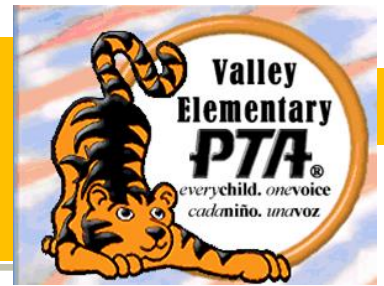


TIGER TALK

The Voice of Valley Elementary PTA



December 2015 Issue 4 (2015-2016)



The Principal's Desk

~ Ricardo Ceceña

GIVING THANKS

As we return from our Thanksgiving Break, I would like to give thanks for the few of the many things that we have here in our school community. We are truly blessed with all that we have ...

I am thankful for the professional staff of Valley Elementary School. Working alongside professionals that give their heart and soul to students and families on a daily basis is inspiring. They consistently give their all to make learning happen for kids. The Valley Staff is one of the most dedicated and hard working groups of professionals I have had the pleasure to work with. **Thank you!**

I am thankful for the supportive parents who have provided a constant source of inspiration by helping us manage the details of daily learning at Valley. Your faith and trust in the collective professional judgment of our staff to do what is best for all students encourages each one of us to work even harder for your children. **Thank you!**

I am thankful for the students of Valley who embrace everyday with great passion and optimism. You are among the most kind, caring and helpful people I have ever met. I never want to underestimate the ability you have to teach me new things or forget that there should be joy in learning. **Thank you!**

This Holiday season, may each of us rejoice and give thanks for all that we have and look forward with optimism that we may embrace tomorrow's challenges with courage and faith.

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TECHNOLOGY SURVEY

Providing our students with the most up to date educational resources is a priority for our school and our district. As part of that effort, the Poway Unified School District is engaging this winter in a comprehensive study of the current use and future uses of educational technology in our schools. Parent input in the direction of this work is critical. A primary focus of this effort will be to address new plans and budget priorities for the integration of technology resources to support student learning. Parent results from this survey and subsequent focus group work will be incorporated in a new Poway Unified Technology Plan. This work will also be important in our own school planning, as we will receive direct school-wide results from staff, parent and student input. This survey data will be part of the school district's state required district plan, the Local Control Accountability Plan.

Please find time to join the 20 minute survey by clicking on the following link.

<http://www.speakup4schools.org/speakup2015/>

If

your student is taking the survey, which we are encouraging, they will need the password, pUSD.

Parents do not need a password to enter the survey.

Thanks for your assistance in this important effort.





PTA President's Message

~ *Denise Anger*

The holidays are here again! In early November we held our fall Scholastic Book Fair in the library. Students were able to redeem their Read-a-thon vouchers and parents were also able to purchase books. In what turned out to be one of our best years ever, we raised over \$6,800 for the library and our teachers to buy books! It is due, in no small part, to the efforts of our Read-a-thon lead, Cathy Barger, and our Book Fair Coordinator, Darcy Slansky. What an amazing gift they were able to facilitate for our school!

Parents and teachers were also able to come together during parent-teacher conferences during the first week of the month to talk about our kids' accomplishments to date and goals for the rest of the year. Mr. Ceceña met with parents on November 9th at our Coffee with the Principal event. He discussed the SBAC test results and Valley's plans for using the information to move our kids forward and into their next phase of learning.

Right at the beginning of December we have our annual Adopt-a-Family Gift Card Drive from November 30 through December 11. In lieu of a toy drive, we are requesting gift cards to allow the families we are adopting to enjoy picking out and wrapping their own children's' gifts. Gift cards to Walmart or Target in any denomination are appreciated. Visa/MasterCard gift cards, Grocery, and Gas cards are also welcome! Gift cards can be dropped off in the office through December 11. If you prefer to donate via check, please make it out to Valley PTA (Tax ID number 95-6206650). Thank you to Stefanie Goldstein and Dorinda Soucek who have generously given their time to coordinate this program and ensure its success.

Please join us for this year's Winter Craft Fair to be held on Saturday, December 5th, from 8-10:30 am in the MPR. Students will be able to make free holiday crafts to give to their loved ones. Light breakfast and a gift table will also be provided. This is a free event for Valley families. A big thanks goes out to Heather Schmalbach and her team, the Rancho Bernardo Sunrise Rotary Club, and the City of Poway for bringing this fun event to our children again this year. We hope to see you there!

