

# Robert Down Principal's Update

November 22, 2023

### Order RHD Spirit Wear!

Order your student(s) RHD Spirit Wear for the holiday season as well as to stay warm during the annual outdoor program at PGHS Breaker Stadium.

Visit Field of Dreams Designs today: <a href="https://fieldofdreamsdesigns.com/client-shops/RHD-Otters">https://fieldofdreamsdesigns.com/client-shops/RHD-Otters</a>

#### Principal's Message

Dear RHD Families.

I hope this message finds you well and safe in any travel or staycation plans set for this holiday weekend. As always, it is an honor to serve as your school's principal, and I am thankful for all of our families and staff that make RHD a special place to work and



grow every day. I hope this weekend provides rest and time to catch up with friends and family.

If you have a few moments, please provide feedback to the RHD Site Council in the annual California Healthy Kids Survey. All responses are anonymous and the only information collected are the answers to the questions. Click on the link for information regarding the purpose of the survey along with sample questions in English and Spanish:

https://drive.google.com/file/d/1TzpnDXsEVQVjg\_qBeLTc0azJBIPVnz9K/view?usp=sharing

For those parents/guardians that want to participate in the survey directly, click here (CA Healthy Kids Parent Log In): <a href="https://wested.ugam-apps.com/wested/ts/og8v">https://wested.ugam-apps.com/wested/ts/og8v</a>

All parents/guardians that email or text a screen shot of their finished survey to me become eligible for a drawing for two free tickets to the annual Taste of PG event held at Spanish Bay and hosted by our wonderful P.G. P.R.I.D.E. organization that supports all schools in PGUSD. The odds are WAY better than the CA Lottery, so participate in the CA Healthy Kids Survey today and keep your fingers crossed.

5th grade parents/guardians, we are asking that you look in your student's school to home folder to find their Active Participation form and return it by November 29, 2023 so they can participate on Friday, December 1, 2023. Our goal is to have 100% participation since our 5th graders have the only voice in the survey. Just like the parent survey, all participants are anonymous and only the answers to questions are collected. This is important feedback and the most important measurement to determine if RHD has met its Site Plan goals each year.

The PG Parade of Lights is next Thursday, November 30th, so crews will be closing down Pine Ave. around 2:00 PM. BASRP will have pick up at Gate A (Spruce and 13th). Parade begins at 6:00 PM.

#### **RHD Site Council Meeting Videos**

Click on the link to access the November 20, 2023 Site Council notes that include both the October and November meeting video links:

https://docs.google.com/document/d/1RcLzIUIBIQNpBA8qKu35f2xxR-sh6614ktqmXyWe21E/edit?usp=sharing

If you watch, you will see there are only four members of our Site Council this year. If you have the time once per month, please consider joining us. You do not have to hold a position on the council-we just want more voices to be represented from our families. PTA suggested moving the time later in the evening, so we will start our December 11th meeting at 6:00 PM.

#### **Lost and Found**

There are plenty of items in the lost and found. Please take a moment to check out the cubby outside the cafeteria to see if one or more items belong to your student. Items will be donated during Winter Break.

#### **MONTERY COUNTY FOOD BANK - FOOD DRIVE**

Robert Down is participating in a Food Drive for the Food Bank for Monterey County. We have several collection barrels on campus for your student to drop off canned and non perishable food items. Please deliver items between now and December 19. Thank you for your donation! For more information please see their website: <a href="https://foodbankformontereycounty.org/">https://foodbankformontereycounty.org/</a>

#### **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.

**SCHOOL PHOTOS**: School photos were sent home a few weeks ago. 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.

In Otter Ohana,

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

# Ruby Bridges Walk to School Day

Click on the KION News video below

#### RHD Ruby Bridges Walk to School Day 11-14-2024.MOV

☑ drive.google.com

Watch Mr. Keller's reading of *Ruby Head High: Ruby Bridges First Day of School* that he purchased at the Norman Rockwell Museum during Fall Break:

https://watch.screencastify.com/v/sFKhFzR8MBPK5yKroMEk



#### **RHD Upcoming Events**

November 16 - PGUSD Board Meeting, 6:30 PM

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

December 22 - Minimum Day, 12:10 dismissal

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 <a href="mailto:bnehring@pgusd.org">bnehring@pgusd.org</a>

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.



**Birthday Book Club.pdf** 

Download

280.3 KB





# CINCERBRIAD HOUSE HOUSE WICHT OUT

Join us for this sweet gingerbread house workshop! Each participant will decorate their own gingerbread house and enjoy winter themed crafts and activities. Individual gingerbread house supplies and a kid friendly dinner will be provided.



