

November 2, 2023

#### **Principal's Message**

#### **Dear RHD Families,**

Thank you to our wonderful PTA for organizing our annual Halloween Movie Night and inaugural Trunk or Treat. I know the students loved seeing the decorated vehicles and having a sage alternative for treats. Much appreciation goes out to the participating parents and families:

- Debby Beck
- Mary Horsley
- Brandy Rivera
- Eva Asturi
- Erica Karai
- Chritina Molina
- Jackie Seitz
- Socorro Papadakis
- Amie Miller
- Ryan McNamara
- Jordan Perry
- Daniele Jorn
- Michelle Evans and the PG Youth Ambassadors

Thank you to our family members who also were able to attend our annual costume parade.

#### **NEW WINTER PROGRAM DATE!!**

Mark your calendars! Our school wide Winter Program has been changed from December 5 to **December 21**. This event will take place at the PGHS Stadium at 6:00 PM.

<u>Veterans Day Assembly</u>: Please fill in the survey below with any present or former military personnel that have served in your family or are close friends. Make sure to list their name, military branch, rank, where they served, and why your student(s) is/are proud of their parent, uncle/aunt, grandmother/grandfather, cousin, friend, etc. Make sure to send me a few pictures of your service person via email. In the past, pictures have included family members, military personnel in action, and fun pics out of uniform as well. **Our Veterans Day Assembly will occur on Wednesday, November 8th at 9:00 AM. Please invite your service person and plan to attend yourself.** <u>https://forms.gle/jo4Y93dr1AjnP3ps5</u>

<u>School Photos</u>: School photos were sent home last week. If you're missing anything, or have a question please call Premier Studios directly at 888-274-3686 or 559-274-9231. Picture retake day will be January 18, 2024.

#### Ruby Bridges Walk to School Day, November 14.

Join RHD staff and families as we gather together to stand up to bullying and acts of racism on Tuesday, November 14, 2023. Three locations will be available to check in for the walk starting at 8:00 AM: 1) George Washington Park, 2) Caledonia Park, and 3) The upper parking lot of First Awakenings restaurant at the corner of David and Lighthouse (FYI, they open at 7:00 AM for those interested).

Sign up for the location of your preference. <u>https://forms.gle/JiUNKEaYzikGLtNE7</u> Please indicate if you will be walking with a group and/or if you can help organize the event.

Plan to wear purple or order a commemorative shirt from the Ruby Bridges Foundation website (link below). We'd like to see as many students and their parents participate as possible. Please indicate in the sign up if another parent/guardian will be participating with your child(ren).

Tie-string bags, flags, stickers, buttons, and wristbands will be handed out while supplies last and organized for those students that sign up. Walk will begin at 8:10 AM sharp at all three locations.

All three groups will meet in front of the steps for a yearbook picture before school begins.

Feel free to reach out to Principal Sean Keller with any questions: 831-275-0083

https://rubybridges.foundation/

#### FROM PTA:

- The Annual RHD PTA Charleston Wrap Fundraiser will occur from 10/23-11/10.
- We are adding a Diwali celebration this year on November 9th during lunch time to celebrate the India New Year.

In Otter Ohana,

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



# **RHD Upcoming Events**

October 30 - November 3 - Parent Conferences, Minimum Day November 8 - Veterans Day Assembly, 9:00 AM November 10 - Veterans Day Holiday, No School November 14 - Ruby Bridges Walk to School Day November 15 - PTA Dine Out, Islands, 4:00-10:00 PM November 16 - Parenting with Purpose Workshop: Childhood Stress & Anxiety, 9:00 AM November 21 - Cocoa with Keller, 6:30 PM

November 22 - Minimum Day, 12:10 dismissal
November 23-24 - Thanksgiving Holiday, No School
December 13 - PTA Dine Out, California Pizza Kitchen, 4:00-9:00 PM
December 21 - Winter Program, PGHS Stadium, 6:00 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) 646-6663c) Email Annie Deis at <u>adeis@pgusd.org</u>

3) Please make sure to relay afterschool plans with your child <u>PRIOR</u> 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 <u>bnehring@pgusd.org</u>

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.

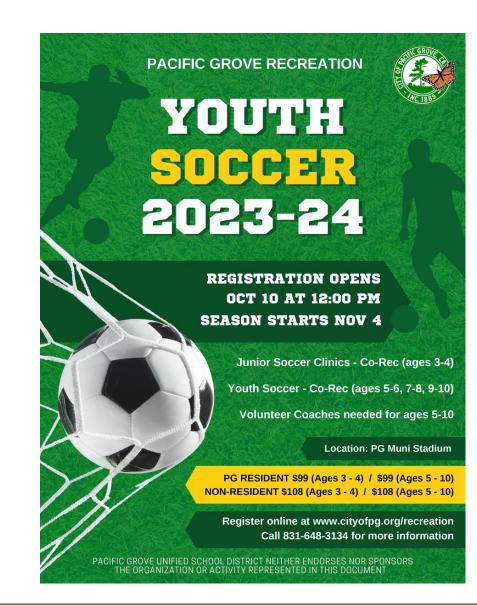
<u>Here is how it works</u>: To join the Robert H. Down Birthday Book Club fill out the information below (scroll way down to the bottom of this message to print the Birthday Book forms) and deposit it in the Drop Box at school along with a check for \$20.00 (please make the check payable to the P.G.U.S.D. 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.



