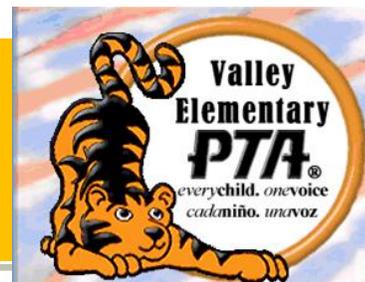


TIGER TALK

The Voice of Valley Elementary PTA



December 2014 Issue 4 (2014-2015)



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

Year's End is a Time for Reflection... And Goal Setting

The most successful people in life are those who set goals, make plans to reach those goals, and reflect on their progress along the way. As the end of 2014 draws near it's a great time to engage our students in reflecting on all that has happened in the past year. What did you learn? How are you a better student, friend, and person than you were at the beginning of the year? What successes do you want to celebrate?

Then as the New Year starts it's a great time to set goals for the next 12 months. Where would you like to be next December? What new things do you want to learn? What do you want to get better at? What new friend would you like to make?

Holidays often give us time away from school and work and give us the opportunity to have these important conversations with our kids, and I encourage you to find a moment to do this. I bet it will be a great talk that will produce positive results!

INSIDE THIS ISSUE

From the Desk of Dr. Johnsen	1
PTA President's Message	1
TOSA TALK	2
Valley Elementary Education Foundation	3
Calling all Tigers - Volunteers Wanted	4
Monthly Reminders	4
Valley Student Services	5
Parent Classes	6-7
PTA Board 2014-15	8



PTA President's Message ~ *Kimberly Floyd*

Occasionally a parent new to Valley will ask me what the PTA and Foundation are and why we have both. It's a good question and one that I had when I was a new Valley parent. The PTA is a 100+ year old national organization of which Valley PTA is a part of. It was started by two parents who wanted to help children whose lives were sometimes dire. Some children worked in factories, mines or in the streets of large cities. Some children didn't have enough to eat and couldn't attend school. These were the difficulties that the PTA was founded to overcome.

We've come a long way in 100 years. But the PTA still strives to improve the lives of children. We work to keep art and music alive in our schools. We encourage physical fitness for our kids (Tiger Trackers, PE Equipment). We lobby to reduce class sizes and help support teachers. We encourage good character (Character Counts) and saying NO to drugs (Red Ribbon Week).

Continued: PTA President's Message on page 2

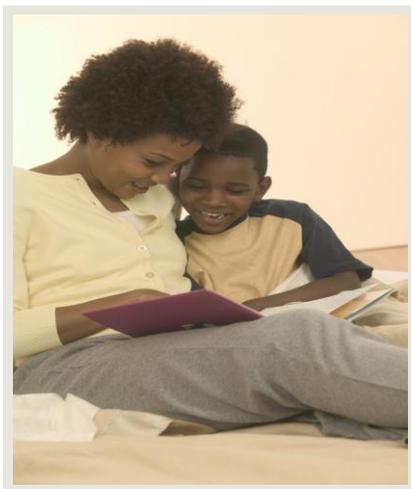
TOSA TALK

~ Angelica Barragan



The Top Ten Things Kids Really Want Their Parents To Do With Them: Share with them during the holiday season... or every day!

1. Come into my bedroom at night, tuck me in and sing me a song. Also tell me stories about when you were little.
2. Give me hugs and kisses and sit and talk with me privately.
3. Spend quality time just with me, not with my brothers and sisters around.
4. Give me nutritious food so I can grow up healthy.
5. At dinner talk about what we could do together on the weekend.
6. At night talk to me about anything; love, school, family etc.
7. Let me play outside a lot.
8. Cuddle under a blanket and watch our favorite TV show together.
9. Discipline me. It makes me feel like you care.
10. Leave special messages in my desk or lunch bag.



Continued: PTA President's Message

We supplement the great work our teachers are doing with our kids by providing assemblies and after school classes. And of course we bring the cherished memories of Elementary school that we all want for our children through fieldtrips, dances, family nights and programs.

Our Foundation is vital to Valley too! The Foundation is the fund raising arm of Valley. Through the efforts of the foundation, Valley has been able to purchase items that we otherwise could NOT afford (library books, Compass Learning modules, and IPADs to name a few.) Both the PTA and Foundation are critical to maintaining the thriving environment that Valley has. I hope that you will choose to get involved in your child's school. Join the PTA and Foundation and show your children that school matters, and that you are invested in their success. Three decades of research proves that students achieve higher grades, have better attendance and are more successful when parents are involved.

In the next few months we have many events planned for Valley. The Adopt a Family Drive is going on now. December 13 is the Make and Take Craft Fair. January 8 is our Valley Spelling Bee. January 30 we have Valley's Got Talent. February 6 is Art in the Valley. There are many ways to get involved. Email valleypta@yahoo.com for more information.

