



Robert Down Principal's Update

September 14, 2023

Principal's Message

Dear RHD Families -

I hope to see you all this Saturday at the annual Walk with P.R.I.D.E. fundraiser at Lover's Point and the Recreation Trail from 9:00 AM -12:00 PM. It's always fun and great to see our students walking, running, or riding their bikes/scooters. I'll be there with one of my dogs.

Next week I'll have a longer message regarding Butterfly Bazaar Bakery Donations. Until then, if you are willing to consider providing food allergy free options, please check out the links below.

Butterfly Bazaar Cakewalk Donations

- <https://theprettybee.com/category/desserts/>
- <https://www.eatingwithfoodallergies.com/allergy-friendly-dessert-recipes>
- <https://www.justwhatweeat.com/15-amazing-top-8-allergy-free-dessert-recipes/>
- <https://www.allergicliving.com/recipe-category/baking-course-food-type/>
- <https://mykidslickthebowl.com/allergy-friendly-cookies/>

Site Council Begins this Monday with Officer Selections

Please join us for our first official Site Council meeting for 2023-2024 this Monday starting at 3:30 PM. These are mini-versions of our district Board meetings, and help guide RHD with our Site Plan and budget expenditures. We're looking for some new participants, so please consider attending:

Join Zoom Meeting:

<https://pgusd.zoom.us/j/83839110317>

Parents are needed to help organize the following events.

Please email Socorro at socorrovaldez33@gmail.com

- Bike Rodeo (September 23rd)
- Butterfly Bazaar - all PGUSD PTAs help with this event (October 7th)
- Halloween Party (Late October)
- 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:

- Thank you to the Pine Ave. drop off parents/guardians for doing a great job so far in helping to speed up the transitions out of vehicles and not parking or getting out of the car to help your student out - which truly slows down the flow of vehicles in a very tight window during drop off. If you want to take some time to say goodbye, please park in front of the cones or across the street and use the crosswalk.

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

In Otter Ohana,

Sean Keller, RHD Principal

Google Voice (831) 275-0083

skeller@pgusd.org

RHD Upcoming Events

September 16 —PG PRIDE, Walk with Pride Event, Lovers Point 9:00 AM—12:00 PM

September 19 - Virtual PTA Meeting, <https://stanford.zoom.us/j/97183689596?pwd=eGpmaEtzNnBiMzFyN3UrTW42eW9pUT09>



Meeting ID: 971 8368 9596

Password: 688756

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

October 5 - PGUSD Board Meeting, 6:30 PM

October 7 - Butterfly Parade and Bazaar, 10 AM

October 11 - PTA Dine Out, Michael's Taqueria, 4:00-8:30 PM

October 16-20 - Fall Break, No School

October 26 - PGUSD Board Meeting, 6:30 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.

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

SmartSocial

Screen Time Events from SmartSocial

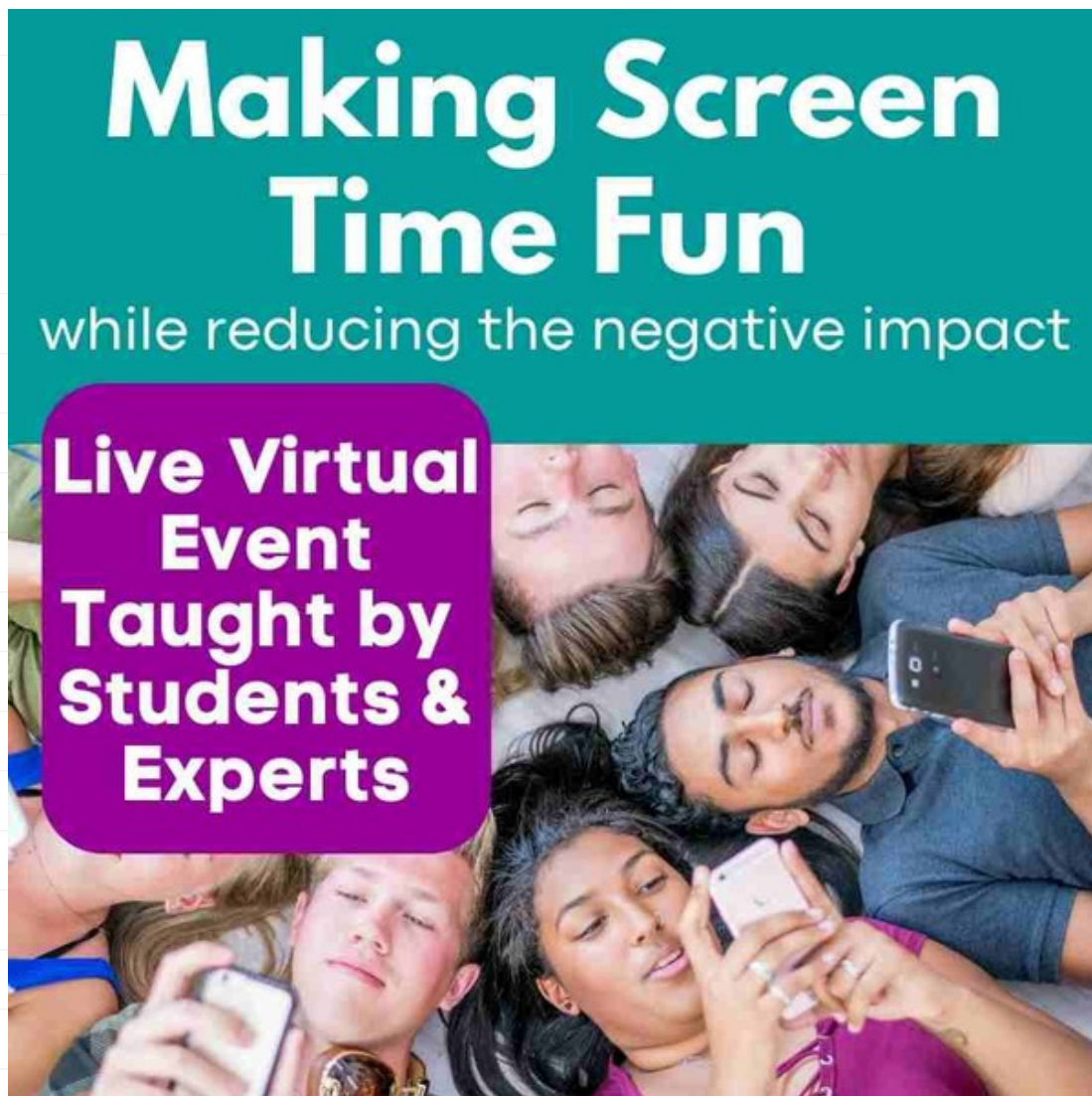
- Avoiding Strangers, Drugs, and Dangerous Situations Online - VIP Event, September 26th & 27th

