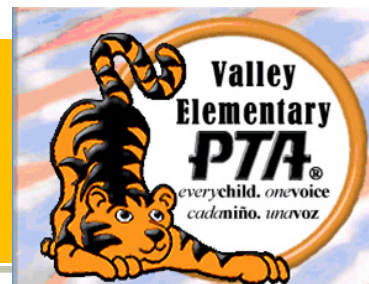


TIGER TALK

The Voice of Valley Elementary PTA

April 2015 Issue 8 (2014-2015)



From the Desk of Dr. Johnsen ~ *Andy Johnsen, Ed. D.*

Spring is in the Air

The weather has turned warm, the birds are singing, and students everywhere are getting spring fever. In April we enjoy intersession and spring break, the 3rd-5th graders take their state tests and everyone begins thinking about summer. These are the times when students may lack motivation to do their homework and may even start goofing around a little, so it's important for us to continue to motivate them to do their very best all the way through the end of the school year. An expression I share with the students is "*Anyone can start strong... winners are those who finish strong.*" So I encourage you to share this message with your children. Keep nightly routines going. Encourage them to do their very best all the way up to the last day of school – No Excuses! Because Valley students are winners and we know how to finish strong!



Working together we can accomplish great things for our children!!

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PTA President's Message ~ *Kimberly Floyd*

As my time at Valley draws to a close, I find myself fondly reflecting on the past 10 years. My daughter Brianna started in the 3 year old Spanish preschool program in 2005. Drew followed in 2007. I have been so impressed with the quality of the instruction and the dedication of the Valley teachers. The community that we have at Valley is truly special and should be nourished and treasured. This school has had such a positive impact on the lives of my family—from the friends I've made and the events I've helped plan to the excellent education my children have received. I have been proud to give back to the school via the PTA. I have served as Secretary, Treasurer, Room Parent Coordinator and now as President. I *will* be sad to go, but I know that I am leaving the Valley PTA in great hands. There are amazingly talented, enthusiastic parents who will continue the work for our kids. The Valley PTA's mission of (1) increasing communication between school and families, (2) supporting our teachers and (3) bringing the FUN! (of course) will continue.

PTA Message – continued on page 2

PTA Message – continued

And speaking of bringing the fun...the Valley PTA hosted our annual Jog-a-thon on March 18th. We had over 800 Valley students participate (as well as a number of teachers and parents!) and ran a total of 4,759 laps (that's 1,047 miles!). It is a favorite event for many of our Valley kids. We also raised over \$8,800 to help pay for the events and programs the PTA sponsors. Thank you to Laura Danahy and her committee for coordinating this event (see her article for all the winners).

More is coming...Valley's Día del Niño celebration will be April 25th from 3–6pm. We will have games, folkloric dancing, Mariachis and a Mexican food truck. On May 15 we will have our Mother/Son Dance and May 16 our Father/Daughter Dance. These are wonderful, memory-building events for our children.

Our Valley PTA Spring General Association meeting will be April 22 at 8:15am in the MPR. We will be electing our board for next year. If you are interested in serving please email valleypta@yahoo.com. We hope to see you there!

Please remember that we all need to work together to put on these fabulous events! Watch for upcoming Paw Prints to learn when each committee is forming and choose one to be involved with.



Join us in sharing a love of reading with our students at **Valley's Scholastic Book Fair**.

- April 20 to 24 (Monday thru Friday), 7:45am to 3:00pm
- Wednesday open 7:45am to 1:00 pm)
- Open during Día del Niño – Saturday, April 25

This year, you can order online. Let your family out of town know – send them your wish list! Go to www.ValleyPTA.com or the website below. See you at our Book Fair!