In the spirit of Thanksgiving, I would like to sincerely thank all of the volunteers that have helped to make our PTA events happen this year! I want to especially thank our wonderful PTA Board and Committee Chairs for their time and effort in planning all of our events. These volunteers and your donations combine to give your child a more enriching school experience. I hope everyone had a wonderful Thanksgiving break with family and friends and had time to reflect on the many things we have to be grateful for at Valley.





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.



Amazon School Rewards Program

It's time for holiday shopping! It's easy! All you have to do is link the Valley Elementary Educational Foundation to your AmazonSmile account. When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com — with the added bonus that you're supporting your child's school.

Valley's Foundation is a nonprofit 501(c)(3) organization and is eligible to receive donations from the AmazonSmile Foundation. The amount of the donation equals 0.5% of the purchase price from your purchases. The money earned will go directly to our students and teachers.

Here's what to do:

- 1) Go to AmazonSmile at smile.amazon.com.
- 2) Type in the Foundation's name exactly as you see it here: Valley Elementary Educational Foundation
- 3) Scroll down and click on the correct organization (Hint: Our location is listed as San Diego, not Poway)
- 4) Bookmark smile.amazon.com and start there every time you shop.
- 5) Shop 'til you drop! The more you shop, the bigger the donation.

Thank you for supporting Valley!

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 ~

Our Volunteers Make Valley a Great School

Volunteer Spotlight

HELP NEEDED AT THE WINTER CRAFT FAIR SATURDAY!

The Winter Make & Take Craft Fair is rapidly approaching. Are you free the morning of Saturday, December 5th? Do you enjoy crafts? Free coffee? If so, please come help us with this fun and festive event. Set-up begins at 7am in the MPR. The event runs until 10:30am, and we have until 11am to clean up.

CHAIR STILL NEEDED FOR VALLEY'S VARIETY SHOW!

The PTA has had no one step forward to coordinate the Talent Show next January. If no chairperson(s) can be found by Nov 20th, we will have to cancel this event. If you step up to chair you are looking at 3-4 days you will need to come to school after-school hours to do the try outs, rehearsal(s) and show. The committee needs at least two other members to meet before Winter Break to design a flyer and set-up the schedule for try-outs and rehearsals. If you are willing to help make this program a reality, please send an email to valleypta@yahoo.com. Thank you!

MONTHLY REMINDERS

- *Wednesdays- Workroom Support & Spirit Day (wear your Valley or College T-shirts)*
- *Fridays - Valley Pride Day & Tiger Trackers*
- *Dec. 5 - Holiday Craft Fair 8-10:30am in MPR*
- *Dec. 21- Jan. 1 - NO SCHOOL (Winter Break)*

JUST IN TIME FOR THE HOLIDAYS!

SUPPORT VALLEY PTA WITH SHOP.COM! Earn royalties for Valley Elementary PTA and cash back for yourself simply by shopping at your favorite online stores! When you shop at Shop.com/ValleyPTA, you'll find the same prices and deals and be able to use any online coupons offered by the vendor while also earning money for your child's school.

How to get started:

- 1) Go to www.shop.com/valleypta
 - 2) Create a free account, click on Sign In, then Register for a New Account
 - 3) Download the SHOP BUDDY app, located on the lower right side of the home page
 - 4) Start earning royalties for Valley PTA and cash back for yourself by shopping at your favorite online stores.
 - 5) Invite family and friends to create free shop.com/valleypta accounts. Make sure they download SHOP BUDDY to access extra discounts and earn cashback too!
 - 6) Remember that Valley PTA receives a larger royalty on all Market America Brand products.
- Please contact Maria Cuevas with questions, mvcuevas@gmail.com

SUPPORT VALLEY FOUNDATION WHILE YOU SHOP AT AMAZON

Want to get a jump on holiday deals? You can support Valley Foundation while shopping online. It's easy! All you have to do is link the Valley Elementary Educational Foundation to your AmazonSmile account. When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com — with the added bonus that you're supporting your child's school. Valley's Foundation is a nonprofit 501(c)(3) organization and is eligible to receive donations from the AmazonSmile Foundation. The amount of the donation equals 0.5 percent of the purchase price from your purchases. The money earned will go directly to our students and teachers.

