



# ROBERT DOWN PRINCIPAL'S UPDATE

October 12, 2023

## **Principal's Message**

Dear RHD Families,

**October 16th-20th is Fall Break. School is not in session.**

- Enjoy the time off and rest up for the busy holiday season coming our way!

## **BUS ZONE MESSAGE:**

- Please do not park in the bus zone during pick up and drop off. Today the bus could not pull into the area since there were cars in the area or double-parked on Pine Ave.

## **FROM PTA:**

- Thank you to all who volunteered and assisted the incredible Butterfly Bazaar Committee this past Saturday! It was great to see all the new faces helping with new leadership. It was a great time with fantastic weather.
- Look below for the Halloween Movie Night and Trunk Or Treat Flyer. Just above is a Sign Up Genius for 15 vehicles to give out treats on Friday, October 27th. Please be aware of Food

Allergies for choices of treats and think about alternative fun gifts like pencils, erasers, and ghoulie stickers!

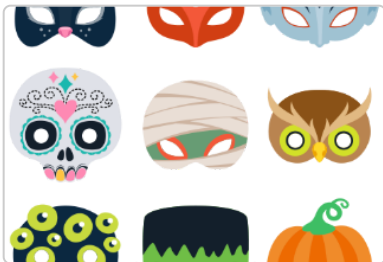
- The annual costume parade will occur at 9:00 AM on October 31st on the intermediate blacktop. Families are welcome to come and watch behind classrooms but some of the best views will be from the field. Please remember no full masks and elementary-appropriate dress without too scary costumes. Props may not be carried around the school, but may be used in the parade, but no weapons are allowed in any costumes.
- The Annual RHD PTA Charleston Wrap Fundraiser will occur from 10/23-11/10, look out for more information to come!
- Our second annual Dia de Los Muertos crafts and altar will occur the week of 10/23 with a schoolwide assembly on 11/1. Provide your student(s) with a picture of a loved one who has passed to celebrate their time with us.
- We are adding a Diwali celebration this year on November 9th during lunch time to celebrate the India New Year.

### **RHD Site Council**

- We still are in need of more parents for Site Council. Please join our next session on Monday, October 23rd from 3:30-4:30: Join Zoom Meeting: <https://pgusd.zoom.us/j/86934823877>

In Otter Ohana,

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



### **Robert H. Down Trunk Or Treat**

Please review the available slots below and click on the button to sign up. Thank you!

📧 [signupgenius.com](https://signupgenius.com)



## RHD Upcoming Events

**October 16-20**—Fall Break, No School

**October 23**—RHD Site Council, 3:30 PM

**October 26**—PGUSD Board Meeting, 6:30 PM

**October 27**—PTA Halloween Trunk or Treat & Movie Night, 5:30 PM

**October 29-November 10**—PTA Charleston Wrap Fundraiser

**October 30-November 3**—Parent Teacher Conferences, Minimum Day

**October 31**—Halloween Parade

## 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

---

## Flyers

**LAST CHANCE TO DONATE!**

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

**WALK WITH**

**P.R.I.D.E.**

(PUBLIC RESPONSE IN DOLLARS FOR EDUCATION)

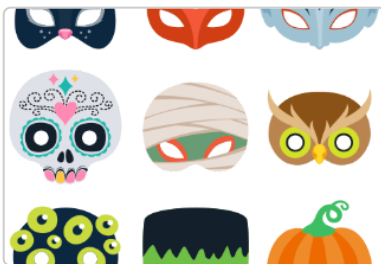


SCAN THE QR CODE OR  
DONATE @

[WWW.SUPPORTPGPRIDE.COM](http://WWW.SUPPORTPGPRIDE.COM)

**ALL DONATIONS MUST BE  
RECEIVED BY OCTOBER 13!**

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



### Robert H. Down Trunk Or Treat

Please review the available slots below and click on the button to sign up. Thank you!