Darcy Slansky, Book Fair Chairperson
<http://bookfairs.scholastic.com/homepage/valleytigers>



TOSA Talk

~ Angelica Barragan

Spring Fever Warm weather has arrived here at Valley. I try to find more and more reasons to have to go outside, and enjoy the beautiful temperature. On my drive home, I see lots of flower beds in full bloom, families gardening, children playing outdoors, and swimming pool covers coming off from the cooler months. Along with all this beauty, comes the “not so pretty” symptoms students sometimes suffer from, including: more trips to the time-out desk or thinking chair, bickering with siblings or friends, struggling to start or even finish homework. This phenomenon is called Spring Fever. We can spot the symptoms quickly, but sometimes find it difficult to understand the reasons.

Fear of change: Students usually fear the change the next grade will bring. New friends, new teacher, new classroom, are all changes they know are coming.

Separation anxiety: With summer around the corner, students anticipate the loss of playing daily with their friends, the familiar routines, and their teachers who have taught them for hours on a daily basis.

As teachers and parents we have to come to accept and understand these feelings. It is best to validate what they are feeling, and move on. Focusing on the positive is also important during these times. Celebrate the positive behaviors, reward the hard work displayed and relax and don't overreact with the negative behaviors. As adults, we need to calm down and deal with misbehaving graciously. Planning your summer is also another way to help students cope. You can set-up play dates for friends to visit, library field trips, plan outdoor playtime, movie nights, etc. Whatever you choose to do, please remember that these are real feelings for our little guys.

~ 2015 Jog-A-Thon Results ~

Laura Carmona Danahy, PTA – VP of Health & Fitness

Valley PTA's Jog-A-Thon (held on March 18th) was quite a success! This is always a popular event for parents to come and cheer on their children and for students to show off their level of fitness. I am so proud of our Valley Tigers. They are running faster and faster each year. This year the students ran 4,759 Laps (1,046.98 miles). The lower grades have set new milestones for most laps run. The Kindergarten boy and girl Top Finishers had some impressive lap counts of 10 Laps & 9 Laps respectively. Those kindergarteners had some jet fuel for breakfast! If they keep it up, by the time they are in 5th Grade, they may be able to achieve or break the 13 lap count school record which was set in 2013. The PTA also raised \$8,888.25 (as of 3/25/2015 and a few more pledges are still coming in) which will be used to fund PTA programs.

This wonderful event would not have been possible without all our parent volunteers. Valley Elementary has great support and I want to thank each and every one of you that committed yourselves to come out and work at this fun event. The generosity of parents, family and friends to support Valley and its students has been amazing. I want to thank Chris Smeal (who met me at school at 6:30 a.m. to help me set up). I want to thank Sra. Molina & Sra. Ozakcay who rolled out tables before school started. Thank you to our new Emcee, Shane Smith who did a fabulous job cheering on our Valley Tigers. Thank you to Shawna Hamon who made sure the technology worked. And thank you to Preston Betts for stepping into my position and taking on this event for next year. It has been my pleasure to put this event on for the last five years, but it's time to pass on the baton.

Finally, we want to recognize the overall Top Finishers of Valley's 2015 Jog-A-Thon: These 29 children will receive a Gold Medal at a future Assembly. There are many 61 more kids that will receive a Silver Medal and 122 children that will receive a Merit Ribbon.

Top Finishers in Kindergarten:

Vidal Zavala – 10 Laps, Riveras' class
Gabriela Carillo – 9 Laps, Sanchez' class
Lyla Monzet – 9 Laps, Sanchez' class

Top Finishers in 1st Grade:

David Martinez – 9 Laps, Araujo's class
Anthony Menolascino – 9 Laps, Araujo's class
Catalina Husseman – 8 Laps, Araujo's class
Valentina Moya – 8 Laps, Araujo's class
Brandon Sawyer – 9 Laps, Carrasco's class
Jacob Sawyer – 9 Laps, Perucho-Green's class
Anna Pena Molina – 8 Laps, Perucho-Green's class

Top Finishers in 2nd Grade:

Sean Abrom – 10 Laps, Serrano-Fish's class
Cameron Berk – 9 Laps, Plascencia-Contrera's class
Lianna Hernandez – 9 Laps, Plascencia-Contrera's class

