



Robert Down Principal's Update

December 1, 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: <https://fieldofdreamsdesigns.com/client-shops/RHD-Otters>

Principal's Message

Dear RHD Families,

My apologies for the late arrival of this week's Principal's Update. I was selfishly preparing for the PG Parade of Lights for the first time and boy was it worth it. To see students' faces "light up" and chant R-H-D made every ounce of effort invaluable. The atmosphere was - to repeat a cliché - *electrifying*!



Speaking of the holiday spirit, we have a food and toy drive occurring in our main hallway. Please bring dried or can food items along with new books, toys, or sporting goods to help out the Food

Bank of Monterey County and support our local Kiwanis Club of PG - who always provides a wonderful meal to staff, volunteers, and students at our annual Purple Up Day/Volunteer Breakfast.

Healthy Kids Survey - Your Chance to Win!

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): <https://wested.ugam-apps.com/wested/ts/og8v>

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 tonight, Thursday, November 30, 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.

MONTEREY 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: <https://foodbankformontereycounty.org/>

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. Information regarding logistics for parking and drop off/pick up of student coming next week.

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



RHD Upcoming Events

December 5—Cultural Proficiency Community Input Meeting, Forest Grove, 5:30-7:00 PM

December 7—PGUSD Board Meeting, 6:30 PM

December 9—Lego Robotics Competition, PGHS, 2:00-5:00 PM

December 11—RHD Site Council Meeting, 6:00-7:30 PM

December 13—PTA Dine Out, California Pizza Kitchen, 4:00-9:00 PM

December 14—PGUSD Board Meeting, 6:30 PM

December 21—PGUSD Elementary Winter Program, PGHS Stadium, 6:00 PM

December 22—Minimum Day, all students dismissed at 12:10 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

Flyers

FIRST LEGO LEAGUE ROBOTICS TOURNAMENT



PACIFIC GROVE HIGH SCHOOL
AT THE STUDENT UNION OFF SUNSET

SATURDAY, DECEMBER 9TH
2-5PM

COME CHEER ON LEGO ROBOTICS TEAMS!



PACIFIC GROVE RECREATION

GINGERBREAD HOUSE KIDS NIGHT 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 Recreation

Winter Break Camp

Campers will take walking field trips to local parks and the library. Daily activities include fun winter themed games, sports, arts & crafts, music and more!

YOUTH: 5-12 YEARS
PACIFIC GROVE YOUTH CENTER
302 16TH STREET, PACIFIC GROVE

DECEMBER 27-29, 8:00 AM-5:00 PM
PROGRAM FEE \$130 / PACIFIC GROVE RESIDENT \$116

JANUARY 2-5, 8:00 AM-5:00 PM
PROGRAM FEE \$175 / PACIFIC GROVE RESIDENT \$157

Registration opens November 20th at 12:00 PM
No refunds for Session 1 will be issued after Dec. 18th
No refunds for Session 2 will be issued after Dec. 20th



www.cityofpg.org/recreation
831.648.3134

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



AFRO-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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JOIN THE GOOD NEWS CLUB®

IT'S
FREE!

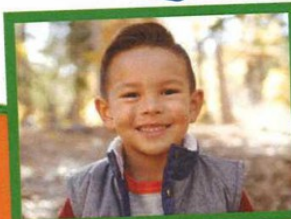


I Am Loved!

IT'S
FUN!



Everyone
Has Value!



Helps Me Do Right!

Thursday

-- only on full days of school --

~~September 14~~ 2023- May 16th 2024

Nov. 9

Time: 2:00 PM- 3:30 PM

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.



CEF
CHILD EVANGELISM
FELLOWSHIP®
Reaching children worldwide

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.

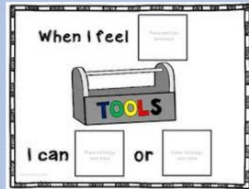
V2.0

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 : 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 ☺

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



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
when you enter **BACK20%** at checkout.