[signupgenius.com](http://signupgenius.com)

A Halloween-themed poster for a 'Trunk or Treat' event. The background is dark with orange and yellow wavy borders on the left and right. In the center, there's a large black silhouette of a car. On the car, there's a jack-o'-lantern with a smiling face, a white ghost, and a purple cauldron with 'Halloween' written on it. The text 'ROBERT DOWN PTA' is at the top. The main title 'TRUNK OR TREAT' is in large, bold, yellow and orange letters. Below it, 'FRIDAY OCTOBER 27' and '& MOVIE NIGHT!' are written. The time '5:30PM - 8:00PM' is also present. A list of bullet points provides details about parking, dinner, movie time, and sign-up. A URL for sign-up is provided, and a reminder to wear costumes is at the bottom right.

ROBERT  
DOWN PTA

Halloween

**TRUNK  
OR  
TREAT**

FRIDAY  
**OCTOBER 27** & MOVIE NIGHT!  
5:30PM - 8:00PM

- TRUNK OR TREAT PARKING ON BLACKTOP & DINNER FOR PURCHASE (DON BETO'S MEXICAN FOOD TRUCK) 5:30 - 6:30
- MOVIE (DISNEY'S COCO) AT 6:30
- CHECK OUT SIGN UP GENIUS BELOW TO HOST A TRUNK!

[WWW.SIGNUPGENIUS.COM/GO/30E0E49ADAB2CA5FD0-45192970-PTATRUNK](http://WWW.SIGNUPGENIUS.COM/GO/30E0E49ADAB2CA5FD0-45192970-PTATRUNK)

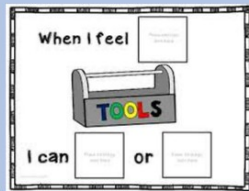
*Don't forget to wear your costume.*

## **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 : [croseberg@pgusd.org](mailto: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 ☺



Just present this flyer to your server  
(or show it on your mobile device) and  
Islands will donate 20% of your food and  
beverage purchases back to Robert Down  
Elementary PTA.

Dine-In or Take-Out. Order online at  
[www.islandsrestaurants.com](http://www.islandsrestaurants.com)

## ROBERT DOWN ELEMENTARY PTA

**Date: Wednesday, November 15th, 2023**

**Time: 4pm to close**

**Location: Islands Monterey**

**300 Del Monte Center • (831) 655-1552**

**#ISLANDSBURGERS**

Not valid with any coupon, offer, discount or third party delivery.  
Proceeds exclude gratuity and tax.

Craft burgers, fresh-cut fries, salads & tacos. Bring your family and  
friends to Islands, and help raise money for Robert Down Elementary PTA .  
Pacific Grove Unified School District neither endorses nor sponsors the organization or activity represented in this document.



© 2018 Islands Restaurants, L.P.






# 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!



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





california  
pizza kitchen

# PIZZA WITH A PURPOSE

Show this flyer or mention the organization listed below  
on your visit, and California Pizza Kitchen will  
**DONATE 20% OF ALL FOOD & BEVERAGE SALES**  
on your check to the organization listed below. Purchases include  
dine-in, take-out, catering, and online orders at [CPK.com](http://CPK.com)  
when you enter **BACK20%** at checkout.

Fundraiser in support of:  
**Robert Down Elementary PTA**  
**December 13th, 2023**  
**11:00AM to 09:00PM**

Valid at the following location  
**CALIFORNIA PIZZA KITCHEN**  
0213 Monterey  
1100 Del Monte Center, Monterey, CA 93940  
[cpk.com](http://cpk.com)

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

Fundraiser valid only on the date(s) and at the CPK location(s) identified on this flyer. Only 501(c)(3) organizations and non-profit schools are eligible to  
participate in CPK's fundraiser program. CPK will donate 20% (twenty percent) of all food and beverage sales to the organization. Tax, gratuity, gift  
card and retail sales are excluded from the donation. Valid for dine-in, take-out, online, catering, curbside or delivery orders placed directly with CPK.  
Not valid for orders placed or fulfilled through third-party delivery. Food & Beverage distributed in or near restaurant. For more information about the  
501(c)(3) organization participating in the fundraiser, please contact the organizer directly. Not valid at franchise locations in Guam, Taiwan, university,  
international, airport locations, or the Grand Sierra Resort and Casino.