Top Finishers in 3rd Grade:

Sebastian Brown – 11 Laps, Aguilar's class
Teya White – 10 Laps, Aguilar's class
Justin Lopez – 11 Laps, Angeles' class
Jayson Starks – 11 Laps, Angeles' class
Jaylin Raboteau – 11 Laps, Briggs' class
Javier Carillo – 11 Laps, Maldonado's class

Top Finishers in 4th Grade:

Benjamin Amidei – 12 Laps, Ruvalcaba's class
Natalia Garza – 10 Laps, Ruvalcaba's class

Top Finishers in 5th Grade:

Isai Carillo – 11 Laps, Kitts' class
Sean Johnston – 11 Laps, Kitts' class
Juan Montano Valenzuela – 11 Laps, Molina's class
Grant Wass – 11 Laps, Molina's class
Alina Ruvalcaba – 11 Laps, Molina's class
Maximilian Anger – 11 Laps, Wright's class
Andrew Floyd – 11 Laps, Wright's class
Carlos Gonzales – 11 Laps, Wright's class

Overall TOP LAPS run for the entire school: 12 Laps

Benjamin Amidei, Ruvalcaba's class



Foundation President
~ Krystn Monroe

Valley Elementary Educational Foundation

The Valley Elementary Educational Foundation is a nonprofit organization made up of parent volunteers. We bring other parents and community members together to raise money to enrich the educational experience so that every child at Valley Elementary School can succeed.

What is the Foundation? The Valley Elementary Educational Foundation was established in 2006 by three Valley parents who had a vision. Its mission is simple: to raise money to help bridge the gap between what shrinking district budgets can provide and what students need in order to have the best, most well-rounded education possible.



Register Today for the Trail Run: Before Prices Go Up

The discount for registering for the 9th Annual Cinco de Mayo Trail Run will end on **April 18** so get your tickets today before the prices go up. The race is scheduled for May 2, 2015, at Lake Poway. Pricing is based on each participant's age, regardless of which race he or she chooses to run. Registration for runners 7 and under is \$10; ages 8–17 is \$25; ages 18 and older is \$40. For more information or to register, go to CincodeMayoTrailRun.org.



Volunteer at the Trail Run

Make a difference by volunteering at the Cinco de Mayo Trail Run. Volunteers are needed to assist with every aspect of the event. Team up with your friends or family to make this an experience you won't forget! Helping out is also a great opportunity for local high school students to earn credit for community service.

Get first pick of volunteer spots!

- Go to www.cincodeMayoTrailRun.org/volunteer
- Click on Volunteer
- Scroll down to find a position that has spots available and looks like a good fit for you.
- Pass the news on to any other friends or family members who want to be part of this fun event!



The Foundation is grateful to our Technology Sponsor, the Todd and Mari Gutschow Family Foundation. Our sponsor pledged to match financial donations made by Valley parents or grandparents, families or friends. If you become a family or corporate benefactor of the 9th Annual Cinco de Mayo Trail Run, your \$10 donation will turn into \$20. Your \$25 will turn into \$50 and your \$50 will turn into \$100! The first \$1,000 in contributions will be matched and transformed into \$2,000. Make your tax-deductible gift today to help double the dollars and double the difference! All corporate benefactors and family benefactors will be listed on the thank you banner that hangs at Lake Poway on race day and on campus through the end of the school year. To be recognized on the banner, make your donation by **April 17**. Go to ValleyEEF.org. Click on Donate Now!

Calling all Tigers



NEW PROGRAM AT VALLEY ELEMENTARY CONNECTS KIDS AND FAMILIES TO NATURE

“Family Adventures Backpack Program” is designed to get kids and families outdoors, exploring and having fun together. In this free program, participants check out a backpack chock full of “nature” supplies, including books, field guides and “explorer tools” like bug boxes and magnifying glasses. Also included are practical tips and ideas of where to go and what to do, plus inspiration and information on why it’s so important. Questions can be directed to Janice Swaisgood: 619-540-7246 or janice@childrenandnature.org.

