



# Robert Down Principal's Update

December 21, 2023

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## Principal's Message

Dear RHD Families,

I hope everyone enjoyed the Holiday Program on Tuesday. Thank you again to our Otter Ohana for making an adjustment the date and times.

An additional thank you goes out to our PTA for the wonderful treats set up in our staff lounge today led by our PTA President Socorro Papadakis with help from Amie Miller, Debby Beck, Jessica Millington, Joshua Stillwell, Chelsea Hoover, Chris Metzler, Sierra North, Ron Tice, Alina Ferranti, Sarah Sherrod, Sarah Boyle, and several other parents that I'm sorry I did not catch your names. You are all appreciated and made our staff feel the holiday spirit.

Enjoy your break and we will see everyone back after the new year. Remember that we begin on Tuesday, January 9th. January 8th is a staff work day. Happy New Year!

### 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](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.

### **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.

In Otter Ohana,

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

**2023  
2024**

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ELEMENTARY**

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### **RHD Upcoming Events**

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

**January 9** - Welcome back to school, Happy New Year!

**January 15** - Martin Luther King, Jr Holiday, No School

**January 18** - Picture Re-take Day

**January 24** - 100th Day of School

### **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

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## Flyers



## Calling all Readers!



It's time for the Pacific Grove Public Library  
Winter Reading Program



**December 18th- January 31st**



Color the holiday cookies for every  
30 minutes of reading.

Read for four hours and receive your  
book prize in January!



Sponsored by the PGPL Friends and Foundation  
with support from the Joe Rock fund.



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



# YOUTH BASEBALL AND SOFTBALL REGISTRATION

**Register  
Now!**



**4-14**  
YEARS OLD

## IMPORTANT DATES

**11/1/23** Early Bird Registration Opens  
**11/30/23** Early Bird Registration Closes  
**1/12/24** Registration Closes

## REGISTER HERE



[www.pgpony.org](http://www.pgpony.org)

PGUSD 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](http://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](http://www.cityofpg.org/recreation)**

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**Anyone's Yoga Presents:**

**Lunchtime Yoga / Stretching / Relaxation  
w/ Mrs. Tobin**



**Come and learn to stretch and relax yoga style!**

**Where: Room C-3 (music room)**

**When: Lunchtime Recess on Wednesdays**

**Start Date: January 17, 2024**

**Bring your own mat if you like, or mats and a  
carpeted floor are provided.**

**Anyone can do this! First 15 students to arrive  
get a spot!**

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# - 2024 - JANUARY

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: 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

© 2023 Simply Good Food, LLC

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

**New Scratch Made Salsas served throughout the Week!**

1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

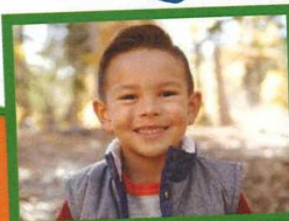


I Am Loved!

IT'S FUN!



Everyone Has Value!



Helps Me Do Right!

# JOIN THE GOOD NEWS CLUB®

IT'S  
FREE!

## 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®

Since 1937

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.

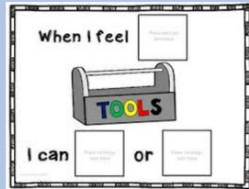
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## **Parent Workshops**

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 : [crosenberg@pgusd.org](mailto: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](mailto:crosenberg@pgusd.org)

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**CLICK HERE to ORDER RHD Spirit Wear**

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## Otterly Adorable

For this weeks "find the elf"...













#### **Exciting Gingerbread Project Update!** 🏠✨

In the spirit of the holidays, a local first-grade class at Robert Down Elementary brought the magic of learning to life. Their lesson focused on the intricacies of local government, and as part of this engaging journey, the students eagerly embarked on a fun project: crafting gingerbread houses. Each budding architect meticulously filled out building permit applications for their sweet creations. The project concluded with the students receiving "official stamps of approval" on their permits from the CDD's Building Department, turning their imaginative gingerbread dreams into delightful reality.



#SweetLearning #CommunityCollaboration

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## **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.

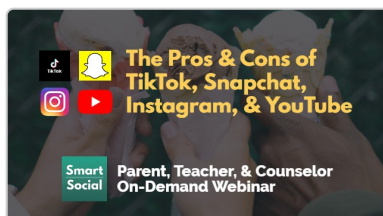
**FACT:** Food allergies are **VERY serious**. People with food allergies must be careful about what they eat **all the time** and **always be prepared for an allergic reaction**.

**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](https://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.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 sports-manship</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](#)