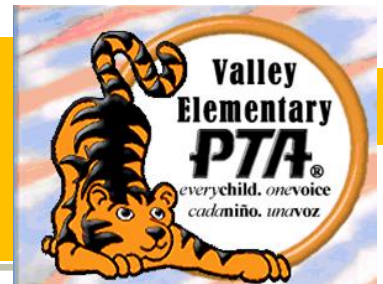


TIGER TALK

The Voice of Valley Elementary PTA

March 2015 Issue 7 (2014-2015)



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

Smarter Balanced Assessment

This Spring Valley students – along with all other students in grades 3–11 in California – will take the new Smarter Balanced Assessment. This will be a “computer adaptive” test to replace the California Standards Test. Computer adaptive means that the test will adjust itself for each student: as a student answers questions correctly, the computer gives them harder questions. As they miss questions, the computer feeds them easier ones. Once the test is finished each student should receive a customized report showing their achievement levels with a higher level of detail than we have received before. This will be the first year we’ll see the reports, so it’s new learning for all of us.

Another other big difference is that students will be asked to type responses to many questions – both in language arts and math – to show their reasoning. We have been practicing this extensively for a few years now and we’re looking forward to seeing how all of our classroom practice translates to the testing environment. Finally, there will still be questions with A–B–C–D answer choices, but many more that require reasoning by drawing figures with the mouse, dragging and dropping answers, and writing math equations. It will be a much more challenging test than the students (or teachers) have seen before.

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Students have been taking multiple choice exams for decades (you remember them from your childhood, right?), so this is a major change for California’s public schools. This year’s results will be new for everyone and will be a baseline for us to grow from. More information can be found here if you’re interested:

<http://www.smarterbalanced.org/>.



PTA President’s Message ~ *Kimberly Floyd*

February brought us an amazing night of celebrating music, art and our talented Valley students with Art in the Valley. This is easily one of the favorite events that Valley PTA organizes. We had nearly 300 in attendance including parents, students, teachers and distinguished guests (I saw Dr. Carrillo, proud principal of Meadowbrook, bidding at the Silent Auction).

PTA Message – continued on page 2

PTA Message – continued

The Silent Auction had 140+ great items to bid on (Thank you to Co-Chairs Darcy Slansky and Shawna Hamon and their amazing committee). We raised over \$6,000 that will go back into programs, fieldtrips and memories for our children. The MPR was a gorgeous Art Show of 850+ pieces of Student Art (Thank you to Sarah Adams and her committee). I watched many proud students showing off their masterpieces. The lunch table area was transformed into an elegant café with paper lanterns and Valentine-themed decorations. The refreshments were wonderful (Parents especially liked the delicious homemade offerings this year). Thank you to Sara Langer and her committee for the décor and refreshments. The musicians all around campus really added to the ambiance of the evening (Thanks to Naneth and Emilie for coordinating). I heard many people commenting on what a wonderful evening they were having.

Events like Art in the Valley really resonate with our PTA mission of providing the cherished memories of Elementary school that we all want for our children. I appreciate all the hard work that went into making this evening something for our children to remember.

We have more fun to look forward to in coming months. Valley's Jog-a-thon is March 18. Dia de los Niños is April 25. And our Family Dances are May 15 and 16. 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

Language: The Importance of Correct Usage

When a child first learns a language, one of the most important things is to start speaking. They hear a lot of sounds, accents, short and long phrases, and their little brains start to hear patterns. They start learning label words like “milk, mama, and sleep” and then go on to more complex 2–3 word phrases such as “Me want that or I sleep now”. As caregivers, there is excitement for the use of language so these “errors” aren’t seen as important. Although these errors are necessary for the learning of language to take place, they need to be corrected in a positive way. A caregiver could simply just repeat, “*Oh, you want your milk*” or they could also ask to repeat the “error” correctly, such as “*Can you say ‘I want my milk.’*” The repetition of the correct use of language becomes a new pattern for the child and eventually they will not repeat the errors.

