

TIGER TALK



The Voice of Valley's PTA

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President's Message



Finishing Strong

David Lloyd George once said, "There is nothing so fatal to character as half-finished tasks."

As we enter the final months of the school year I think this is an important idea to keep in mind. Everyone is excited at the beginning of the school year – new teachers, new classmates, shiny new school materials and new things to learn. But in the spring we start getting tired. The weather

changes, our thoughts turn to the approaching summer vacation, and we can all start to lose steam.

My encouragement to all of us is to finish this year strong. Encourage your children to keep working on their academic goals. Get them here on time and in class every day. Continue to encourage them in their schoolwork. Remind them to show good character every day by *Working Hard, Taking Care of Each Other and Taking Care of Our School*. This is a great opportunity to teach them that the most successful people in life are not those who begin well – but those who finish well.

Andy Johnsen, Ed.D.

Principal

Valley Elementary School

PTA Present's Message



Dear Fellow Valley Parents

March was a great month at Valley!

The Valley PTA hosted our annual Jog-a-thon on March 19th. We had over 800 Valley students participate (as well as a number of teachers and parents!) It is a favorite event for many of our Valley kids. We also raised about \$5,500 to help pay for the events and programs the PTA sponsors.

Thank you to Laura Carmona for coordinating this event. Thank you to Blanca Fisher who returned to Valley to MC the event (even though her son has graduated from Valley). Thank you to the 20 parent volunteers who helped setup, count laps, cheered on the kids and clean up. You make Valley a great place to be!

On March 24th-28th, Valley PTA organized our Spring Book Fair with Scholastic. With this "buy one and get one free" book fair, parents were able to stock up on some great books for summer! Thank you to Darcy Slansky for coordinating this event and to all the parents who volunteered their time to help the kids choose books and check out.

The Valley PTA is currently accepting applications for positions for 2014-2015. Valley is an amazing school, with so many great programs and events. We can't do it without you! Please consider doing your part to continue the tradition of excellence! Please email valleypta@yahoo.com for more information.

The Valley PTA has more fun planned for April and May. Valley's Dia del Niño celebration is scheduled on April 26th from 3-6pm. We will have games, folkloric dancing, Mariachis and a Mexican food truck. On May 16 we will have our Mother/Son Dance and May 17 our Father/Daughter Dance. These are wonderful, memory-building events for our children.

Please remember that we can't put on these events without you! Won't you take a few hours out of your schedule to help make these fun events successful? Please email valleypta@yahoo.com to participate.

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

Kimberly Floyd, PTA President

TOSA Talk



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 J.

ELL News: Final ELAC meeting will be on Wednesday, May 14th at 8:00 AM in the Valley library. We will be going over summer CELDT, summer learning and we'll have a visit from the Poway Librarian.

Dual Language News: Our final parent meeting will be on Thursday, May 1st at 6:30 PM. We will be going over summer Spanish learning, Spanish support for families.

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.

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 the Discount Expires

The Trail Run is scheduled for May 3, 2014, 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 here (<http://www.runningguru.com/EventInformation.asp?eID=6060>) 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.

Meet Our Trailblazer: Jessenia Yua



Jessenia Yua was the final runner who finished the 5K at last year's Cinco de Mayo Trail Run. That day she finished the race in 2:13:01.6. She was on Day 63 of a challenge she gave herself to walk for 100 days. When she reached that goal, she extended it to 200. Then she increased her goal to 365. By the time the 8th Annual Cinco de Mayo Trail Run dawned at Lake Poway on May 3, 2014, Yua will be on Day 427 of a 500-day challenge. This year, the Valley Elementary Educational Foundation is proud to name Jessenia Yua as our Trailblazer — because she inspires so many with her story.

Yua, 30, of Oceanside is an administrator at Patriot Scientific Corporation in Carlsbad. She

loves to walk, but says until she gave herself the initial 100-day challenge, her walks were sporadic. Two days one week, three days the next week, two weeks without any walking and then maybe a day here or there. But challenging herself not to skip a day changed her life.

Since Day 1 — on Sunday, March 3, 2013 — she had completed lots of beach walks, including the three-mile loop from her home to the nearby pier and back.

Yua always posted her walks on Instagram and Facebook and her friends, cousin and niece joined her in her quest. It was her niece who asked if she wanted to sign up for the Cinco de Mayo Trail Run. She'll never forget that day.

