



# Robert Down Principal's Update

August 31, 2023

## Principal's Message

Dear RHD Families -

*Happy Friday! I wish all of our families a wonderful three-day weekend. Don't miss the Monterey County Fair and rest up for our first full month of instruction.*

*Below there are two sign ups: one for 4th and 5th grade students interested in Lego Robotics and a message from our Garden Coordinator who is looking for parents to help this Sunday in getting our garden ready for the year. Please note: Lego Robotics will be meeting off campus at PGMS and preference will be provided to 5th graders if there are limitations on who can be on the competition team this fall. Another Lego Robotics group will meet in the spring that will focus on individual and small group builds.*

*Also below is information for RHD Drama from our excellent director, Shawn Rosza. RHD Drama serves students in grades 2-5. Both Drama and Lego Robotics are free programs and are not part of the After School Enrichment (ASE) program.*

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-WsDIUG6zznlOwUo7ymk2/view?usp=sharing>

### **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](mailto: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:**

- **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. This routine should occur as fast as possible - any special goodbyes should be performed BEFORE you are dropping off your student:** 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](mailto:darryl.smith@pgusd.org) or go to our website <https://robertdown.pgusd.org/Parents/B-A-S-R-P-/index.html>

In Otter Ohana,

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





## RHD Upcoming Events

**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 9** - Wellness Fair, PGMS, 11:00 AM - 1:00 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 20** - PTA Dine Out, Pacific Thai, all day

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

**September 26** - Cocoa with Keller, 6:30 PM, <https://pgusd.zoom.us/j/86528894217>  
Meeting ID: 865 2889 4217



## 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](mailto: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](mailto: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

## Screen Time Events from SmartSocial

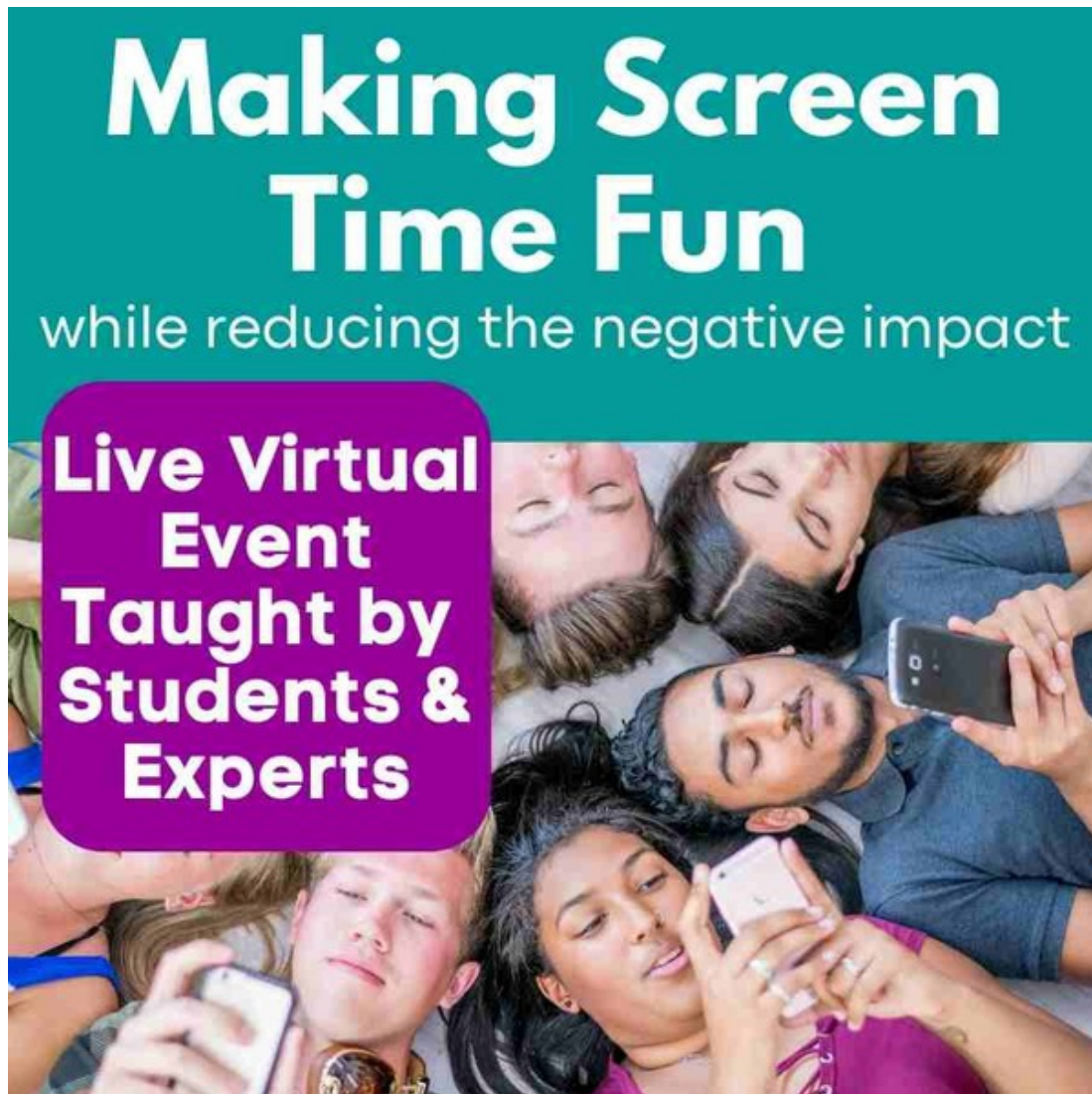
- Making Screen Time Fun While Reducing the Negative Impact - VIP Event, August 30th & 31st
- Live Parent & Student ChatGPT & Google Bard AI Training - September 7th
- Avoiding Strangers, Drugs, and Dangerous Situations Online - VIP Event, September 26th & 27th

