific Grove Unified School District

August 2023 Elementary School Menu



Breakfast				
Monday	Tuesday	Wednesday	Thursday	Friday
Cereal Raisins / Craisins / Apple Crisps Milk	Mini Cinnis Raisins / Craisins / Apple Crisps Milk	Concha/Pan Dulce (Mexican sweet bread) 100% Fruit Juice Milk	Cereal Fresh Fruit Milk	Chocolate Muffin 100% Fruit Juice Milk
Lunch				
Monday 8/7	Tuesday 8/8	Wednesday 8/9	Thursday 8/10	Friday 8/11
		Miller's Beef Hotdog (uncured, no nitrates) Sweet Potato Tots Fresh Fruit Milk	Build-a-Burger (all-beef or veggie patty) plain or with cheese, lettuce & pickles Baked Beans 100% Fruit Juice Milk	Domino's Cheese Pizza Side Salad Fresh Fruit Milk
Monday 8/14	Tuesday 8/15	Wednesday 8/16	Thursday 8/17	Friday 8/18
Macaroni & Cheese Garlic Breadstick Green Beans Fresh Fruit Milk	Chicken & Waffle (NAE chicken served with syrup) Corn Fresh Fruit Milk	Orange Chicken Steamed Rice Broccoli Fresh Fruit Milk	Grilled Chicken Sandwich or Veggie Burger Sweet Potato Tater Tots 100% Fruit Juice Milk Abby's Mini Chocolate Chip Cookies	Domino's Cheese Pizza Side Salad Fresh Fruit Milk
Monday 8/21	Tuesday 8/22	Wednesday 8/23	Thursday 8/24	Friday 8/25
Mozzarella Stuffed Breadsticks with marinara sauce Green Beans Applesauce Milk	Crispy Chicken Sandwich (NAE whole-muscle breaded filet) Carrots Fruit Cup Milk	Miller's Beef Hotdog (uncured, no nitrates) Sweet Potato Tots Fresh Fruit Milk	Build-a-Burger (all-beef or veggie patty) plain or with cheese, lettuce & pickles Baked Beans 100% Fruit Juice Milk	Domino's Cheese Pizza Side Salad Fresh Fruit Milk
Monday 8/28	Tuesday 8/29	Wednesday 8/30	Thursday 8/31	
Macaroni & Cheese Garlic Breadstick Green Beans Fresh Fruit Milk	Chicken & Waffle (NAE chicken served with syrup) Corn Fresh Fruit Milk	Orange Chicken Steamed Rice Broccoli Fresh Fruit Milk	Grilled Chicken Sandwich or Veggie Burger Baked Beans 100% Fruit Juice Milk	

Daily Vegetarian Option includes Sunbutter & Jelly Sandwich & Bean & Cheese Burrito Menu subject to change without notice; the USDA and CDE are equal opportunity providers and employers

ALL MEALS ARE FREE THROUGH MAY 31, 2024
www.pgusd.org/Departments/Food-Services



Robert H. Down Bell Schedule 2023-24



Regular Schedule (1 st - 5 th grade)		Regular Schedule (TK & Kindergarten)	
8:40	Warning Bell	8:40	Warning Bell
8:45 - 9:55	Instruction	8:45 - 9:40	Instruction
9:55 - 10:05	Recess	9:40 - 9:50	Recess
10:05 - 12:05	Instruction	9:50 - 12:00	Instruction
12:05 - 12:50	Lunch	12:00 - 12:50	Lunch
12:50 - 1:55	Instruction	12:50 - 2:10	Instruction
1:55 - 2:05	Recess	2:10	Dismissal
2:05 - 3:10	Instruction		
3:10	Dismissal		



Thursday Schedule (ALL STUDENTS)	
8:40	Warning Bell
8:45 - 9:55	Instruction
9:55 - 10:05	Recess
10:05 - 12:05	Instruction
12:05 - 12:50	Lunch
12:50 - 1:55	Instruction
1:55	Dismissal

Minimum Day Schedule (All Students)

8:40	Warning Bell
8:45 - 9:55	Instruction
9:55 - 10:05	Recess
10:05 - 12:10	Instruction
12:10	Dismissal

