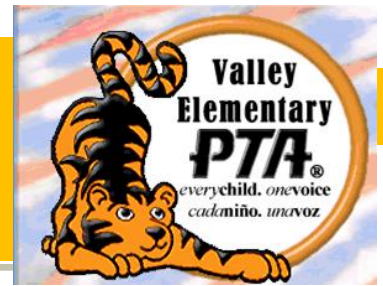


TIGER TALK

The Voice of Valley Elementary PTA



February 2015 Issue 6 (2014-2015)



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

The Importance of Student Talk in Math Class

When I was a kid in school I remember math class looking something like this: the teacher was up at the chalkboard explaining a new math concept – how to do long division, for example. The kids were all at our desks copying down the problem and listening to the teacher’s explanation of how to do it. She would call one or two students up to the board to practice a couple of problems like the one she did, then we would have a chance to ask questions. The remainder of the class time we would sit at our desks quietly filling out a purple ditto sheet full of problems like the one the teacher had just explained. On a good day, maybe I got a most of them right. For the tougher concepts, I was in big trouble. If I didn’t understand the teacher’s way of doing the math I was sunk.

The Common Core State Standards are so refreshing in this regard. Understanding that what I described above is very common in U.S. classrooms and has produced thousands of students who can get answers right on the test but don’t really understand the math, the standards emphasize a slower pace to allow for student talk, debate, and interaction with the math itself.

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If you visit classrooms at Valley you might see students spending a whole day – or two – or sometimes three on a single problem. You will see the teacher talking, but you might hear more questions from the teacher and more explanations from the students. And every time a student tells a partner or the teacher how they are planning to solve the problem, what they are doing to solve it, and even where they are stuck, their understanding grows.

In January we hosted visits to our classrooms from principals and teachers from across PUSD. Consistently they came away amazed at the level of academic discourse in our classrooms. *“I understand why Jose put three cookies in each of the seven jars, but I disagree that there will be a remainder of two...”* is common language to hear in our classrooms. Our teachers believe that the students will rise to our expectations and we are seeing it daily at Valley!



PTA President's Message

~ Kimberly Floyd

Our Nominating Committee is currently working to fill PTA Board positions for 2015–2016. We would love to have your energy and new ideas on the Board for next year!! Here is a glimpse of some of the Board positions:

- **Executive VP** –this position supports the President and is a great way to grow into the President position in the future.
- **Financial Secretary** – this position counts cash and makes deposits for our events.
- **VP Art** – this position is responsible for bringing Art to Valley—training Art parents, ordering supplies, encouraging Reflections competition.
- **VP Membership** – this position welcomes new members to our PTA and helps them feel part of the community, while collecting membership dues and processing cards.

These are just a few of the Board positions and of course there are also chair positions and committee positions. There's many ways to get involved and help to ensure that Valley will be a vibrant community for years to come!

On January 8th, the PTA held our first Spelling Bee. 30 students qualified to compete (based on their very rigorous spelling pretests). It was quite an evening with 6 students staying in for the longest time.

The Winners:

3rd grade – JJ Lopez (1st), Ariana Pedroza (2nd), Ava Russo (3rd);

4th grade – Elliott Husseman (1st), Easha Ashraf (2nd), Benjamin Amidei (3rd);

5th grade – Ryan Javier (1st), Grant Wass (2nd), Marco Villanuevo (3rd)

Thank you to Lili Husseman and her committee for making this event so successful!

On January 30th, the PTA held "Valley's Got Talent" It was an inspirational night to appreciate what talented students we have at Valley. We had singers, dancers, musicians, magicians and more! Thank you to Jill Overstreet and her committee for all their hard work.



And we have more fun to look forward to in 2015! Art in the Valley is February 6. Valley's Jogathon is March 18. Dia de los Niños is April 25. But these enriching events won't happen without dedicated volunteers like you. Please watch for upcoming Paw Prints to learn when each committee is forming and choose one to be involved with!

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





TOSA Talk

~ Angelica Barragan

Parent and Child Bonding Time

Parents are busy! Our kids make us busy! Whether you are a “work out of the home” parent or a “work from home parent”, our daily lives are filled with transporting children, feeding children, monitoring homework, etc. etc. etc.

During these times we are usually running around, in a hurry and don’t have the time to stop and spend quality time with our kids. We don’t have time to bond and bonding is important. Parent-child bonding is defined as a relationship that usually begins at the time of birth between a parent and offspring and that establishes the basis for an ongoing mutual attachment.