WHEN: Every Friday after school (check out backpacks for one week at a time)

WHERE: Between Room 15 and the playground

WHY: Because when kids spend regular time playing, learning, and growing in nature, they tend to be happier, healthier and smarter!

MONTHLY REMINDERS

- *Wednesdays – Workroom Support & Spirit Day (wear your Valley or College T-shirts)*
- *Fridays – Valley Pride Day & Tiger Trackers*
- *Fridays – 2:30pm Family Adventures in Nature*
- *Apr 6 – Apr 10 – No School (Spring Break)*
- *April 20–24 – Scholastic Book Fair*
- *April 25 – Dia del Nino*

Virtual Runners for Trial Run

The Foundation is offering the opportunity for people to register as “virtual” runners in the Cinco de Mayo Trail Run. This is perfect for grandparents or out-of-town friends and family, who want to support the event, even if they can’t be at Lake Poway on race day. Virtual runners must register before **April 17**. The fee is \$40 and includes a race shirt. To register as a virtual runner, go to CincodeMayoTrailRun.org today and click on the registration button.

CLASS COMPETITION

Win a Pizza Party for Your Class! The 9th Annual Cinco de Mayo Trail Run will be here before you know it! Each Valley teacher is having a classroom completion and the teacher with the biggest team will **win a pizza party** for his or her classroom! Join your teacher’s team today! Ask your parents, siblings, classmates and friends to join too!

Register for the race at CincodeMayoTrailRun.org. Click on Registration. Team names are listed alphabetically under each teacher’s first and last name. Select your teacher’s name from the drop-down menu.

Thank you to the teachers who provide homework passes and other fun incentives to their students who register! We encourage all teachers to find creative ways to inspire their students to be fit, to have fun and to get involved in this event, which raises thousands of dollars for Valley! If your student wants to be a team captain and classroom ambassador, please email President Krystn Monroe at krystnshrieve@gmail.com. See you on the Trails!

Financial Contributions: To make a tax-deductible donation to the Foundation, or to learn more about the Foundation’s initiatives and events, go to ValleyEEF.org.



ELEMENTARY SCHOOL COUNSELING PROGRAM STUDENT SUPPORT SERVICES DEPARTMENT

Veronica Flores, School Counselor
Colette Bradley and Rachel Daniels, Student Services Assistants



School Counseling Standards: Personal, Social, Academics, Careers & College

We have completed the SECOND STEP lessons (Skills for Social and Academic Success) in the K-5th grade classrooms. We are now starting to work with small groups on decision making, problem solving and social interactions. When we are out on the playground we will continue to model and teach students to have empathy for one another, remind them of the strategies we have learned on managing strong emotions and the STEP to problem solving without blame. The feedback we have received from teachers has been very positive. "Thank you - the lessons were beneficial for my students! It gave them tools to use when faced with social challenge." "I think the program is very valuable, it is worth sharing with parents to promote across school-home communication..." "Very age appropriate, very needed conversations." We look forward to continuing the SECOND STEP classroom lessons next year!

The lessons from STEPS to RESPECT (an anti-bullying prevention program) led by the school counselor, for all of 4th grade, has also finished. The 4th graders signed a contract promising to take care of one another and to Recognize, Refuse and Report any Bullying Behavior.

Currently, the 5th graders are receiving lessons by the school counselor, on career and college readiness. We have been focusing on, the requirements for a high school diploma, getting a taste of the A-G requirements, options after high school, the value of a college education, and the various opportunities to pay for college. We are also using technology to research numerous careers and we plan to visit the University of San Diego in May. The 5th graders understand what they've been learning all throughout elementary school, is important, and it's preparing them for the next level and beyond.