Every Otter SWIMS - RHD Behavior Expectations

Robert H. Down Elementary Behavioral Expectations

Every Otter SWIMS

	Hallways/Restrooms	Cafeteria/Lunch Area	Playground/Field	Arrival/Dismissal	Classroom/Otteritorium	Toolbox Tools
Show Respect	<ul style="list-style-type: none"> Walk Slowly on the right side Use positive words with others Respect the space and needs of others 	<ul style="list-style-type: none"> Stay Seated Stay in a single file line while waiting Keep your hands and feet to yourself Ask permission 	<ul style="list-style-type: none"> Show good sportsmanship Use appropriate language Respect the space and needs of others 	<ul style="list-style-type: none"> Arrive on time Follow the rules if riding the bus/using bike/scooter Use crosswalks Be safe on sidewalks 	<ul style="list-style-type: none"> Speak and listen carefully Clean up work areas and desk area Let the little things go Show gratitude 	<ul style="list-style-type: none"> Please and Thank You Using Your Words Garbage Can Be Safe
Work Hard	<ul style="list-style-type: none"> Be quiet while in transition Make good decisions Keep school clean Voice Level: 0 	<ul style="list-style-type: none"> Use manners Sit with others and get to know new people Keep school clean Voice Levels: 0-2 	<ul style="list-style-type: none"> Walk on blacktops at all times Be a problem solver Try all games/ areas Voice Level: 3 	<ul style="list-style-type: none"> Wait outside with patience Enter building quietly and in your line Voice Level: 0-2 	<ul style="list-style-type: none"> Embrace academic struggle Listen with your eyes, ears, and heart Voice Level: 0-2 	<ul style="list-style-type: none"> Patience Listening Breathing Perseverance/Grit
Increase Integrity	<ul style="list-style-type: none"> Go directly where you need to be Be honest and respectful with peers and adults Keep restrooms clean 	<ul style="list-style-type: none"> Raise your hand for assistance Be prepared to eat & don't leave any items inside building Cleanup after yourself 	<ul style="list-style-type: none"> Admit when it is not your turn or are out Follow game rules and do not make up new ones Praise others for their play 	<ul style="list-style-type: none"> Have all your needed materials Be aware of responsibilities and behavior expectations for all activities 	<ul style="list-style-type: none"> Be engaged during instruction Be prompt, prepared, and ready to learn Do your own work and not depend on AI/ technology 	<ul style="list-style-type: none"> Apology & Forgiveness Empathy Be Kind
Make a Difference	<ul style="list-style-type: none"> Keep hands and feet to yourself Show genuine care for RHD Respect the space and needs of others 	<ul style="list-style-type: none"> Eat all your food to reduce waste Separate food scraps, recycling, & waste Respect all staff members providing direction 	<ul style="list-style-type: none"> Walk away from a conflict and inform an adult Show genuine care for others – look out for the Buddy Bench 	<ul style="list-style-type: none"> Respect all staff members providing direction Make safe decisions while walking/ riding to and from school 	<ul style="list-style-type: none"> Care for equipment and supplies Clean up work areas and desk area Take risks and learn new things 	<ul style="list-style-type: none"> Taking Time Personal Space Quiet Safe Place Be Your Personal Best Every Day
Stand Up for Yourself and Others	<ul style="list-style-type: none"> Do the right thing Share if someone is making a mess or does not flush Respect others' stuff 	<ul style="list-style-type: none"> Do the right thing when no one is watching Bring food that does not cause allergic reactions, especially PB & J 	<ul style="list-style-type: none"> Tell the truth and accept the results Seek assistance to resolve problems: Stop, Walk, Talk 	<ul style="list-style-type: none"> Walk and be safe inside or outside buildings Ask an adult staff member for help if someone needs a ride 	<ul style="list-style-type: none"> Include all students in groups and activities Give your best effort on homework Try new ways to learn 	<ul style="list-style-type: none"> Courage Be an Upstander Looking Out (for Others) Tool

Mr. Keller will be discussing the RHD Behavior Expectations with students during our first Toolbox Assemblies on Friday: Primary grades (TK, Kindergarten, 1st, and 2nd at 10:10) Intermediate grades (3rd, 4th, and 5th at 10:30). Parents who have been cleared as a volunteer may attend (fingerprinted and cleared).