Bonding with your child can occur through everyday interactions, but they can also happen through various activities that are quite different from your everyday routine. Here are some ideas that will not only get you away from everyday stress, but you will allow you to enjoy the company of those you love most.

- **Family Camping Trip**– A fun way to incorporate a vacation and the enjoyment of nature. Remember to turn off all technology!
- **Spend Time at the Beach**– Pack a picnic breakfast, lunch or dinner. Build a sand castle together, collect sea shells, write messages in the sand, play with a ball or Frisbee, read together, watch the sunset, etc. There is countless little or no cost of activities to do together at the beach!

- **Go on a Wild Adventure**– Let your imagination run wild. Whether you are on a hike in the woods or desert, playing in your backyard or crawling through a blanket fort, your imagination can create any kind of wild adventure. Let your children take the lead!
- **Road Trip**– If you are prepared, a road trip can be great for bonding. There are TONS of car games you can play with the kids to build vocabulary and mental math. Momsminivan.com has over 100 things to do in the car. Give it a try!
- **Family Night**– Going to the movies, miniature golf, movie night at home or game board night. As long as you are spending time together, the memories will be endless.

Remember, your child is this age only once.
Enjoy it!



VALLEY SPIRIT WEAR

We hope everyone received their Spirit & Pride envelope in their child's backpacks this week. We will be collecting the order forms until next Friday (February 6th). If you miss the cutoff, you can always place an order online at spiritandpride.com during the remainder of the school year.



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.

The Trail Run Can Help You Keep Your New Year's Resolution This is that time of year when people want a clean slate, a fresh start. They resolve to lose weight, get into shape, enjoy the outdoors, get back to nature or spend more time with their families. The 9th Annual Cinco de Mayo Trail Run can help you keep any and all of those resolutions.

The Trail Run 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. Fees will go up on April 20 so register today for the best deal. We offer a special 50 percent heroes discount for 5K adult entrants who are active-duty firefighters, law enforcement or military. To become a sponsor or a benefactor, email race director Jeff Hernandez at jhernandez@ValleyEEF.org.

Be a Part of the Great Race! The Cinco de Mayo Trail Run is a family-friendly event that's fun for kids and adults of all ages. There are so many ways you can help!

Register Today: Recruit your friends, neighbors and members of your family to register for the Trail Run. The bigger the turnout, the more money we'll bring in for students, teachers, classrooms and programs.

Recruit Virtual Runners: Encourage grandparents or out-of-town friends and family members who want to make a difference at Valley but either can't be there on race day or would rather cheer from the sidelines than hit the trails, to register as a virtual runner. Virtual runners even receive a race shirt!

Form a Company Team: Build a company team and encourage fellow employees to participate. It's a great way to model your company's dedication to education, promote fitness, health and wellness, encourage involvement in the community and gain exposure to more than 1,000 runners, families and other members of the community. Teams of 25 or more receive a complimentary space for an exhibit booth at the event. Teams of 50 or more receive a race shirt featuring your team name.

Become a Sponsor: Sponsorship dollars help underwrite the cost of the event so that the money raised can go directly to teachers and students. Sponsorship opportunities are available at many levels for companies. Individuals and families can also show their support of Valley. Every donation, no matter what size, makes a difference.

Volunteer: Volunteers are needed to assist with every aspect of the event. Team up with your friends or family and make this an experience you won't forget! Helping out is a great opportunity for local high school students to earn credit for community service.

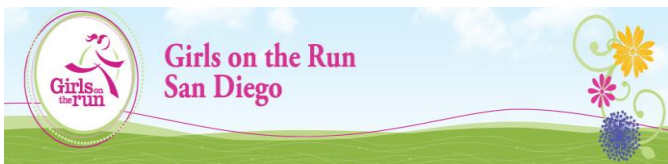
Double Your Donation: We'd love to have you contribute financially. Your gift, no matter what size, makes a difference to our children and their school. Many employers offer matching gift programs and will match the charitable contributions made by their employees. Find out if your company has a matching gift program and double your donation.

Calling all Tigers



CHELSEA'S RUN – Classroom Competition and Ice Cream Party! Join the Valley Tiger Team for the 5th Annual Finish Chelsea's Run in honor of Chelsea King. The event will take place in Balboa Park on March 7th. We hope to register over 100 Valley Tigers and family members in order to get our name on the race shirt, our own canopy, and light snacks on race day!

