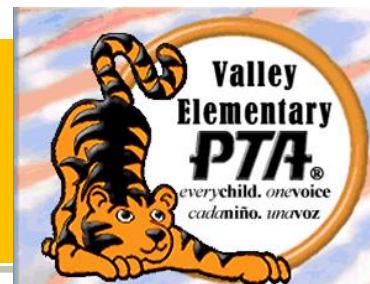


# TIGER TALK

*The Voice of Valley Elementary PTA*

November 2015 Issue 3 (2015-2016)



## The Principal's Desk

~ *Ricardo Ceceña*

### Preparing for a Successful Parent-Teacher Conference

Studies have shown that children whose parents are involved in their education do better in school. **Parent-Teacher conferences scheduled for the week of November 2nd - 6th are one way to get involved.** Every time you attend a parent-teacher conference, you learn more about your child and strengthen the bond with your child's school. Getting to know the teacher and hearing his or her views of your child's progress actually helps your child succeed. So make parent-teacher conferences a priority and take the following steps to ensure that you and your child get the most out of them.

**Talk to your child before the conference:** Ask your child what they would like you to discuss at the meeting. One strategy is to say, "I'm going to be meeting with your teacher... What will they tell me?" Your child's response may give your ideas for what to discuss with the teacher.

**Ask questions:** Come to the conference with list of questions regarding your child's academic and social issues. Some good questions to ask may include:

- What are my child's academic talents and weaknesses?
- Does he or she consistently meet your standards for completing assignments?
- How does he or she interact and contribute to classroom activities and discussions?
- How much time should homework take?
- What specific things can I do to follow through at home?

If you need some teachers' answers clarified, ask for specific examples or more detail.

**Keep an open mind:** Some parents can get angry or defensive when teachers discuss trouble spots. Remember that these conferences are meant to help you understand your child's school performance. Working together with the teacher will help your child succeed.

## INSIDE THIS ISSUE

The Principal's Desk	1
PTA President's Message	2
Valley Elementary Education Foundation	3-4
Calling all Tigers - Volunteers Wanted	5
Monthly Reminders	5
Gate Testing Information	5
Valley Student Services	6-8
PTA Board 2015-16	9

**Take notes:** Taking notes during the conference so that you remember everything the teacher says. After the meeting review your notes. If something is unclear, schedule a follow up meeting with the teacher to clarify.

**Make the most of your time:** Conferences are tightly scheduled for every 15-20 minutes. Parents need to be on time and stay within the allocated time. Remember that conferences are brief, so keep the conversation focused. Try not to bring babies or young children to the meeting, as they can cause distractions.

**Tell your child:** After the conference, meet with your child and discuss the teacher's comments. Remember to praise all the things your child is doing well and pass along the teacher's compliments. If you need to, talk about areas that you and the teacher will be working on with your child to help them improve. It is essential that your child understand that you and the teacher are there to support them and to make their school experience the best it can be.

Remember that schools and teachers welcome parent involvement year-round. Be sure to let the teachers know that you are following through on what was discussed and that you would like to hear about progress in class. Feel free to call and schedule a phone or in-person conference anytime you think there's a need.



## PTA President's Message

~ *Denise Anger*

October was another fun and busy month for Valley Tigers! The PTA organized five major events. On October 12–23 the PTA held our fourth annual **Read-a-thon**. Thank you to Cathy Barger for chairing this educational event. Almost half of our students participated with 343 students reading a total of 136,388 minutes over 10 days. That is over 3 months' worth of minutes! The teachers and principal modeled reading to inspire our Valley Tigers to read. Our two most well-read classes this year are: Sra. Flores' class with 10,721 minutes and Sra. Ruvalcaba's class with 15,054 minutes. They will each win an ice cream party. The students could also collect pledges for their efforts (50% goes to the students to buy books and 50% goes to the teacher to buy books for the classroom). At the close of the read-a-thon we had received over \$6800 in pledges! Students who obtained pledges will redeem their vouchers at the Scholastic Book Fair from October 30 through November 6. We are so proud of our Tigers for their commitment to reading.

**Red Ribbon Week** was another fun-filled week with spirit days ranging from "Teaming Up Against Drugs" and wearing our favorite team jerseys to "Saying No from Head to Toe" and wearing crazy hair and socks. The kids all recited pledges to be drug-free and signed a red ribbon for their doors. Red Ribbon week ended on Friday, October 30th, when the kids were invited to "Say BOO to drugs" and wear their Halloween costumes to school. The costume parade that morning was a sight to behold! A great big thank you goes out to Diana Aldrete for her vision and hard work making Red Ribbon week so fantastic this year!

In other health-related news, we held the PTA's annual **Eat With Your Child Day** on Tuesday, October 27, during Red Ribbon Week. Many parents and relatives joined us at Valley to have lunch with their students. It was a fun day for all. Thank you to Shawna Hamon, Elizabeth Hulterstom, and their committee for their tireless efforts in putting on this fun event.