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- 5) Shop 'til you drop!

The more you shop, the bigger the donation. Thank you for supporting Valley!



A MESSAGE FROM THE SCHOOL COUNSELOR Veronica Flores Tapia

*I'm on campus the following days: Monday, Tuesday, and Friday.
858-748-2007 Ext. 2114 vtapia@powayusd.com*

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

Consequences That Work and Manage Sibling Rivalry!
12/9 and 12/16 from 6-7:45 p.m. @ Creekside Elementary School.

Positive Parenting Program Series! (Offered in English and Spanish)
1/12, 1/14, 1/19 from 6-8 p.m. @ Los Penasquitos Elementary School.

Please visit the PUSD website for additional upcoming Parent Education courses.
http://www.powayusd.com/depts/student_support/activeparenting.shtml



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: **January 12, 14 & 19, 2016** (Tuesday-Thursday-Tuesday)

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

LOCATION: **Los Peñasquitos Elementary** – 14125 Cuca St., San Diego 92129

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

CONSEQUENCES THAT WORK!

Set Your Child Up For Success!



Only as parents do we expect that love will be enough. Often it just isn't. Parents also need skills! Sign up for our fun, highly acclaimed parent workshops. No boring lectures, not just theory, but fun learning. Get results you can see immediately!

*Reserve your space online today at
www.theparentworkshops.com!

Each series is \$29/individual or \$49/couple.
 Cash or checks made out to PUSD only.
 Books available for purchase at class.
Sorry, no refunds.

Learn to Use Consequences Effectively and Manage Sibling Rivalry! *What are logical and natural consequences? How can you minimize sibling rivalry?*

Wednesdays: 12/9 and 12/16
 6:00-7:45 p.m.
 @Creekside Elementary

Thursdays: 2/4 and 2/11
 6:00-7:45 p.m.
 @Park Village Elementary

**Call 858-668-4084 for childcare!*

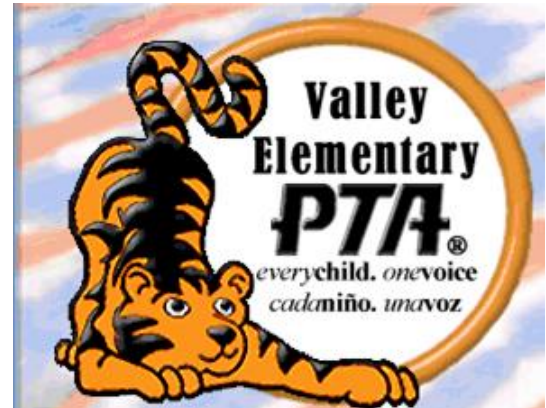


FOR MORE INFORMATION:

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

Valley Elementary PTA Board 2015-16

Elected Officers	First Name	Last Name
Principal	Ricardo	Ceceña
President	Denise	Anger
Executive V.P.	Sandie	Sears
1st V.P. Ways and Means	Darcy	Slansky
2nd V.P. Programs	Audra	Rosati
3rd V.P. Membership	Yerika	Tovey
4th V.P. Health and Fitness	Preston	Betts
5th V.P. Art Program	Heather	Schmalbach
Recording Secretary	Kim	Jones
Treasurer	Karen	Manueli
Financial Secretary	Kelly	Tognetti
Auditor	Veronica	Alvarez
Historian	Nicole	Rose
Parliamentarian	Kelly	Kersey
Committee Chairs		
Character Counts	Diana	Aldrete
Corresponding Secretary	OPEN	
Hospitality	Sara	Langer
Newsletter	Carolyn	Lemm
Website Administrator	Shawna	Hamon
Room Parent Coordinator	Lili	Husseman
School Admin Assistant	Cris	Rollins
Teacher Liaison (DL)	Marisa	Contreras
Teacher Liaison (DL)	Suky	Romero
Translator	Elizabeth	Hulterstrom
Volunteer Coordinator	Shawna	Hamon
Workroom Wednesday	OPEN	
Spirit Wear Sales	Kim	Jones
After School Programs	Jennifer	Berk
VEEF Liaison	OPEN	
Assemblies	Liz	Collins-Smith
Facebook Administrator	OPEN	



GET INVOLVED & JOIN VALLEY PTA

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