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



Foundation President
~ *Krystn Monroe*

Foundation News

The Valley Elementary Educational Foundation is a nonprofit organization made up of parent volunteers who 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.



Amazon School Rewards Program

It's time for holiday shopping! If you love to shop online, we encourage you to take advantage of the Foundation's Amazon Rewards link. Go to the Foundation's website at <http://ValleyEEF.org> and click on the green Amazon icon, which will take you directly to the Amazon website. Then shop 'til you drop. Once you're done, Amazon will donate up to 10 percent of your total purchase price back to the Foundation. Orders must be completed within 24 hours of clicking the link. Promote the program among your friends and family so that Valley can benefit from everyone's shopping.

Be Part of the 9th Annual Cinco de Mayo Trail Run

The Foundation is already gearing up for our signature fundraiser, the 8th Annual Cinco de Mayo Trail Run, scheduled for May 2, 2015, at Lake Poway! The Foundation is proud to announce that, for the fourth year in a row, Teradata

(<http://www.teradata.com>) has taken the lead as our Gold Sponsor. There are many other sponsorship opportunities available for companies and families. To become a sponsor, email Erinn Tozer at etozer@ValleyEEF.org. Registration is open. 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. If you want to be part of the fun, and still want to rock the race shirt, but don't want to break a sweat, you can also register as a virtual runner for \$40. It's the perfect option for out-of-town family and friends too! For more information or to register, click here (<http://www.runningguru.com/EventInformation.asp?eID=6060>). For more information about these programs, visit the Foundation's website at <http://ValleyEEF.org>.



End of the Year Tax-Deductible Donation

The Foundation is the fundraising arm of Valley Elementary. This year, all the money that's raised will help bring more technology to our students and more technology training to our students. We can't do it without you. If you would like to make a year-end, a tax-deductible donation to the Foundation, which is a 501C(3) nonprofit organization, go to <http://valleyeef.org> and click the Donate Now button. You may also send a check, made out to Valley Elementary Educational Foundation (or VEEF), and either bring it to the front office or mail it to the Foundation at 10755 Scripps Poway Parkway, #255, San Diego, CA 92131.

To learn more about the Foundation's initiatives and events, go to <http://ValleyEEF.org> or stop by the school office.

Calling all Tigers – PTA NEEDS YOUR HELP Wanted

Over the next couple of weeks we will be highlighting the many open positions that the PTA needs to fill. If we cannot fill these positions, we may be forced to cancel more of the programs our children at Valley presently enjoy. If you are hesitant to be the sole person responsible for a position, grab a friend and be co-chairs!

Talent Show Chair – The Talent Show Chair will head a committee to coordinate auditions, rehearsals and the performance on January 30. It's time to let our little dancers/ musicians/ hula hoopers/ comedians/ etc shine! We hope we don't have to cancel this event!

Please contact our Volunteer Coordinator, Shawna Hamon, at valleypta@yahoo.com, if you have questions. Better yet, please let her know that you are willing to make this event happen! If this particular position isn't for you, she can send you the full list of open positions to find the best fit! All PTA members or parents looking to know more about the PTA are welcome at the meetings!

MONTHLY REMINDERS

- *Wednesday Spirit Day – wear your Valley or College T-shirts*
- *Friday Tiger Trackers (weather permitting)*
- *Dec 22 – Jan 2 – No School Holiday Break*
- *Jan. 22, Jan. 29 or Feb. 5 – Dual Language Kindergarten/ 1st grade Informational Meeting (New interested parents must attend 1 meeting) Valley MPR 6:30PM For more info, please call: 858-748-2007*

Foundation Volunteers

It only takes one person to make a difference to a student. We think you're the one. Whether your student is just starting preschool or kindergarten or is about to go into fifth grade, it's never too early, and certainly never too late, to be part of something big.

Are you:

- an organizational freak?
- good at keeping the books?
- able to rally the troops?
- the ultimate event planner?
- a born salesperson?
- part of the in-crowd at the Chamber of Commerce?
- a techie or a wiz on the web?

You don't need to be faster than a speeding bullet. You don't need to leap tall buildings in a single bound. You just need to be you. We'll think you're super just the way you are — and your kid will know you're a hero! For more information about how to help us — with jobs large and small — email Jennifer Berk, our volunteer coordinator, at jberk@ValleyEEF.org. To learn more about the Foundation's initiatives and events, go to <http://ValleyEEF.org>.



Scholastic Book Fair

Dec. 8 to 12. Open during school hours.