V3

# RHD PTA DINE OUT FUNDRAISERS

**AUGUST**



**AUGUST 23**

4pm-9pm

**SEPTEMBER**



**SEPTEMBER 20**

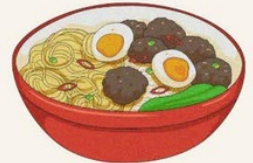
All day

**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.

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

**Otterly Adorable**



















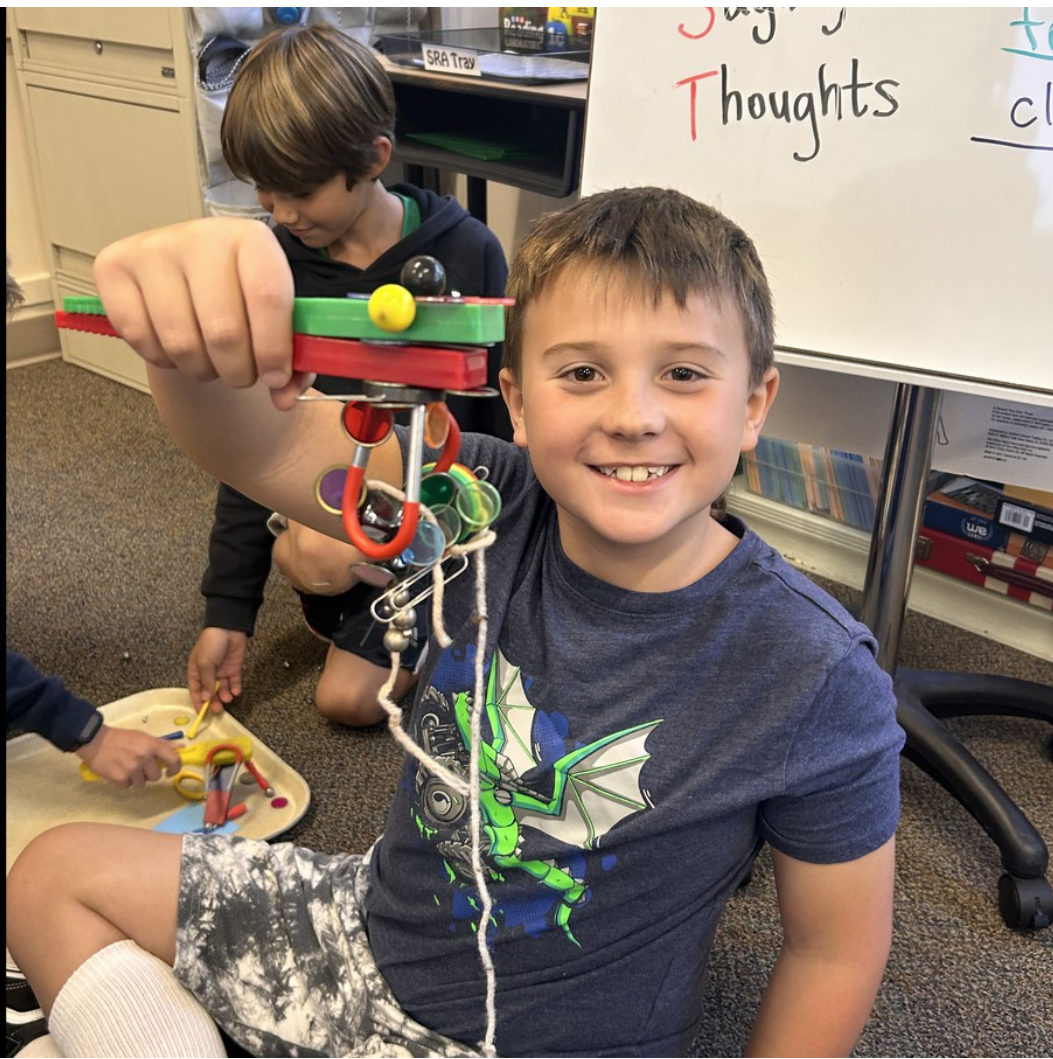
















---

## Please Read: Allergy Alert Letter



Allergy Alert Letter August 2023.docx.pdf

[Download](#)

520.1 KB



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:

- [illegible]

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

# 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.



---

## SmartSocial

### Screen Time Events from SmartSocial

- 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.