"I really enjoyed it, but it was one of the toughest things I'd ever done. A little past the one-mile mark, I could see the sweeper and he was so nice and so encouraging," says Yua, of Valley's own Dr. Johnsen whose job each year is to bring up the rear, making sure no participants are left behind.

"He stayed with me until the end. My friends who had already completed the race came back to cheer me on until I made it to the finish line. Even the school kids joined me and gave me my second wind."

That was the beginning of her new love for hiking.

A Trailblazer at heart, Yua says she can't wait until this year's Trail Run.

"I hope to cut my time in half," says Yua, who, since the first day of her initial challenge has lost 35 pounds.

"My goal one day is to graduate from being a walker to being a runner. I knew on that first day a walk would be good for me. The next day, I tried it again. Then I hit the 10-day mark. I've just taken it one day at a time. It's changed my life."

Double the Dollars, Double the Difference

The Foundation is grateful to an anonymous donor who pledged to match the first \$1,000



financial donations made by Valley parents or grandparents, families or friends. If you become a benefactor of the 8th Annual Trail Run, scheduled for May 3 at Lake Poway, your \$10 donation will turn into \$20. Your \$25 will turn into \$50 and your \$50 will turn into \$100! Check your child's backpack for the official flier or make your gift online. Go to ValleyEEF.org and click on the GIVE NOW button.

Virtual Runners



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 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 ValleyEEF.org.

2014 Jog-A-Thon Results



It is with great pleasure that we come together to put on another great event. The Jog-A-Thon is always a very fun event for parents to come and cheer 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. The lower grades have set new milestones for most laps run. This year, the students ran 4,914 Laps (1,081.08 miles). They exceeded last year's laps by 197 laps. In 2013, four students broke the 12 Lap record that had been previously set by group of students! This year, I would like to recognize one of our Fifth Graders; Timothy Villaseñor, he has continued the legacy of 13 Laps! He is the overall Top Finisher and will receive a Trophy.

It was a great event this year, and it would not have been possible without each and every parent volunteer that stepped up to work at this event. 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.

Finally, we want to recognize the overall Top Finishers of Valley's 2014 Jog-A-Thon: These children will receive a Gold Medal at a future Assembly. There are many more kids that will receive a Silver Medal and a Merit Ribbon, but there are too many to list on this Tiger Talk Article.

Top Finishers in Transitional Kinder:

Girl: 8 Laps, Amy Alamilla Jimenez in Lucey's class

Boy: 8 Laps

Diego Botron in Lucey's class

Top Finisher in Kindergarten:

Boys: 9 Laps

Josue Celaya Lopez in Sanchez' class

Elijah Esparza Frohreich in Sanchez' class

Top Finishers in 1st Grade:

Girl: 10 Laps

Jenna Argiris in Carrasco's class

Boy: 10 Laps

Sean Abrom in Carrasco's class

Top Finishers in 2nd Grade:

Girl: 10 Laps

Teya White in Flores' class

Boys: 11 Laps

Jacob Hulterstrom in Flores' class

Jayson Starks in Serrano's class

Top Finishers in 3rd Grade:

Girl: 11 Laps

Morryll Overson in Angeles' class

Boys: 11 Laps

Benjamin Amidei in Angeles' class

Andy Martinez in Maldonado's class

Top Finishers in 4th Grade:

Girl: 10 Laps

Alina Ruvalcaba in Molina's class

Boy: 12 Laps

Maximilian Anger in Kitts' class

Top Finishers in 5th Grade:

Girl: 11 Laps

Ashley Molina in Wright's class

Boy: 13 Laps

Timothy Villaseñor in Wright's class

Overall TOP LAPS run for the entire school

Boy: 13 Laps

Timothy Villaseñor in Wright's class -

PTA Open Positions for 2014-15 School Year

The PTA is currently accepting applications for positions for next year. Valley is an amazing school, with so many great programs and events. Please consider doing your part to continue the tradition of excellence!

Programs -- Do you want to help decide what fun events we have at Valley? You would attend the monthly PTA meetings and have Chairpersons for events report to you. The Chair plans their event. This year the events were: Welcome Back Dinner, Boogie Bash, Read-a-thon, Make & Take Craft Fair, Talent Show, Art in the Valley, Día del Niño, Family Dances and Science Night. This is a great volunteer position for a stay at home parent to really spearhead events that make a difference at Valley.

Health and Fitness -- Are you into physical fitness and want to encourage it for our children at

Valley? You would attend the monthly PTA meetings and coordinate with the Chairs for Tiger Trackers, Jog-a-thon and Eat with your Student Day.