The same situation arises as those toddlers become school age. In the home, classroom, and everyday situations, kids make some mistakes when they use language. The mistake could be in what they say, or in what they write. These errors may seem insignificant, but they are actually forming “neural pathways” in their language section of their brains. These pathways within the brain are developed before birth and are composed of electrochemical messages between neurons, or brain cells. As a child begins to link images with words, these electrochemical connections between neurons become routine or habit. The more often a pathway is used the more developed that pathway becomes in the individual brain. If we don’t stop kids from using language incorrectly, these errors become stronger and stronger, and later, more difficult to correct. This is why we have to make strong efforts to reinforce the correct use of language.

~ ART IN THE VALLEY ~
THANK YOU TO THE 2015 SILENT AUCTION SPONSORS

American Girl	Moonlight Stage Productions
Allison Gharst of Peabody & Sassafras	Museum of Contemporary Art San Diego
Anthony's Fish Grotto	Museum of Photographic Arts
Anytime Fitness	Nancy Gutierrez for Mary Kay
Aquarium of the Pacific	NINE-TEN Restaurant and Bar/ Grande Colonial
Audra Rosati for Thirty-One	Noonan Swim School
Aviara Golf Academy	North County Chiropractic
Barona Casino	North County Gymnastics & Gymnny Kids
Beach Grass Cafe	North County Soccer Park
Big Frog Custom T-shirts & More	Oriental Trading
Birch Aquarium at Scripps	Outpost Summer Camps
BJ's Restaurant Brewery	Pediatric Dentistry & Orthodontic Specialists
Body Beautiful Car Wash, Inc.	Phil's BBQ
Boomers	Pizza Studio
Broken Yolk Cafe	Poway Center for the Performing Arts Foundation
Bruce Harvey Guitar	Poway Gymnastics
Cafe Merlot	Poway Kenpo Karate
California Wolf Center	Poway Martial Arts
Carlson Building Services	Poway Sushi Lounge
Carmike Cinemas	Principal for the Day
Carol McDonald of Cielo Azul Jewelry	Pump It Up
CAYA Yoga	Rancho Arbolitos Swim and Tennis Club
Chipotle Mexican Grill	Redbox (Outerwall)
Chloe's Carousel	Reuben H. Fleet Science Center
Chuck E. Cheese	Rubio's
City of Poway	Sammy's Woodfired Pizza
Clay n Latte	San Diego Air & Space Museum
Coco's (Poway)	San Diego Botanic Garden
Color me Mine	San Diego Children's Discovery Museum
Costco (Poway)	San Diego Model Railroad Museum
Crossfit Poway	San Diego Museum of Man
Cygnnet Theatre	San Diego Natural History Museum
Del Mar Photographics	San Diego Padres Community Relations
Discovery Cube	San Diego Repertory Theatre Company
Dream Dinners	San Diego Symphony
Filippi's Pizza Grotto	San Diego Zoo Global
Floaties Swim School	Sanrio
Get Air Poway Trampoline Park	Save Our Heritage Org. (SOHO)
Grenadine Lebanese and Mediterranean Cuisine	SeaWorld San Diego
Grocery Outlet (Poway)	Signature Dance Academy
In-N-Out Burgers	Six Flags Magic Mountain
Indian Joe Brewing	Slater's 50/50
Inspire San Diego Studio	Sport Clips Haircuts, Poway
Inspired Mind Learning Center	Sportsplex USA
Invasion Laser Tag, San Marcos	Stanley Steamer
Jungle Joe Discovery Center	Starbucks
Kaminski's Bar-B-Que & Sports Lounge	The Brigantine
Kasi	The Country Club of Rancho Bernardo
Kisha Torres for doTERRA	The Habit Burger Grill
Lightning Brewery	The Kebab Shop
Little Artists, Rancho Bernardo	The New Children's Museum
Liquid Designs	The Old Globe
Living Coast Discovery Center	The Original Pancake House
Loretta Wampler (Valley Mom)	The Stronghold
Mad Science	Ultrazone: The Ultimate Laser Tag Adventure
Mainstream Bar and Grill	United Studios of Self Defense
Marie Hitchcock Puppet Theater	USS Midway Museum
Maritime Museum of San Diego	Walter Anderson Nursery
Mediterranean Cuisine Operating Company, LLC	Wine and Canvas
Mesa Rim Climbing & Fitness Center	Wings-n-Things
Mission Bay Aquatic Center	YakAcademy
Mission San Juan Capistrano	Yanni's Bar & Grill
Monique's Skin Care Center	Yogurtland



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.