Register at www.chelseaslight.org. The classroom with the most STUDENTS registered (percent of classroom) will receive an ice cream party!!!



GIRLS ON THE RUN SPRING PROGRAM STARTS March 3rd! Registration is open:

[https://www.raceplanner.com/register/index/GOTRSD-Spring-](https://www.raceplanner.com/register/index/GOTRSD-Spring-2015?sid=ea117fd26bbf4d8ca2d04df9297c0437)

[2015?sid=ea117fd26bbf4d8ca2d04df9297c0437](https://www.raceplanner.com/register/index/GOTRSD-Spring-2015?sid=ea117fd26bbf4d8ca2d04df9297c0437)

Practice is Tues. and Thurs. 2:45–4:00pm. Space is limited to the first 15 girls in grades 3, 4 and 5.

Don't miss this opportunity which allows every girl to recognize her inner strength! The curriculum inspires girls to define their lives on their own terms. Throughout the season, the girls make new friends, build their confidence and celebrate all that makes them unique, all while feeling fit, healthy, and successfully completing a 5K run. *Discounted registration is available based upon family income.* Contact site liaison and coach

Jennifer Berk jennifer.berk@gmail.com for questions or if you need a paper registration form.

Foundation Volunteers

Calling for Team Captains

We're calling for a team captain from each classroom! If your student wants to be a team captain and classroom ambassador, please email Patricia McCullough at catanova@hotmail.com. The classroom with the biggest team will receive a pizza party! 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!

Financial Contributions

To make a tax-deductible donation to the Foundation, or to learn more about the Foundation's initiatives and events, go to <http://ValleyEEF.org>.

MONTHLY REMINDERS

- *Wednesdays– Workroom Support & Spirit Day (wear your Valley or College T-shirts)*
- *Fridays – Valley Pride Day & Tiger Trackers*
- *Feb. 5 – Dual Language Kindergarten/ 1st grade Informational Meeting Valley MPR 6:30PM For more info, please call: 858-748-2007*
- *Feb. 6 – Art in the Valley*
- *Feb. 16-20 – No School for Presidents Week*



ELEMENTARY SCHOOL COUNSELING PROGRAM STUDENT SUPPORT SERVICES DEPARTMENT



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

As the School Counselor, at Valley Elementary School, for the next few months, I'll be submitting articles to the newsletter, on topics I think may be informative to parents. This month's article is on Angry Kids and based on the Love and Logic philosophy. You can access free articles and information at www.loveandlogic.com

Angry Kids

Sometimes our kids have an attitude, are disruptive, disrespectful or pick on others. A younger child may be experiencing a loss, a divorce, a new baby or a move. Regardless of the reason, it looks the same and we can deal with the angry attitude by listening and showing empathy. Here's how:

- Never try to reason with your child when he/she is angry. In a calm voice say, "It sounds like you're really mad. I want to listen and understand. I will listen when your voice is as calm as mine. Come back then." If you can't make your child leave, you leave.
- Be prepared to repeat your calm statement if the child is determined to yell out the anger without leaving. "Don't worry about it now. We'll talk when you're calm."

"Thanks for Sharing That"

Once the child is able to discuss the anger, listen without reasoning. Avoid telling the child why he/she should not be angry. Avoid telling him that things will be okay or how to make it better. Your job is to prove that you understand – "It sounds like you get mad when I tell you it's time to do your chores. Thanks for sharing that with me. I'll give it some thought. If you think of a better way for me to remind you, let me know."

Key to Success: Never reason or argue with an angry child. Set a time when everyone is calm and use empathy to recognize their feelings.

Summarized from an article on anger, by Jim Fay of the Love and Logic team.



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: **February 3, 5 & 10, 2015** (Tuesday-Thursday-Tuesday)

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

LOCATION: **Midland Elementary – 13910 Midland Rd., Poway 92064**

CONTACT: **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.