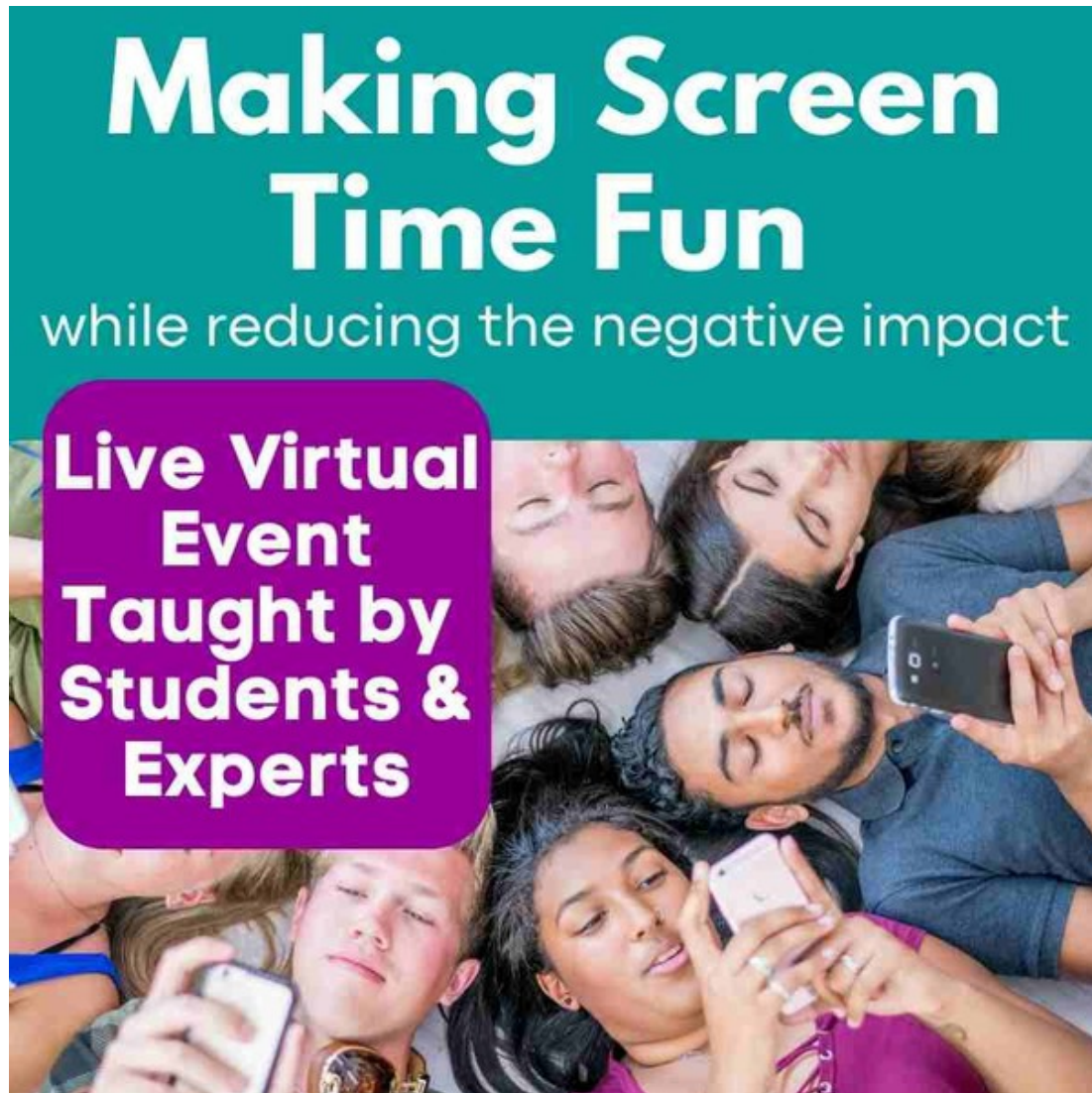




## AI Parent Training For Students

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)



- 2023 -

# OCTOBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**Pacific Grove**

**Unified School**

**District**

**Elementary Menu**

## BREAKFAST

Cereal Variety Offered Daily

**Monday: Mini Maple Pancakes**

**Tuesday: Cinnamon Bun**

**Wednesday: Muffin Tops**

**Thursday: UBR Granola Bar**

**Friday: Concha**

Served with Whole Fruits or 100 %  
Fruit Juice

**All Meals FREE for ALL Students**

Gluten Free Alternative Breads &  
Items Available at Each Site as Needed

© 2022 Simply Good Food, LLC

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

**2** Mozzarella Stuffed  
Breadsticks w/ Marinara

Chicken Drumstick &  
Mashed Potato

Corn  
Fresh Fruit

**3** Crispy Chicken Sandwich

Macaroni & Cheese

Carrot  
Fresh Fruit

**4** Teriyaki Chicken & Rice

Mini Corn Dogs

Broccoli  
Fresh Fruit

**5** Cheeseburger/  
Hamburger

Cheese Quesadillas

Pinto Bean  
Fresh Fruit

**6** Domino's  
Cheese or Pepperoni

Deli Hoagie

Side Salad  
Fresh Fruit

**9** Bean & Cheese Papusa

Crunchy Beef Tacos

Refried Beans  
Fresh Fruit

**10** Crispy Chicken Sandwich

Cheese Lasagna