Prices Go Up Next Month — Register Today for the Trail Run! 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 19 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, a corporate benefactor or a family benefactor, email sponsorship chair Erinn Tozer at etozer@ValleyEEF.org.



Double the Dollars, Double the Difference

The Foundation is grateful for the financial donations made to the Trail Run by Valley parents, grandparents, family and friends.

If you become a corporate or family benefactor of the 9th Annual Trail Run, scheduled for May 2 at Lake Poway, your \$10 donation will turn into \$20. Your \$25 will turn into \$50 and your \$50 will turn into \$100! So make your tax-deductible gift today to make the most of the matching opportunity. Double the dollars and double the difference!

Check your child's backpack for the official flier or make your gift online. Go to ValleyEEF.org and click on the DONATE NOW button.

Calling for Team Captains From Each Classroom!

Each Valley teacher is having a classroom completion and we need a team captain from each classroom. 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 <http://www.cincomayotrailrun.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.

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*
- *March 7 – Chelsea’s Run*
- *March 18 – Jog-a-Thon*
- *March 24 – Career Day*

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. It’s also perfect for people who want to participate in the day’s festivities — without having to break a sweat on the trail!

Virtual runners must register before April 19. 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.

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>.

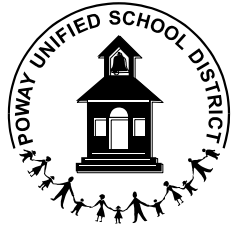
Art in the Valley





ELEMENTARY SCHOOL COUNSELING PROGRAM STUDENT SUPPORT SERVICES DEPARTMENT

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



End the Bedtime Blues

Bedroom Time vs. Bedtime

Rename bedtime. Wise parents never try to control the uncontrollable. It sets up power struggles. A skillful child can keep a parent engaged with this for hours.

Slowdown Time

Bedroom Time starts with “slow down” time. A slowdown routine is essential. It includes turning off stimulating activities such as television, exciting music, and family games or rough housing. Give choices:

- Do you want to go to bed now or in 10 minutes?
- Do you want a story first or your bath first?
- Do you want a drink in the kitchen or your room?
- Do you want to be tucked in or do it yourself? You get the idea. Choices empower us all. There’s magic in choices. It’s a human need to want some control. Give choices that are acceptable to you.

Parent Time

Once kids are in their rooms that’s where they stay. Announce that “kid’s time” is over and now it’s “parent’s time.” Stick to your guns on this. Kids may resort to all kinds of ploys: “It’s scary in here.” “There’s a monster in my closet”, “It’s too dark”, “I forgot to tell you something important”, etc. The best solution is to stay firm. “I’ll see you in the morning. I love you.”

Enjoy some peaceful evenings.

Taken from Love and Logic, www.loveandlogic.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: **March 17, 19 & 24, 2015** (Tuesday-Thursday-Tuesday)

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

LOCATION: **Valley Elementary** – 13000 Bowron Rd., 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

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!



ACTIVE PARENTING OF TEENS!

Active Parenting of Teens is a highly successful, research based program by Michael Popkin, Ph.D, which provides parents with the skills they need to use effective discipline, teach responsibility and communicate with their teens. Each session also shows parents how to handle sensitive issues such as drugs, sexuality and peer pressure.

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

WHEN: Wednesdays from 6:30-8:30 p.m.
3/4, 3/11, 3/18 and 3/25

WHERE: Mesa Verde Middle School Library
8375 Entreken Way

HOW: Call 858-668-4084 or register online today at www.theparentworkshops.com!

The entire series of four evenings is just:

*\$39/individual + \$15/book = \$54 total and
\$69/couple+ \$15/book = \$84 total!*

****Sorry, no refunds.***



FOR MORE INFORMATION:

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



Mindful Parenting for Your Child's Success!

Join us for a free parent education opportunity!

Thursday, March 19th from 6:30-8:00 p.m.