Secretary -- Are you organized and can keep good records? You would attend the monthly PTA meetings, take notes and email them to Board. This is a great introductory position to the PTA if you just want to keep in the know about what is happening at Valley.

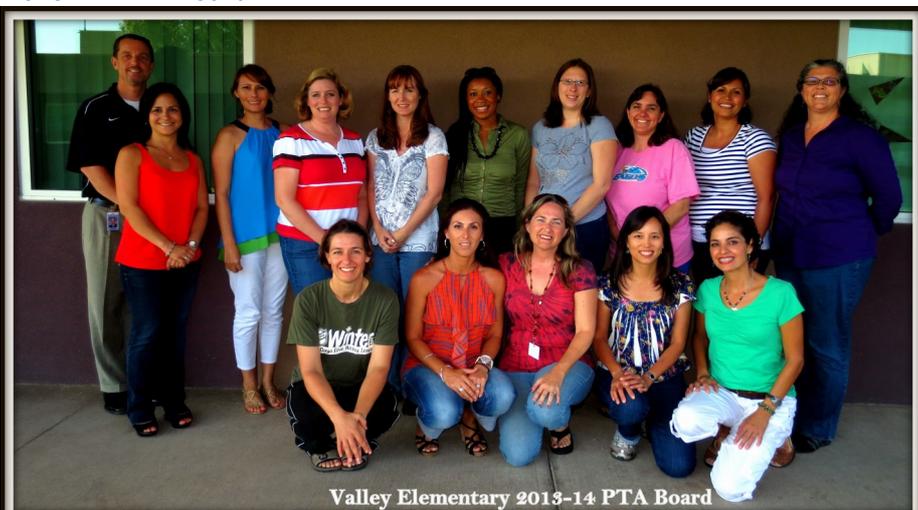
Newsletter Chair -- Do you like to write and edit? You would be receiving monthly articles from the Principal, PTA President and others and formatting them into our electronic newsletter "Tiger Talk". It is a great way to stay in the loop with what is coming at Valley and a wonderful position for a working parent (as it is all done at home on the computer).

Ways & Means -- Are you organized and like making money? You would attend the monthly PTA meetings and implement a plan to raise funds for Valley. You would be in charge of a committee to roll out fundraising events, collect receipts and report results. This is a great volunteer position for a stay at home parent to really spearhead events that make a difference at Valley.

Training and support is always provided from past and current board members. Get involved and make a difference in your child's educational experience. Speak with any current board member if you are interested or have questions; or email Kim directly.

Kim Floyd
PTA President
KimberlySueFloyd@gmail.com

2013-14 PTA Board



Back (Left to Right): Dr. Johnsen, Melissa Orellana, Nicole Rose, Darcy Slansky, Sandy Sears, Brittany Vaughn, Dana Boll, Lisa Black, Elizabeth Hulterstrom, Lisa Jones

Front (Left to Right): Shawna Hamon, Laura Danahy, Kim Floyd, Carrie Shen, Karla Valenzuela

Elected Officers

Principal-Andrew Johnsen
PTA President- Kim Floyd
Executive V.P.- Darcy Slansky
1st V.P. Ways and Means- Carrie Shen
2nd V.P. Programs- Lamar Raboteau
3rd V.P. Membership- Karla Valenzuela
4th V.P. Parent Education and Outreach-
OPEN
5th V.P. Health and Fitness- Laura Danahy
6th V.P. Art Program- Lisa Black
Recording Secretary- Dana Boll

Treasurer- Sandie Sears
Financial Secretary- Naneth Sotic-Jose
Auditor- Shawna Hamon
Historian- Nicole Rose
Parliamentarian- Kelly Kersey

Committee Chairs

Hospitality- Brittany Vaughn
Newsletter Editor- Dana Boll
Volunteer Coordinator- Darcy Slansky
Corresponding Secretary- Tara Harrison
Teacher Liaison (DL)- Melissa Orellana
Teacher Liaison (EC)- Lisa Jones

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PTA[®]
cada niño. una voz.[®]
every child. one voice.[®]



Valley Elementary PTA
CCPTS/9th PTA District
Palomar Council
www.valleypta.com

Upcoming Events

Dia del Niño 4/26/14
Cinco de Mayo Trail Run 5/3/14
Minimum Day 5/9/14
Teacher Appreciation Week 5/12-16