- 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.



## 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](https://smartsocial.com)

## Please Read: Allergy Alert Letter

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

### Allergy Alert Letter August 2023.docx.pdf

[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.





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## RHD 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](mailto: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)

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## 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 [rdgarden@pgusd.org](mailto:rdgarden@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](mailto:hfeldman@pgusd.org)

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## Flyers

CLICK THE LINK TO SIGN UP FOR

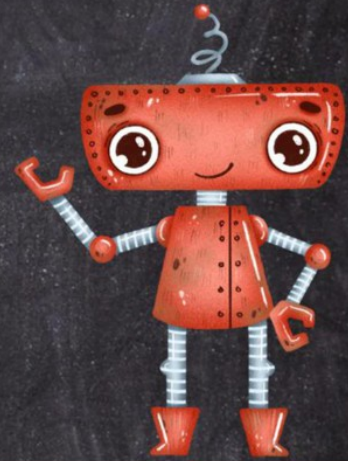


A COMPETITION ROBOTICS TEAM!



**ROBERT DOWN** TEAMS WILL MEET THURSDAYS  
2-4PM AT PACIFIC GROVE MIDDLE SCHOOL.  
DETAILS WILL BE SHARED AFTER SIGN UPS ARE  
FINALIZED.

IF YOU HAVE QUESTIONS, PLEASE EMAIL  
SANDRA VARAJIC AT SANDRAVARAJIC(AT)GMAIL.COM

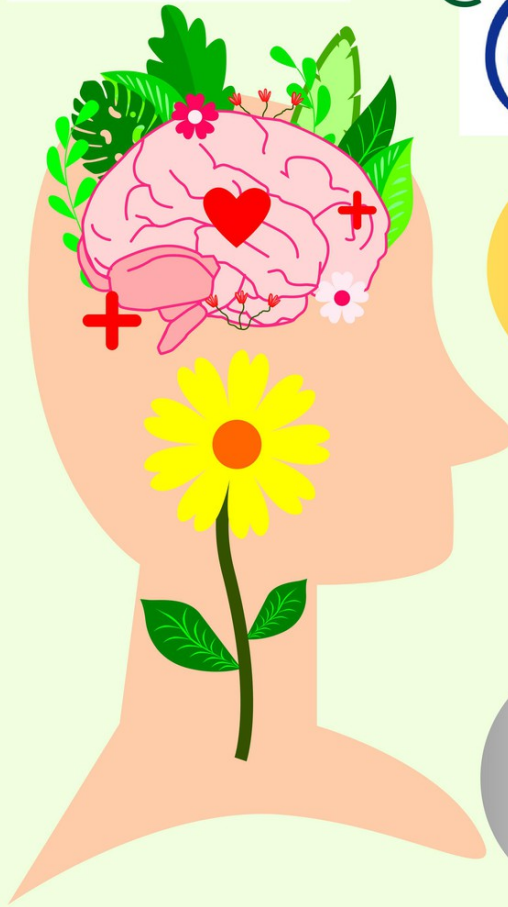


[ROBERT DOWN SIGN UP LINK](#)

Click [HERE](#) for Lego Robotics!