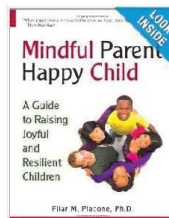
Westview High School Library
13500 Camino Del Sur



"Most of the immediate reactions we have, with our kids or otherwise, are a result of the early 'hard-wiring' in our brain we developed mostly in our childhood, from the adults around us. How do we improve our parenting and instill a deep parent - child connection if the hard-wiring in our brain makes us behave in ways we wish we could take back? We can choose new wiring by practicing principles and modeling presented in "Mindful Parent Happy Child". When parents practice these methods, they are on a path of not only growing joyful and resilient children but they are directly participating in growing a more compassionate world."

<http://www.amazon.com/Mindful-Parent-Happy-Child-Resilient/dp/0615358780/>

▶ ▶ ▶ **RSVP Today! 858-668-4084**



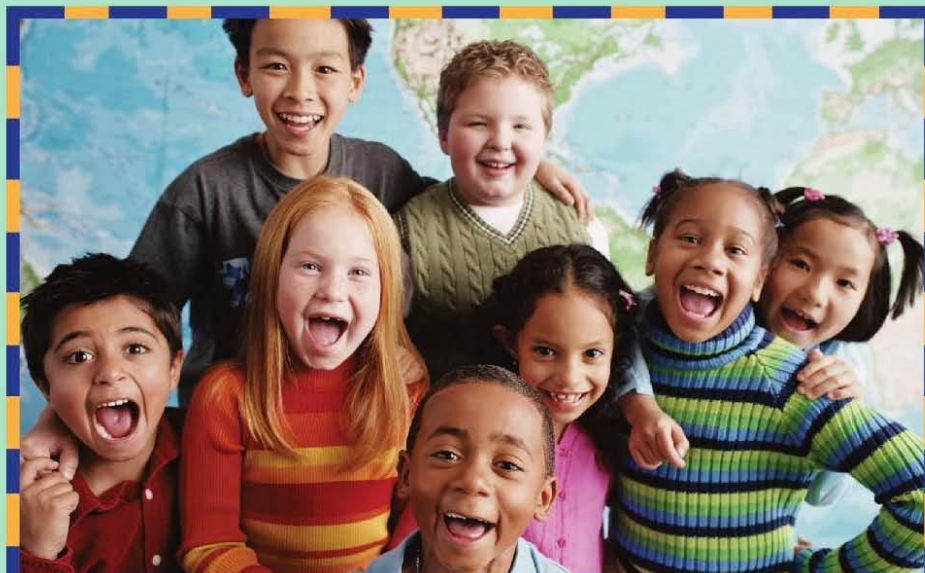
*Dr. Placone received her Doctorate Degree in Integral Psychology and Psychotherapy in 2001 from The Union Institute and University. She continued her training under the author, presenter and researcher, Dr. Michael D. Yapko for seven years, developing intervention strategies specific to the treatment of depression, bipolar disorder, and anxiety. Pilar studied Interpersonal Neurobiology with Dr. Dan Siegel, author of *Parenting from the Inside Out*. In 2011 she published *Mindful Parent, Happy Child*. www.pilarplacone.com*

PUSD Parent Education
A proud service of
Student Support Services Department
Caring Connections Center

www.powayusd.com/depts/student_support/

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.
3/3, 3/10, 3/17 and 3/24

WHERE:

Stone Ranch Elementary School MPR
16150 4S Ranch Parkway

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!**

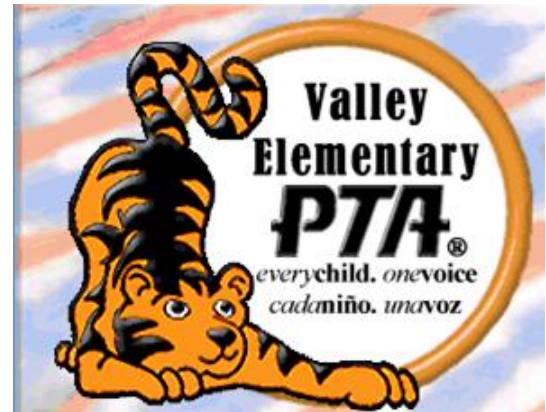


FOR MORE INFORMATION:

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.



Art in the Valley