# **Flyers**







MAKE A DIFFERENCE

# BECOME A VOLUNTEER YOUTH SOCCER COACH

VOLUNTEER INFORMATION MEETINGS OCT 11 OR OCT 12 AT 6:00 PM PACIFIC GROVE YOUTH CENTER

> Youth Soccer - Co-Rec (ages 5-6, 7-8, 9-10) Season runs Nov 4 - Feb 10

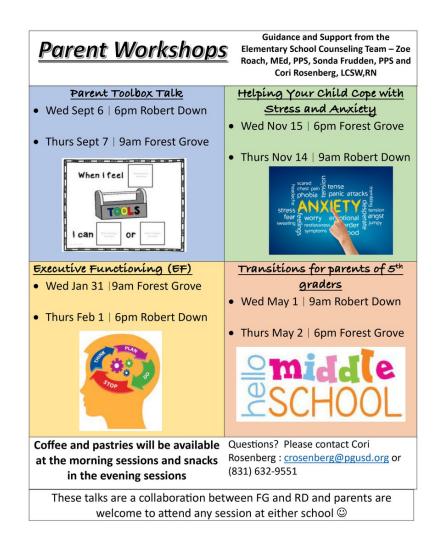
> > Volunteer Coaches needed for all age groups

For more information call 831-648-3134 or email alipsig@cityofpacificgrove.org

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

# RUBY BRIDGES WOJJUK SCHOOL DAY

NOVEMBER 14



## Parenting with Purpose Workshop: Childhood Stress & Anxiety



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

#### Wednesday, November 15 @ 6pm – Forest Grove Thursday, November 16 @ 9am – Robert Down All parents are welcome to attend at either school, day & time



Questions or comments? Contact Cori Rosenberg @ crosenberg@pgusd.org



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

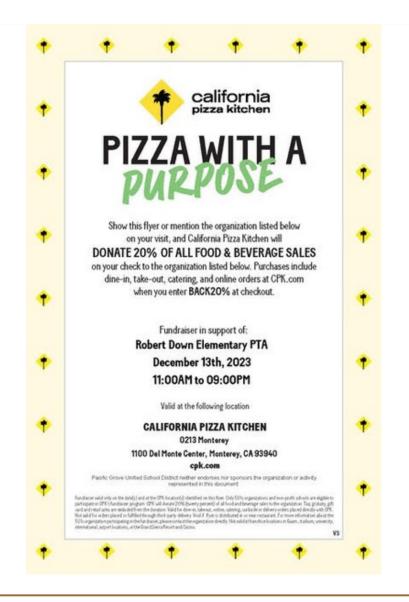
# Date: Wednesday, November 15th, 2023 Time: 4pm to close Location: Islands Monterey 300 Del Monte Center • (831) 655-1552 #ISLANDSBURGERS

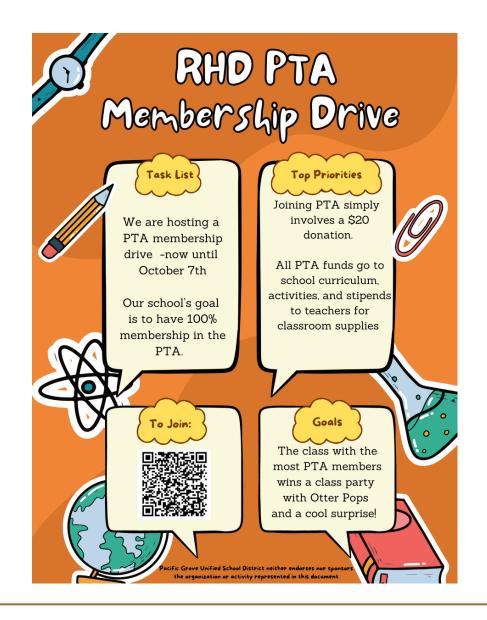
Not valid with any coupon, offer, discount or third party delivery. Proceeds exclude gratuity and tax.

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.



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# **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 <u>compulsory</u> 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

FARE FoodAllergy.org

small amount of a food

allergen can cause a serious allergic

MYTH: Eating a little bit of a food you're allergic to won't hurt.