- 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.



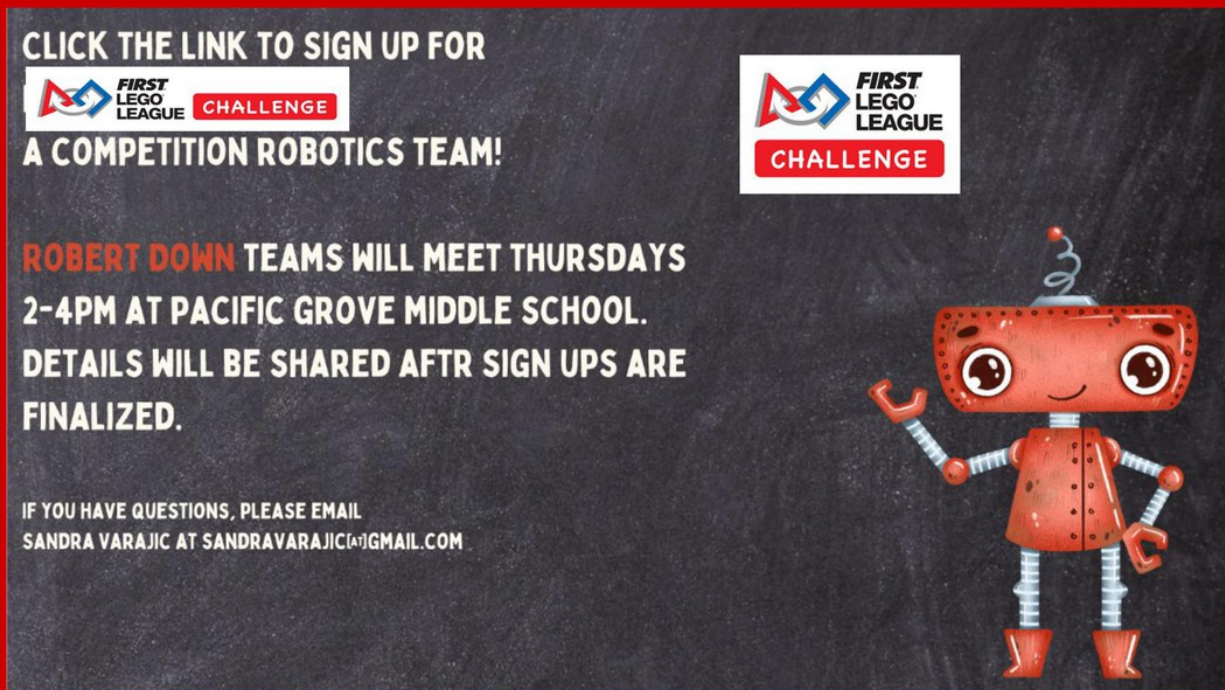
**TikTok, Snapchat,
Instagram, & YouTube**

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

Flyers



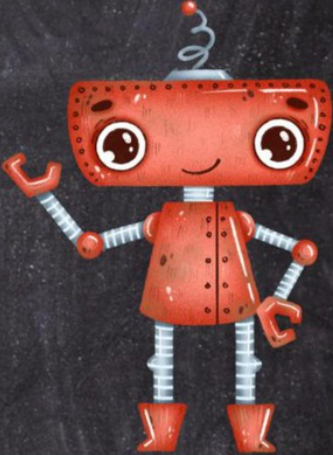
CLICK THE LINK TO SIGN UP FOR

 **FIRST LEGO LEAGUE CHALLENGE**

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!](#)

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



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.