In the past months, the 5th graders had the opportunity to hear from current high school students, the WestView AVID students. They came to visit on two occasions to lead team building activities and to discuss the importance of time management and organizational skills. The 5th graders were engaged, had fun and had many questions for them!



Please take a look at the flyers, in this newsletter, for upcoming PARENT EDUCATION opportunities throughout the district or visit

<http://www.powayusd.com/pusdahs/pdf/2014->



Parents & Caregivers...

- Are you tired of bribing, yelling, and demanding?
- Does your method for discipline fail to calm chaos in your home?
- Do you feel like you need more effective ways of parenting?

Raising a child is sometimes difficult. We can help.

There is a POSITIVE way to handle these challenging behaviors. Positive Parenting is a program that helps parents find positive solutions to common childhood behavior issues using strategies proven by more than 25 years of research. We are funded by the San Diego County Health and Human Services Agency and our classes are FREE.

Register now for a series of three Positive Parenting Seminars:

DATES: **April 28, 30 & May 5, 2015** (Tuesday-Thursday-Tuesday)

TIME: **From 6:00 to 8:00 pm**

LOCATION: **Rolling Hills Elementary – 15255 Penasquitos Drive, San Diego 92129**

CONTACT: **The Caring Connection Center (858) 668-4084 to RSVP.** Please leave name and phone number.

Attention military families: The information shared in this program is not reported back to your command.

MORE INFORMATION (858) 637-3375
www.jfssd.org/positiveparenting

A program of Jewish Family Service funded by
County of San Diego, Health and Human Service Agency

POSITIVE
PARENTING
PROGRAM


Jewish Family Service
one source for a lifetime of help

ARE YOU PREPARING YOUR KIDS FOR THE FUTURE?

Set Your Child Up For Success!



Parenting with *Second Step*!

Second Step is a research-based curriculum your elementary level child will participate in this year. "...kids learn the empathy, emotion-management, and problem-solving skills they need. Plus we've added self-regulation skills to all grades and executive-function skills to K-3, which will prepare your children to learn whatever they need to—from social emotional skills to math and science."

WHEN: Tuesdays from 6-7:45 p.m.
4/21, 4/28, 5/5 and 5/12

WHERE:

Chaparral Elementary School MPR
17250 Tannin Drive

HOW: Register online today at
www.theparentworkshops.com!

The entire series of four evenings is just:
\$39/individual and \$69/couple!

**A minimum of 20 participants is
required to hold this class!**



FOR MORE INFORMATION:

www.powayusd.com/depts/student_support/
www.theparentworkshops.com

Valley Elementary PTA Board 2014-15

Elected Officers	First Name	Last Name
Principal	Andrew	Johnsen
President	Kim	Floyd
Executive V.P.	Denise	Anger
1st V.P. Ways and Means	Darcy	Slansky
3rd V.P. Membership	Elizabeth	Reyes
4th V.P. Health and Fitness	Laura	Danahy
5th V.P. Art Program	Lisa	Black
Recording Secretary	Kim	Jones
Treasurer	Sandie	Sears
Financial Secretary	Naneth	Sotic-Jose
Auditor	Veronica	Alvarez
Historian	Nicole	Rose
Parliamentarian	Kelly	Kersey
Committee Chairs		
Newsletter Editor	Carolyn	Lemm
Website Administrator	Rindy	Barnes
Character Counts	Diana	Aldrete
Room Parent Coordinator	Lili	Husseman
Volunteer Coordinator	Shawna	Hamon
Translator	Elizabeth	Hulterstrom
Spirit Wear Sales	Dana	Boll
After School Programs	Maria	Cuevas
School Administrative Assistant	Cris	Rollins
Teacher Liaison (DL)	Marisa	Contreras
Teacher Liaison (EC)	Alice	Grimes



GET INVOLVED & JOIN VALLEY PTA

- Visit the Valley PTA website <http://www.valleypta.com/>
- Contact Kim Floyd if you are interested in any of the open PTA board positions.



Jog-A-Thon