MYTH: Peanut allergy

is the most dangerous food allergy. reaction. 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

• 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

# Making Screen Time Fun

while reducing the negative impact

Live Virtual Event Taught by Students & Experts

a higher	-2023-		S P	71	- They
		- •	WEDNESDAY	THURSDAY	FRIDAY
		- 1 2	1 Teriyaki Chicken & Rice	2 Cheeseburger/ Hamburger	3 Domino's Cheese or Pepperoni
	<u>k</u> k	-121	Bean & Cheese Burrito	Cheese Quesadillas	Deli Sandwich
	MONDAY	TUESDAY	Broccoli Fresh Fruit	Pinto Bean Fresh Fruit	Side Salad Fresh Fruit
Pacific Grove	6 Chicken Tamale	7 Crispy Chicken Sandwich	8 Orange Chicken & Rice	9 Cheeseburger/ Hamburger	10
Unified School	Crunchy Beef Tacos	Cheese Lasagna	Grilled Cheese Sandwich	Bean & Cheese Nacho	NO SCHOOL
District Elementary Menu	Refried Beans Fresh Fruit	Roasted Carrot & Tomato Fresh Fruit	Broccoli Fresh Fruit	Tater Tots or Corn Fresh Fruit	
BREAKFAST Cereal Variety Offered Daily	13 Mozzarella Stuffed Breadsticks w/ Marinara	14 Crispy Chicken Sandwich	15 Teriyaki Chicken & Rice	16 Cheeseburger/ Hamburger	17 Domino's Cheese or Pepperoni
Monday: Mini Maple Pancakes	Chicken Drumstick & Mashed Potato	Macaroni & Cheese	Bean & Cheese Burrito	Cheese Quesadillas	Deli Sandwich
Tuesday: Cinnamon Bun	Corn Fresh Fruit	Carrot Fresh Fruit	Broccoli Fresh Fruit	Pinto Bean Fresh Fruit	Side Salad Fresh Fruit
Wednesday: Muffin Tops	20 Chicken Tamale	21 Crispy Chicken Sandwich	22 Orange Chicken & Rice	23	24
Thursday: Breakfast Granola Round	Crunchy Beef Tacos	Cheese Lasagna	Grilled Cheese Sandwich	NO SCHOOL	NO SCHOOL
Friday: Concha	Refried Beans Fresh Fruit	Roasted Carrot & Tomato Fresh Fruit	Broccoli Fresh Fruit		
Served with Whole Fruits or 100 % Fruit Juice	27 Mozzarella Stuffed Breadsticks w/ Marinara	28 Crispy Chicken Sandwich	29 Teriyaki Chicken & Rice	30 Cheeseburger/ Hamburger	TAK
All Meals FREE for ALL Students	Chicken Drumstick & Mashed Potato	Macaroni & Cheese	Bean & Cheese Burrito	Cheese Quesadillas	
Gluten Free Alternative Breads & Items Available at Each Site as Needed	Corn Fresh Fruit	Carrot Fresh Fruit	Broccoli Fresh Fruit	Pinto Bean Fresh Fruit	·



# **Every Otter SWIMS - RHD Behavior Expectations**

Robert H. Down Elementary Behavioral Expectations									
	Hallways/Restrooms	Ev Cafeteria/Lunch Area	ery Otter SWI	MS Arrival/Dismissal	Classroom/Ottertorium	Toolbox Tools			
<b>S</b> how Respect	<ul> <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> <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> <li>Show good sports- manship</li> <li>Use appropriate language</li> <li>Respect the space and needs of others</li> </ul>	<ul> <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> <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> <li>Please and Thank You</li> <li>Using Your Words</li> <li>Garbage Can</li> <li>Be Safe</li> </ul>			
<b>W</b> ork Hard	<ul> <li>Be quiet while in transition</li> <li>Make good decisions</li> <li>Keep school clean</li> <li>Voice Level: 0</li> </ul>	<ul> <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> <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> <li>Wait outside with patience</li> <li>Enter building quietly and in your line</li> <li>Voice Level: 0-2</li> </ul>	<ul> <li>Embrace academic struggle</li> <li>Listen with your eyes, ears, and heart</li> <li>Voice Level: 0-2</li> </ul>	<ul> <li>Patience</li> <li>Listening</li> <li>Breathing</li> <li>Perseverance/Grit</li> </ul>			
<b>I</b> ncrease Integrity	<ul> <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> <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> <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> <li>Have all your needed materials</li> <li>Be aware of responsi- bilities and behavior expectations for all activities</li> </ul>	<ul> <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> <li>Apology &amp; Forgiveness</li> <li>Empathy</li> <li>Be Kind</li> </ul>			
<b>M</b> ake a Difference	<ul> <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> <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> <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> <li>Respect all staff mem- bers providing direc- tion</li> <li>Make safe decisions while walking/nding to and from school</li> </ul>	<ul> <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> <li>Taking Time</li> <li>Personal Space</li> <li>Quiet Safe Place</li> <li>Be Your Personal Best Every Day</li> </ul>			
<b>S</b> tand Up for Yourself and Others	<ul> <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> <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> <li>Tell the truth and accept the results</li> <li>Seek assistance to resolve problems: Stop, Walk, Talk</li> </ul>	<ul> <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> <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> <li>Courage</li> <li>Be an Upstander</li> <li>Looking Out (for Others) Tool</li> </ul>			

## **Robert Down Elementary School**

Website: <u>https://robertdown.pgusd.org/</u> Location: <u>485 Pine Avenue, Pacific Grove, CA, USA</u> Phone: (831) 646-6540

**Robert Down Elementary School** is using Smore to create beautiful newsletters

n School of

ROBERT H. DOWN Elementary School



#### Communicate quickly and effectively with interactive newsletters.

Smore empowers educators to connect with their community, streamline school communications, and increase engagement.

Create a newsletter