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.

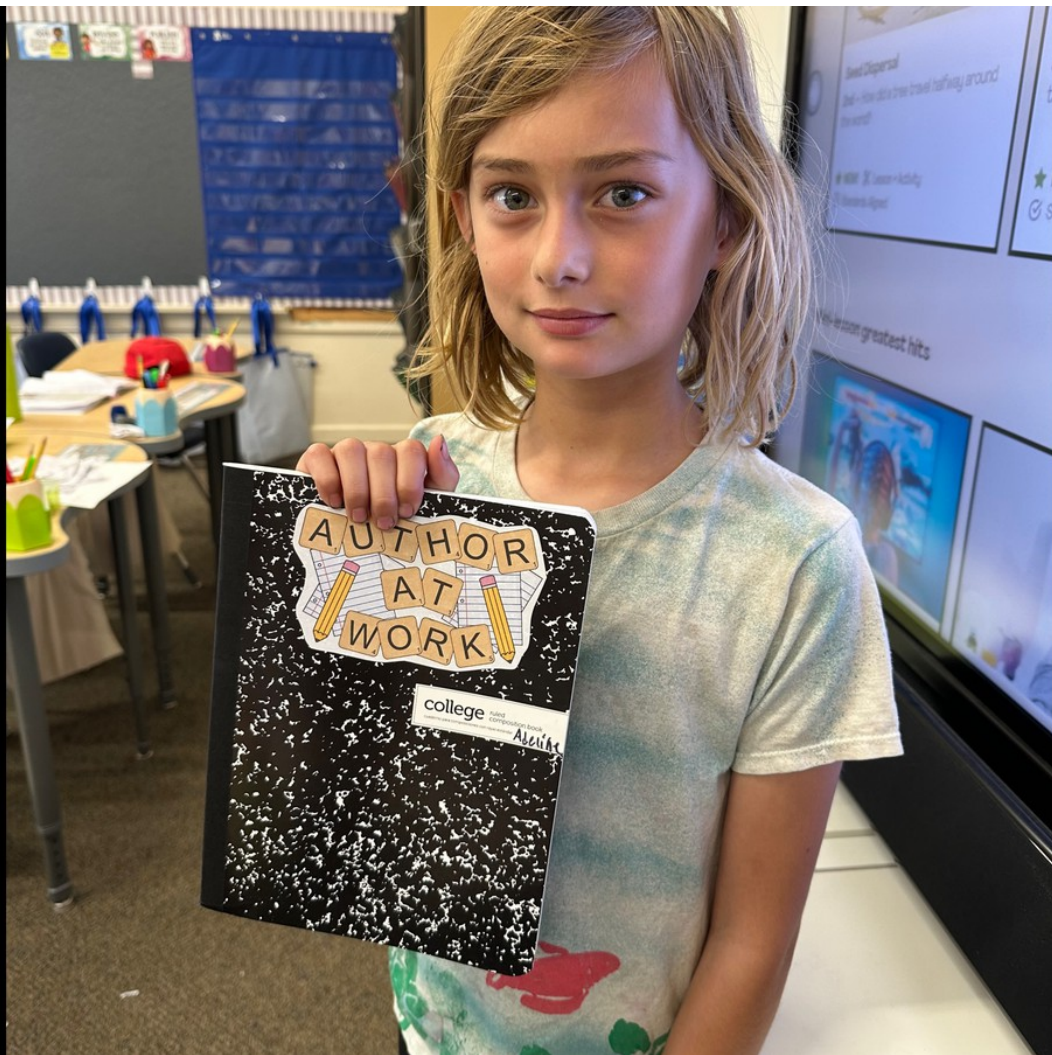
www.dovetaillearning.org

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

Otterly Adorable







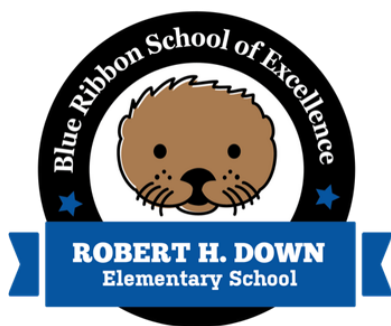


Robert Down Elementary School

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](#)