# WELLNESS FAIR

SEPTEMBER 9  
11 AM - 1 PM



- RESOURCE TABLES
- INFORMATION
- DISCUSSION WITH LOCAL AGENCIES

## PARTICIPANTS INCLUDE

PG LIBRARY \* PGPD \* AIM  
HARMONY AT HOME \* VILLAGE PROJECT  
MO CO BEHAVIORAL HEALTH \* EPICENTER  
WONDERWOOD RANCH \* GROWING SOCIAL  
WAHINE PROJECT \* BALANCE TREATMENT  
EQUINE HEALING COLLAB \* OHANA  
MONTEREY RAPE CRISIS CENTER  
COMMUNITY HUMAN SERVICES

- IDEAL FOR FAMILIES WANTING TO LEARN ABOUT LOCAL WELLNESS AND MENTAL HEALTH RESOURCES
- FREE TO ATTEND
- FOOD TRUCK



# THE 60TH ANNUAL SANDCASTLE CONTEST

THEME : "TIME TRAVEL - INTO THE FUTURE"

DATE : SATURDAY, SEPTEMBER 16, 2023  
8AM - 2PM (JUDGING AT NOON)

PLACE : CARMEL BEACH BETWEEN 10TH & 12TH

FREE REGISTRATION  
THE MORNING OF  
THE EVENT

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



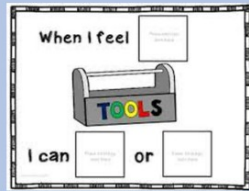
SPONSORED BY THE  
CITY OF CARMEL-BY-THE-SEA, AND  
THE AMERICAN INSTITUTE OF  
ARCHITECTS MONTEREY BAY CHAPTER

## 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 5<sup>th</sup> 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 : [corosenberg@pgusd.org](mailto:corosenberg@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 ☺





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](http://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.



<https://fieldofdreamsdesigns.com/butterfly>

Get your 2023 design items by pre-ordering before  
midnight on Sept 17 (to be delivered before the Oct 7 event)  
OR buy them at the Butterfly Bazaar



This Pacific Grove Tradition since 1939  
Saturday, October 7th

## Parade

Line-up @10:00  
in front of  
Robert Down  
Elementary

March through  
town @10:30

Robert Down  
Field  
11am - 2pm

Food!  
Games on the  
field

## Bazaar

My Museum  
Wheelie  
Mobilee

Inflatable  
Slide

## Tickets

\$1 each OR  
Wristbands -  
\$15 in advance,  
\$20 on Sat.

## Volunteers needed

- Middle Schoolers earn community service
- Parents look for Sign-up genius from PTA or school site email
- Join us to have some fun!

## Food for sale:

- (cash or check)
- Tacos & Burritos
  - Pizza
  - Sausages
  - Popcorn
  - Baked Goods
  - Veggie & Vegan options

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**

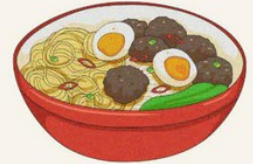
All day

**OCTOBER**

*Michael's*  
Grill and Taqueria

**OCTOBER 11**

All day



**NOVEMBER**



**NOVEMBER 15**

Dinner

**DECEMBER**



**DECEMBER 13**

All day



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# Pacific Grove Unified School District



## September 2023 Elementary School Menu

Breakfast				
Monday	Tuesday	Wednesday	Thursday	Friday
Cereal Raisins / Craisins / Apple Crisps	Mini Cinnis Raisins / Craisins / Apple Crisps	Concha/Pan Dulce (Mexican sweet bread) 100% Fruit Juice	Cereal Fresh Fruit	Chocolate Muffin 100% Fruit Juice
Lunch				
Monday 9/4	Tuesday 9/5	Wednesday 9/6	Thursday 9/7	Friday 9/8
<b>FRIDAY 9/1 PIZZA FRIDAY</b> <b>MONDAY 9/4 Labor Day Holiday</b>	Grilled or Crispy Chicken Sandwich Carrots Fruit Cup	Miller's Beef Hotdog (uncured, no nitrates) Sweet Potato Tots Fresh Fruit	Burger Day (all-beef or veggie patty) plain or with cheese, lettuce & pickles Baked Beans 100% Fruit Juice	Domino's Cheese Pizza Side Salad Fresh Fruit
Monday 9/11	Tuesday 9/12	Wednesday 9/13	Thursday 9/14	Friday 9/15
Bean & Cheese Papusa Garlic Breadstick Green Beans Fresh Fruit	Chicken & Waffle (NAE chicken served with syrup) Corn Fresh Fruit	Orange Chicken Steamed Rice Broccoli Fresh Fruit	Grilled or Crispy Chicken Sandwich or Veggie Burger Sweet Potato Tater Tots 100% Fruit Juice	Domino's Cheese Pizza Side Salad Fresh Fruit
Monday 9/18	Tuesday 9/19	Wednesday 9/20	Thursday 9/21	Friday 9/22
Mozzarella Stuffed Breadsticks with marinara sauce Green Beans Applesauce	Grilled or Crispy Chicken Sandwich Carrots Fruit Cup	Mini Corn Dogs Sweet Potato Tots Fresh Fruit	Burger Day (all-beef or veggie patty) plain or with cheese, lettuce & pickles Baked Beans 100% Fruit Juice	Domino's Cheese Pizza Side Salad Fresh Fruit
Monday 9/25	Tuesday 9/26	Wednesday 9/27	Thursday 9/28	Friday 9/29
Bean & Cheese Papusa Garlic Breadstick Green Beans Fresh Fruit	Chicken & Waffle (NAE chicken served with syrup) Corn Fresh Fruit	Orange Chicken Steamed Rice Broccoli Fresh Fruit	Grilled Chicken Sandwich or Veggie Burger Baked Beans 100% Fruit Juice	Domino's Cheese Pizza Side Salad Fresh Fruit