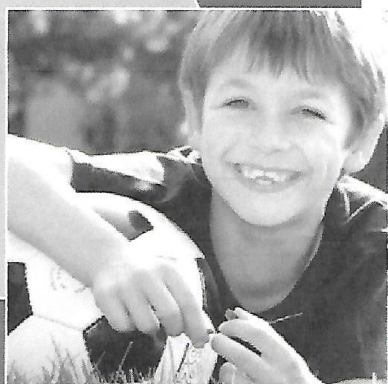
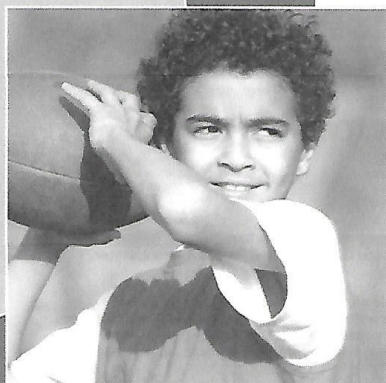
MORE INFORMATION (858) 637-3375
www.jfssd.org/positiveparenting

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

POSITIVE
PARENTING
PROGRAM



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MAKING FITNESS FUN

**PRESENTS
AFTERSCHOOL PROGRAMS AT
VALLEY ELEMENTARY!**

FLAG FOOTBALL

Ready for some football! Learn football basics through drills, obstacle courses and strength training with an emphasis on teamwork. Increase agility, speed and self-esteem. Intramural games will be played each class. No tackling, just fun! Super Bowl will be played on the last day of the session. All grades welcome. Group will be split by age and ability.

GRADES K – 5th

**THURSDAYS 2:40-3:40
8 weeks \$69**

**February 12th – April 16th
Valley Elementary Field**

FLAG FOOTBALL

Listo para algunos fútbol! Aprender conceptos básicos de fútbol a través de simulacros, obstáculos cursos y entrenamiento de fuerza con un énfasis en el trabajo en equipo. Aumentar la agilidad, la velocidad y la autoestima. Juegos intramuros se reproducirá cada clase. No abordar, simplemente divertido! Super Bowl se reproducirá en el último día del período de sesiones. La bienvenida a todos los grados. Grupo se dividirá por edad y habilidad.

GRADOS K-5

**Jueves 2:40-3:40
8 semanas \$69**

**12 de Febrero – 16 de Abril
Valley campo elemental**

TENNIS

We incorporate the USTA newly developed Quickstart program. QuickStart Tennis is an exciting new play format for learning tennis, designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions and modified scoring, all tailored to age and size. This program develops sportsmanship, social skills and motor skills with an opportunity for enjoyment and challenge of the game of tennis for your child. It's the fast, fun way to get kids into tennis—and keep them playing. Equipment is provided by Do It Tennis visit them at www.doitennis.com.

GRADES K – 5th

**FRIDAYS 2:40-3:40
8 weeks \$89**

**February 13th – April 17th
Valley Elementary Basketball Courts**

TENIS

Fit Kids América está presentando nuestro nuevo programa de golf junior! Durante esta clase dinámica de una hora, los participantes recibirán coaching detallada en el agarre adecuado, la posición y el swing. Los golfistas Jr. estará utilizando el equipo más grande y más reciente proporcionado por uno de los líderes en la industria del golf. ¡Ven y Únete a nosotros para conocer los entresijos de un deporte para toda la vida! Invitamos a todos los niveles.

GRADOS K-5

**Viernes 2:40-3:40
8 semanas \$89**

**13 de Febrero – 17 de Abril
Valley canchas de baloncesto camp elemental**

Register online at www.fitkidsamerica.org or mail to:

Fit Kids America

2725 Jefferson St., Suite 7 | Carlsbad, CA | 92008

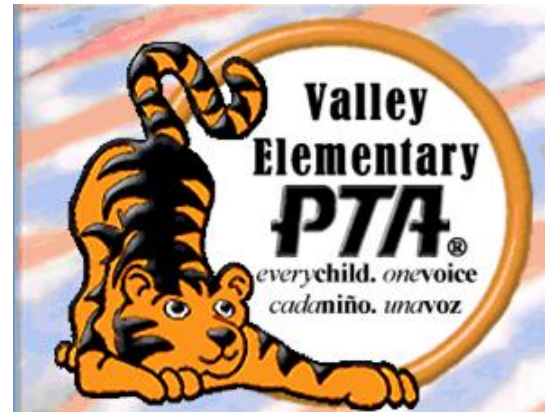
Questions? Call 760-730-1115 | email info@fitkidsamerica.org

Please do not give form to school teachers/office

ALL CLASSES ARE HELD RAIN OR SHINE

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.



Valley's Got Talent