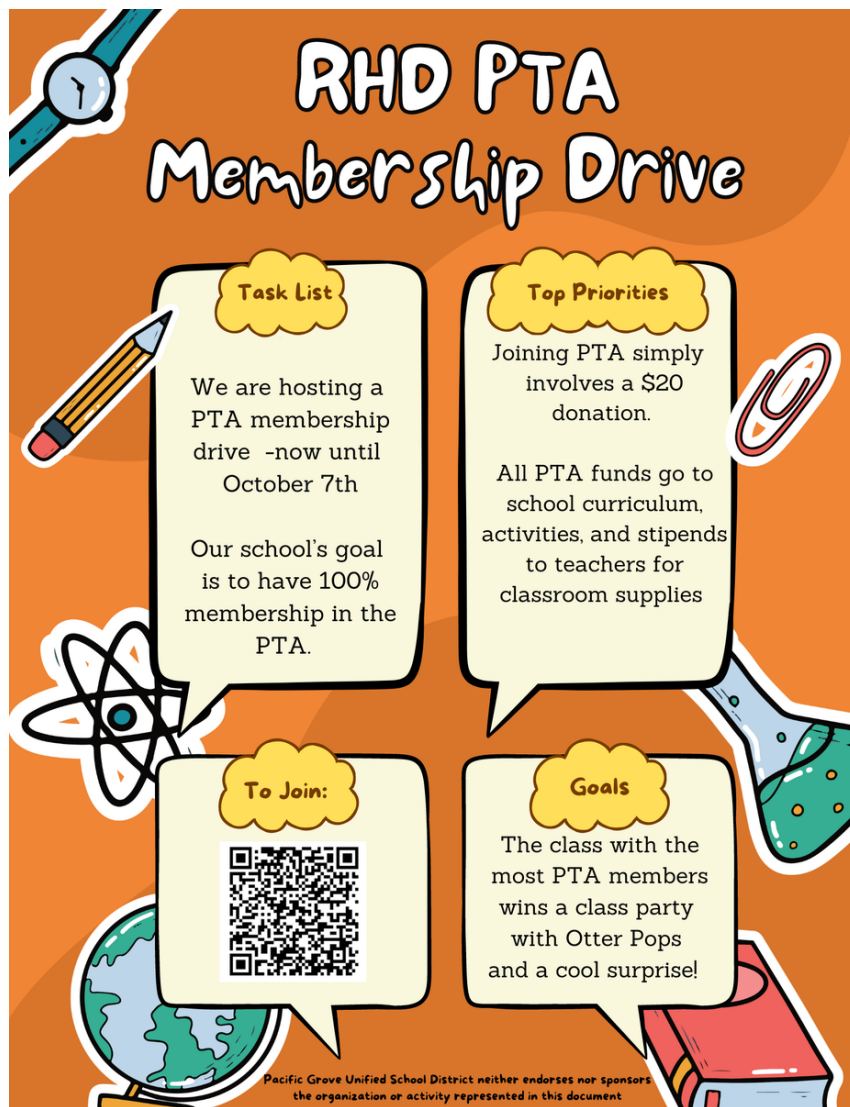
Fundraiser in support of:
Robert Down Elementary PTA
December 13th, 2023
11:00AM to 09:00PM

Valid at the following location
CALIFORNIA PIZZA KITCHEN
0213 Monterey
1100 Del Monte Center, Monterey, CA 93940
cpk.com

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. Good & Bye is distributed in all new restaurants. 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



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

- 2023 -

DECEMBER

New Scratch Made Salsas served throughout the Week!

FRIDAY

1 Domino's
Cheese or Pepperoni

Deli Sandwich

Side Salad
Fresh Fruit

MONDAY

4 Crispy Chicken Sandwich

Cheese Lasagna

Roasted Carrot & Tomato
Fresh Fruit

TUESDAY

5 Cheese Quesadilla

Crunchy Beef Tacos

Refried Beans
Fresh Fruit

WEDNESDAY

6 Orange Chicken & Rice

Homemade Cheese
Taqitos

Broccoli
Fresh Fruit

THURSDAY

7 Cheeseburger/
Hamburger

Bean & Cheese Nacho

Tater Tots or Corn
Fresh Fruit

Pacific Grove Unified

School District

Elementary Menu

BREAKFAST

Cereal Variety Offered Daily

Monday: Mini Maple Pancakes

Tuesday: Cinnamon Bun

Wednesday: Muffin Tops

Thursday: Glazed Donut Bites

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

11 Mozzarella Stuffed
Breadsticks w/ Marinara

Chicken Drumstick & Mashed
Potato w/ Homemade Cole
Slaw

Corn
Fresh Fruit

12 Corndog

Macaroni & Cheese

Carrot
Fresh Fruit

13 Orange Chicken & Rice

Grilled Cheese

Broccoli
Fresh Fruit

14 Cheeseburger/
Hamburger

Homemade Bean &
Cheese Burrito

Corn
Fresh Fruit

15 Domino's
Cheese or Pepperoni

Deli Sandwich

Side Salad
Fresh Fruit

18 Crispy Chicken Sandwich

Cheese Lasagna

Roasted Carrot & Tomato
Fresh Fruit

19 Cheese Quesadilla

Crunchy Beef Tacos

Refried Beans
Fresh Fruit

20 Orange Chicken & Rice

Homemade Cheese
Taqitos

Broccoli
Fresh Fruit

21 Cheeseburger/
Hamburger

Bean & Cheese Nacho

Tater Tots or Corn
Fresh Fruit

22 Domino's
Cheese or Pepperoni

Deli Sandwich

Side Salad
Fresh Fruit

25 NO SCHOOL

26 NO SCHOOL

27 NO SCHOOL

28 NO SCHOOL

29 NO SCHOOL

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

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 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.

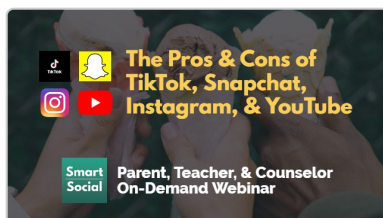
FACT: Food allergies are **VERY serious**. People with food allergies must be careful about what they eat **all the time** and **always be prepared for an allergic reaction**.

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.



SmartSocial



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**



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

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www.otterandcolearning.com

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 sportsmanship 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



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](#)