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

1% White & Fat Free  
Chocolate Milk Available at  
each meal service

**\*ALL MEALS ARE FREE!!!**  
[www.pgusd.org/Departments/Food-Services](http://www.pgusd.org/Departments/Food-Services)



## Robert H. Down Bell Schedule 2023-24



Regular Schedule (1 <sup>st</sup> - 5 <sup>th</sup> 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

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

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**  
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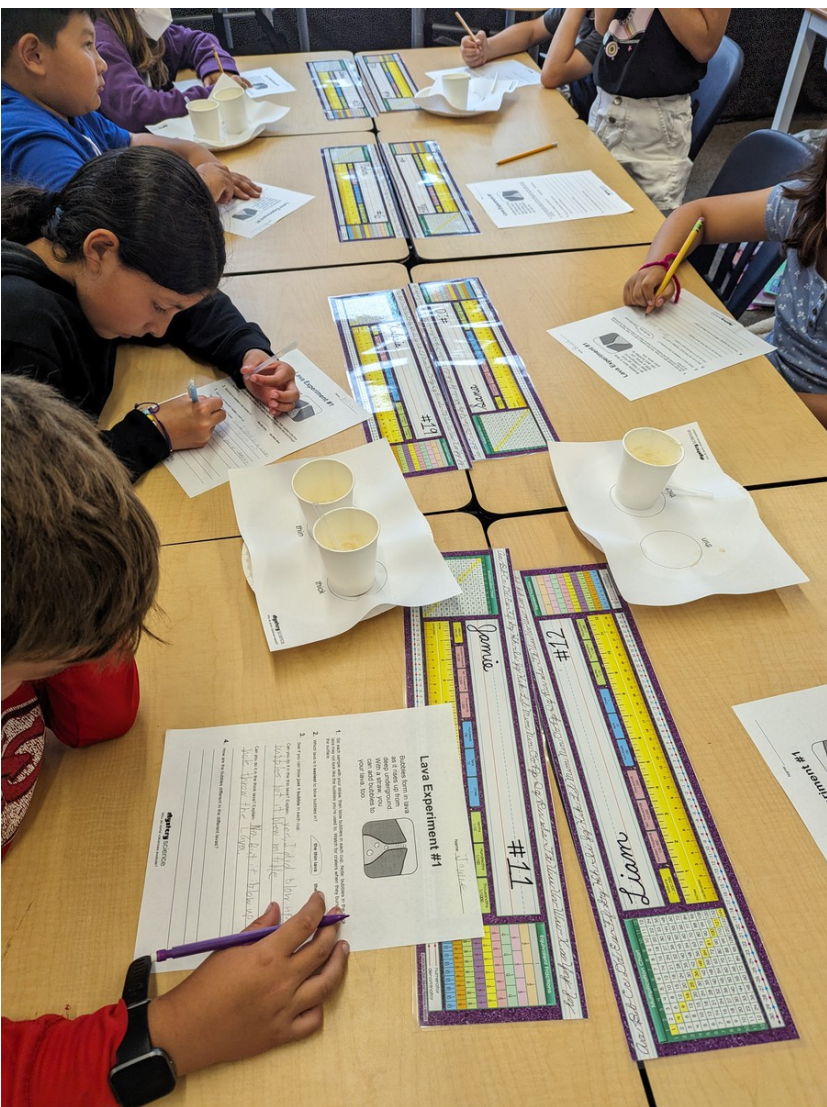


























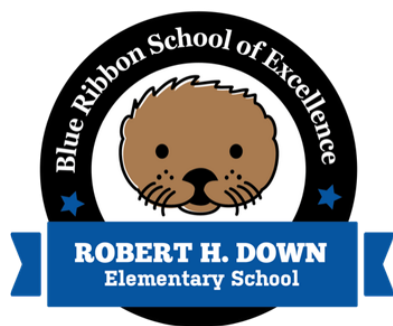












## Robert Down Elementary School

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