YOUTH: 3-12 YEARS DEC. 9, 5:00 PM TO 8:00 PM

PROGRAM FEE: \$25
PACIFIC GROVE RESIDENT FEE: \$23



Pacific Grove Youth Center 302 16th Street www.cityofpg.org/recreation 831.648.3134



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



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



#### **ÁFRO-LATIN JAZZ DANCE**

2024 Winter/Spring Classes

Afro-Latin Jazz Dance 1, 2 & 3 Ages 7-19 years

> H.E.A.T. Ages 12-19 years

No auditions required for Level 1
Auditions required for Levels 2, 3 & H.E.A.T

Pacific Grove Recreation | 831.648.3134 www.cityofpg.org/recreation

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# REGISTER. SHARE. SHOP. SUPPORT OUR FUNDRAISER

Check-off your holiday gift list today and help our important cause. From holiday to hostess to corporate gifts and more, our online store has something for every occasion – even if it's just for you! **Our Organization ID:** 

#### 19907







Location: Robert Down Elementary School -E-2

Sponsor: CEF NorCal Central Coast Contact: Janice Hare 831-601-2974

To Register: Pick up a registration form in the office and bring to

the club meeting.

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

GOOD NEWS CLUB® (GNC™)
is an exciting, fun-filled weekly club for kids in which the
Bible is clearly taught with songs, stories, games...

#### WHO TEACHES THE CLUB?

GNC teachers are specially trained Christians concerned for the well-being of your child. All club workers are screened as required by Child Evangelism Fellowship® Child Protection Policy to ensure your child's safety.



The United States Constitution requires schools to respect the right of all external organizations to distribute flyers to students at school if the school permits any such organization to distribute flyers. Accordingly, the school cannot discriminate among groups wishing to distribute flyers at school and does not endorse the content of any flyer distributed at school. The school encourages parents to assist their children in making choices appropriate for them.

This is not an activity of the school or the school district.

#### 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



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



#### Executive Functioning (EF)

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

Transitions for parents of 5th graders

Coffee and pastries will be available Questions? Please contact Cori at the morning sessions and snacks in the evening sessions

Rosenberg: crosenberg@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 ©

#### Helping Your Child Cope with Stress and Anxiety

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



#### 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

Join the counseling team for a discussion of childhood anxiety

Learn to identify the signs of childhood anxiety

Explore parenting strategies to support children with anxiety

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



Fundraiser in support of:

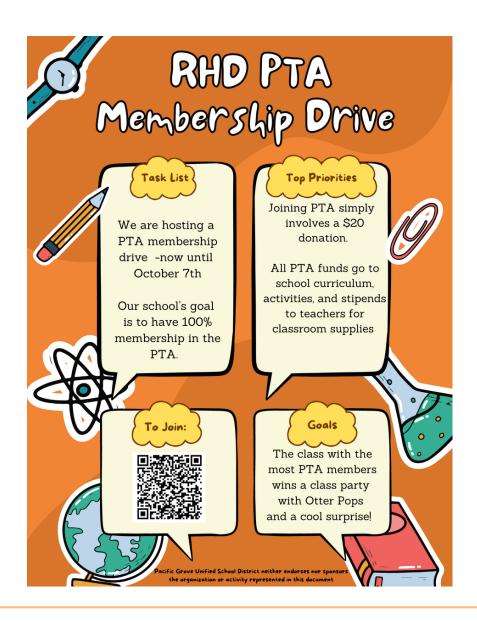
Robert Down Elementary PTA December 13th, 2023 11:00AM to 09:00PM

Valid at the following location

#### **CALIFORNIA PIZZA KITCHEN**

0213 Monterey

1100 Del Monte Center, Monterey, CA 93940 cpk.com



#### **CLICK HERE to ORDER RHD Spirit Wear**

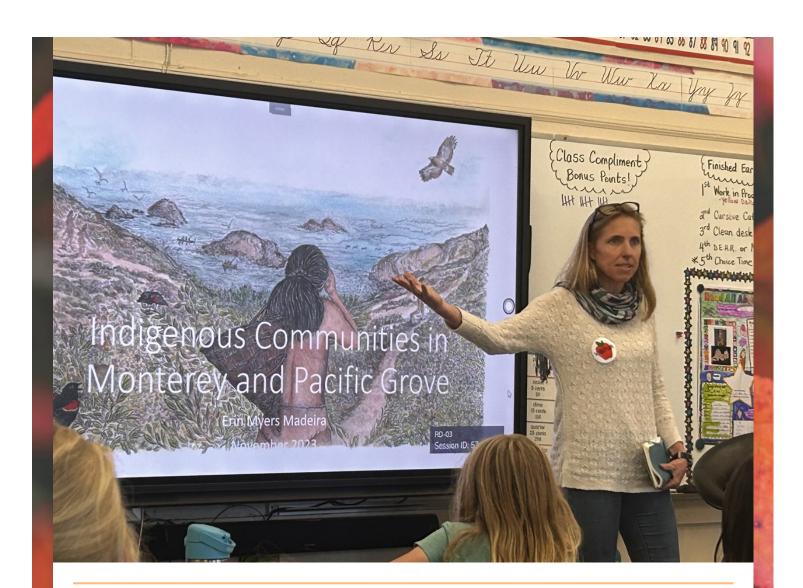
Otterly Gdorable

















# 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>compulsor</u>, egg, tree nut, and peanut-free classrooms. We ask that all Second Grade classroom similes 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 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.