Grape Tomatos  
Fresh Fruit

**11** Orange Chicken & Rice

Grilled Cheese Sandwich

Broccoli  
Fresh Fruit

**12** Cheeseburger/  
Hamburger

Bean & Cheese Nacho

Tater Tots  
Fresh Fruit

**13** Domino's  
Cheese or Pepperoni

Deli Hoagie

Side Salad  
Fresh Fruit

**16**

FALL BREAK

**17**

FALL BREAK

**18**

FALL BREAK

**19**

FALL BREAK

**20**

FALL BREAK

**23** Bean & Cheese Papusa

Crunchy Beef Tacos

Refried Beans  
Fresh Fruit

**24** Crispy Chicken Sandwich

Cheese Lasagna

Grape Tomatos  
Fresh Fruit

**25** Orange Chicken & Rice

Grilled Cheese Sandwich

Broccoli  
Fresh Fruit

**26** Cheeseburger/  
Hamburger

Bean & Cheese Nacho

Tater Tots  
Fresh Fruit

**27** Domino's  
Cheese or Pepperoni

Deli Hoagie

Side Salad  
Fresh Fruit

**30** Mozzarella Stuffed  
Breadsticks w/ Marinara

Chicken Drumstick &  
Mashed Potato

Corn  
Fresh Fruit

**31** Crispy Chicken Sandwich

Macaroni & Cheese

Carrot  
Fresh Fruit



# 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 Dove Tail Learning. All rights reserved.

www.dovetaillearning.org

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 sportsmanship</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>



## 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](#)