RHD PTA Dine out Fundraiser



WEDNESDAY, September 20th
Lunch and dinner.

Hours:
11am-2pm
4:30pm -8:30pm

663, Lighthouse Avenue - PG
(831)646-8424

20% of your purchase will be donated to RHD.
Don't forget to mention our Fundraiser!

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Fall Pictures!!!

ROBERT H. DOWN ELEMENTARY SCHOOL

School QR Code: rdwnf23

visit: PremierStudiosCA.com or scan QR code
visite: premierstudiosca.com escanear el código QR

PICTURE DAY: WEDNESDAY, SEPTEMBER 20, 2023 DÍA DE FOTOS: MIÉRCOLES 20 DE SEPTIEMBRE 2023

SCAN
WITH
PHONE



A Best Value \$47	B Most Popular \$42	C Package \$37	D Great Deal \$35
3 - 8x10 2 - 5x7 2 - 3x5 16 - Wallets	8 - Mini-Wallets 1 - Class Picture 2 - 8x10 2 - 5x7 2 - 3x5 8 - Wallets	3 - 5x7 4 - 3x5 8 - Wallets 8 - Mini-Wallets 1 - Class Picture	1 - 8x10 4 - Mini-Wallets 2 - 5x7 1 - Class Picture 2 - 3x5 8 - Wallets

E Package \$30	F Package \$25	G Package \$20	H Package \$18
1 - 8x10 2 - 3x5 8 - Wallets	1 - 5x7 1 - Class Picture 2 - 3x5 8 - Wallets	2 - 3x5 8 - Mini-Wallets 1 - Class Picture	2 - 3x5 4 - Mini-Wallets 1 - Class Picture

I Package \$15
• Class Picture Picture ONLY

ADD-ONS

Add an option for only \$8 with purchase of package.

A-La Carte

- Option 1 - (1) 8x10 portrait \$18
- Option 2 - (8) 2x3 wallets \$18
- Option 3 - (2) 5x7 \$18



Speciality Products/ Productos Especiales

Add-on #4: \$20



Add-on #5: \$15



Add-on #6: \$10



Add-on #7: \$40

Digital Download



Add-on #8: \$20

8x10 Photo calendar

Academic school year

July 2023 to June 2024



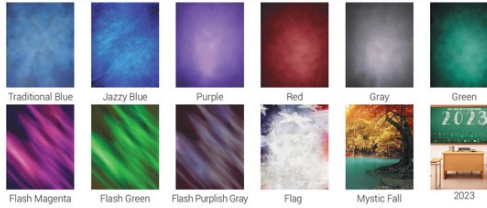
PREMIERSTUDIOS
CA, USA

MORE TO CHOOSE FROM ONLINE!



Build Your Own Package
Option Online!

CHOOSE FROM THESE BACKGROUNDS/ ELIJA DE ESTOS FONDOS



4746 W. Jennifer Ave. Suite 101 • Fresno, CA 93722 • 1-888-274-3686 premierstudiosca.com
customerservice@premierstudiosca.com

2023-24F_online_Primary Flyer



<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

Butterfly_bazaar_presale_ticket_flyer-2023.pdf

Download

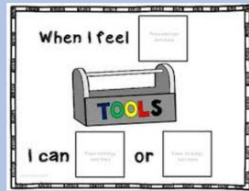
212.5 KB

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 : 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 ☺




RHD PTA Membership Drive



Task List

We are hosting a PTA membership drive -now until October 7th



Our school's goal is to have 100% membership in the PTA.



Top Priorities

Joining PTA simply involves a \$20 donation.

All PTA funds go to school curriculum, activities, and stipends to teachers for classroom supplies




To Join:



Goals

The class with the most PTA members wins a class party with Otter Pops and a cool surprise!



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RHD PTA DINE OUT FUNDRAISERS

AUGUST



AUGUST 23

4pm-9pm

SEPTEMBER



SEPTEMBER 20

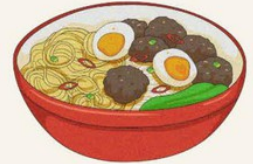
All day

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
FRIDAY 9/1 PIZZA FRIDAY MONDAY 9/4 Labor Day Holiday	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

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 sports-manship 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.



Listening

I listen with my ears, eyes, and heart.



Personal Space

I have a right to my space and so do you.



Garbage Can

I let the little things go.



Please & Thank You

I treat others with kindness and appreciation.



Patience

I am strong enough to wait.

Apology & Forgiveness

I admit my mistakes and work to forgive yours.

Courage

I have the courage to do the "right" thing

Quiet/Safe Place

I remember my quiet/safe place.



Empathy

I care for myself. I care for others.



Using Our Words

*I use the "right" words, in the "right" way,
at the "right" time, for the "right" reason.*



Taking Time

I take time-in and time-away.



Practices of a Peaceful Warrior



TOOLBOX
BY DOVETAIL LEARNING

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www.dovetaillearning.org

[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 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.



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](#)