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.





## 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.



#### Smart Social



#### **Al 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



The Contract of the Contract o	-2023-	34	S &		any s	
' NAV			WEDNESDAY	THURSDAY	FRIDAY	
			Teriyaki Chicken & Rice	2 Cheeseburger/ Hamburger	Domino's Cheese or Pepperoni	
	<u>k</u> k	TUESDAY	Bean & Cheese Burrito	Cheese Quesadillas	Deli Sandwich	
	MONDAY		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	Refried Beans	Roasted Carrot & Tomato	Broccoli	Tater Tots or Corn	NO SCHOOL	
Elementary Menu	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit		
BREAKFAST	Mozzarella Stuffed Breadsticks w/ Marinara	14 Crispy Chicken Sandwich	15 Teriyaki Chicken & Rice	Cheeseburger/	Domino's Cheese or Pepperoni	
Cereal Variety Offered Daily	Chicken Drumstick & Mashed Potato	Macaroni & Cheese	Bean & Cheese Burrito	Cheese Quesadillas	Deli Sandwich	
Monday: Mini Maple Pancakes	Corn	Carrot	Broccoli	Pinto Bean	Side Salad	
Tuesday: Cinnamon Bun	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	
Wednesday: Muffin Tops	Chicken Tamale	Crispy Chicken Sandwich	Orange Chicken & Rice	23	24	
Thursday: Breakfast Granola	Crunchy Beef Tacos	Cheese Lasagna	Grilled Cheese Sandwich	NO SCHOOL	NO SCHOOL	
Round  Friday: Concha	Refried Beans Fresh Fruit	Roasted Carrot & Tomato Fresh Fruit	Broccoli Fresh Fruit			
Served with Whole Fruits or 100 %	Mozzarella Stuffed Breadsticks w/ Marinara	28 Crispy Chicken Sandwich	29 Teriyaki Chicken & Rice	Cheeseburger/ Hamburger		
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	The same	
This institution is an equal opportunity provide	er. Menu is subject to change. A va	ariety of milk is offered each day.			1	



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/Ottertorium	Toolbox Tools			
<b>S</b> how Respect	Walk Slowly on the right side     Use positive words with others     Respect the space and needs of others	Stay Seated Stay in a single file line while waiting Keep your hands and feet to yourself Ask permission	Show good sports-manship Use appropriate language Respect the space and needs of others	Arrive on time     Follow the rules if riding the bus/using bike/scooter     Use crosswalks     Be safe on sidewalks	Speak and listen carefully Clean up work areas and desk area Let the little things go Show gratitude	Please and Thank You Using Your Words Garbage Can Be Safe			
<b>W</b> ork Hard	Be quiet while in transition Make good decisions Keep school clean Voice Level: 0	Use manners Sit with others and get to know new people Keep school clean Voice Levels: 0-2	Walk on blacktops at all times     Be a problem solver     Try all games/areas     Voice Level: 3	Wait outside with patience     Enter building quietly and in your line     Voice Level: 0-2	Embrace academic struggle Listen with your eyes, ears, and heart Voice Level: 0-2	Patience Listening Breathing Perseverance/Grit			
<b>I</b> ncrease Integrity	Go directly where you need to be Be honest and respectful with peers and adults Keep restrooms clean	Raise your hand for assistance Be prepared to eat & don't leave any items inside building Cleanup after yourself	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	Have all your needed materials     Be aware of responsi- bilities and behavior expectations for all activities	Be engaged during instruction Be prompt, prepared, and ready to learn Do your own work and not depend on AI/technology	Apology & Forgiveness     Empathy     Be Kind			
<b>M</b> ake a Difference	Keep hands and feet to yourself     Show genuine care for RHD     Respect the space and needs of others	Eat all your food to reduce waste     Separate food scraps, recycling, & waste     Respect all staff members providing direction	Walk away from a conflict and inform an adult     Show genuine care for others—look out for the Buddy Bench	Respect all staff members providing direction Make safe decisions while walking/riding to and from school	Care for equipment and supplies Clean up work areas and desk area Take risks and learn new things	Taking Time Personal Space Quiet Safe Place Be Your Personal Best Every Day			
<b>S</b> tand Up for Yourself and Others	Do the right thing     Share if someone is making a mess or does not flush     Respect others' stuff	Do the right thing when no one is watching     Bring food that does not cause allergic reactions, especially PB & J	Tell the truth and accept the results Seek assistance to resolve problems: Stop, Walk, Talk	Walk and be safe inside or outside buildings     Ask an adult staff member for help if someone needs a ride	Include all students in groups and activities Give your best effort on homework Try new ways to learn	Courage Be an Upstander Looking Out (for Others) Tool			



#### **Robert Down Elementary School**

Website: <a href="https://robertdown.pgusd.org/">https://robertdown.pgusd.org/</a>

Location: 485 Pine Avenue, Pacific Grove, CA, USA

Phone: (831) 646-6540





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