ELEMENTARY SCHOOL COUNSELING PROGRAM STUDENT SUPPORT SERVICES DEPARTMENT



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

Second Step: Emotion Management

Teaching students to recognize strong feelings and use Calming-Down Steps to stay in control increases coping skills and reduces aggression and other problem behaviors. Students will learn how strong feelings affect their brains and bodies by:

- ✓ Focusing attention on their bodies for clues about how they're feeling
- ✓ Understanding that when they feel strong feelings, the feeling part of their brain, the *amygdala*, reacts making it hard to think clearly
- ✓ Recognizing that thinking about their feelings helps the thinking part of their brain, the *cortex*, start to get back in control

Students will learn to calm down using these **Calming-Down Steps**:

1. Stop! Use your signal.
2. Name your feeling.
3. Calm down: Breathe, Count, Use positive self-talk

Students with the skills to manage strong emotions such as anger, anxiety, embarrassment or frustration are more likely to:

- ✓ Get along with peers and make good choices
- ✓ Cope with strong emotions and express them in socially acceptable ways
- ✓ Be successful in school

Students with less effective emotion management skills are more prone to:

- ✓ Aggression and substance abuse
- ✓ Decreased levels of social-emotional competence and difficulty behaving in socially skilled ways
- ✓ Acting impulsively on their emotions

Go online to www.secondstep.org and click on the Families tab for research, games, activities and videos!

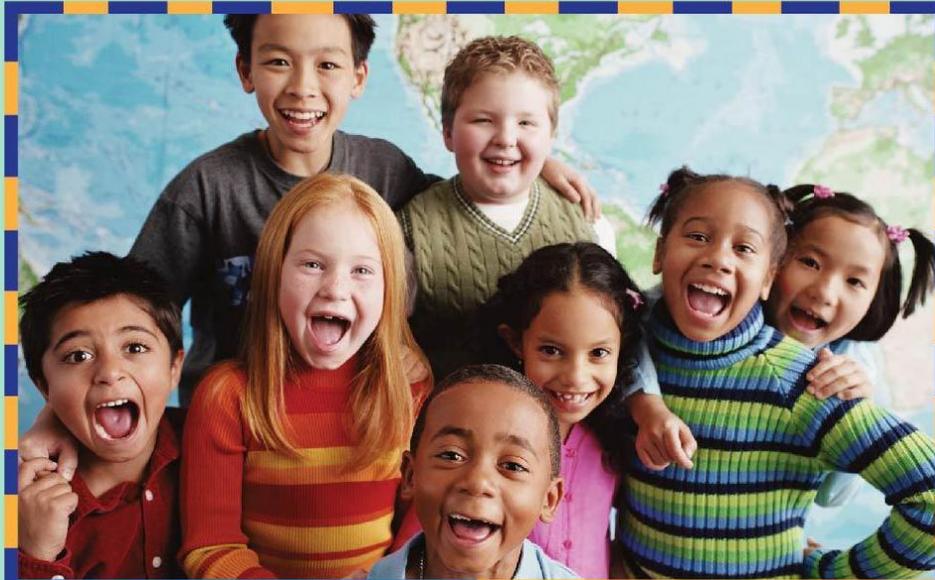
Upcoming PUSD Parent Education Courses

Positive Parenting Program Series! (Offered in English and Spanish)
12/2, 12/4, 12/9 from 6-8 p.m. in LRC @ Meadowbrook Middle

Parenting with Second Step: Skills for Academic and Social Success at Home!
Thursdays 1/15, 1/22, 1/29, 2/5, from 6-7:45 p.m. in LRC @ Highland Ranch Elementary
Reserve your space today by sending in your registration form along with payment (see flier for more details or visit the district website). <http://www.powayusd.com/pusdahs/pdf/2014-2015PUSDparented2.pdf>

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: Thursdays from 6-7:45 p.m.
1/15, 1/22, 1/29 and 2/5

WHERE:

Highland Ranch Elementary School Library
14840 Waverly Downs Way

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



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: **December 2, 4 & 9, 2014** (Tuesday-Thursday- Tuesday)

TIME: **From 6:00 to 8:00 pm** – Childcare provided

LOCATION: **Meadowbrook M.S.** – 12320 Meadowbrook Lane, Poway 92064

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

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

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

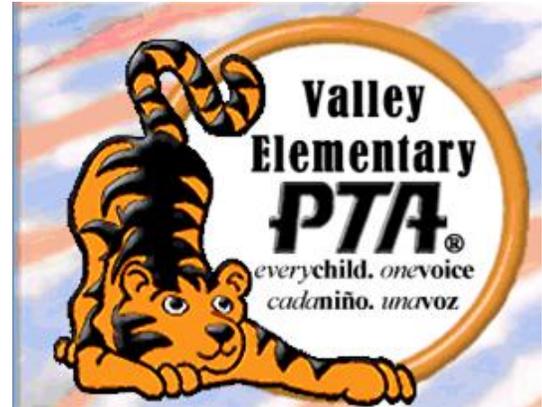
POSITIVE
 PARENTING
 PROGRAM



Jewish Family Service
 one source for a lifetime of help

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.