The PTA collected artwork submissions at the beginning of the month for this year's National PTA Reflections Art Program and would like to thank Heather Schmalbach and Sara Langer for running this artistic event. Congratulations to all of the students that let their imagination fly! We had a record 54 total entries this year in literature, dance choreography, music composition, and visual arts.

We have so many talented artists here at Valley! Special recognition goes out to our 16 finalists, whose artwork will advance to the next level of competition at the Palomar Council. This year's finalists are:

- Asher Tovey (Sra. Lucey, TK)
- Catalina Husseman (Sra. Flores, 2nd grade)
- Leela Sessoms (Sra. Flores, 2nd grade)
- Kendall Manlove-Smith (Sra. Flores, 2nd grade)
- Ryan Barger (Sra. Perucho-Green, 2nd grade)
- Giovanni Russo (Sra. Perucho-Green, 2nd grade)
- Emma Langer-Weida (Sra. Plascencia-Contreras, 2nd grade)
- Kevin Montar (Sra. Plascencia-Contreras, 2nd grade)
- Vanessa Gomez (Sra. Plascencia-Contreras, 2nd grade)
- Tennyson Pankretz (Ms. DeLeon, 2nd grade)
- Genesis Smith (Ms. Romero, 3rd grade)
- James Pankretz (Mr. Pantaleon, 4th grade)
- Ava Russo (Sra. Kitts, 4th grade)
- Easha Ashraf (Sra. Wright, 5th grade)
- Elliot Husseman (Sra. Ruvalcaba, 5th grade)
- Sunshine Tovey (Sra. Ruvalcaba, 5th grade)

We ended October with a bang at our annual Boogie Bash! This was an event not to be missed! We had a great DJ and dancing in the MPR, and food, desserts, games, and prizes in the lunch area. Ms. Grimes led a fun costume parade and the kids decorated cookies and won tickets at various games to be redeemed at our prize table. The Book Fair was also a big hit as parents and children could browse the fair together without the before or after-school rush that is common during the school week. A big thank you goes out to our former PTA President, Tammie Statler, and her family for doing a great job of DJ'ing for our dance. Serena Arellano, Monica Landeros, Stefanie Goldstein, Shawna Hamon, and an additional 20 volunteers did an amazing job of decorating, setting up, running our food and cookie-decorating stations, playing various games, and working the prize table. It was truly a team effort with Mr. Ceceña even working the food station and serving nachos and pizza for much of the night. Thank you to everyone who helped make it such a success. As one of the parents said to me after the event, it really was one of the best Boogie Bashes ever!

With the holiday season in full swing, get ready for more PTA fun and mark your calendars for our Winter Craft Fair scheduled for Saturday, December 5th, from 8:00 to 11:00 a.m. in the MPR. Be on the lookout in Paw Prints for volunteer sign-ups in the next few weeks and get ready to be inspired and have a great time planning with your fellow Valley volunteers. As always, it takes all of us working together to make these great events happen for our children. Thank you for your support!



**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.



### Final Days to Make Your Dime a Day Donation

The Dime a Day campaign is the Foundation's annual giving campaign. We know, during this difficult time in our economy, that every gift is a sacrifice. So when structuring our annual giving program, we were deliberate to create options that could fit every budget — and allow every family to participate.

There are 180 days in the school year. We ask that each student consider donating one dime per day. Thank you to the following family for sending in their contributions.\*\*\*\* To add your name to this list, go to the Foundation's website at ValleyEEF.org and click on the DONATE NOW button.

The Abrom Family	The Lockyer Family
The Amidei Family	The Lucca Family
The Anger Family	The Manuelli Family
The Bear Family	The Martinez-Vizuet Family
The Bell Family	The McDonald Family
The Brintle-Franklin Family	The McGhee Family
The Carlson Family	The Medina Family
The Castelan-Baranda Family	The Monroe Family
The Castelan-Garcia Family	The Moya-Inzunza Family
The Cazares Family	The Murillo Family
The Cedillo Family	The Mycek Family
The Colin Family	The Newham Family
The Collins Family	The Nguyen Family
The Companioni Family	The Noonkester Family
The Crepeau-Boyd Family	The Ohta Family
The Cuevas Family	The Ornelas Family
The Culleton Family	The Ortiz Family**
The Davisson Family	The Pankretz Family
The Deleon-Ford Family	The Portales Family
The Doud Family	The Prather Family
The Doughman Family	The Pruginin-Jaramillo Family
The Dow Family	The Rath Family
The Dowd Family	The Roberts Family
The Estevez Family	The Rosas Family
The Falucho Family	The Rosati Family
The Familia Family	The Rose Family
The Frason Family	The Ruiz Family**
The Gagnon Family	The Ruiz-Soto Family
The Galindo Family***	The Russo Family
The Garcia Family	The Sanchez Family
The Garrity Tsunoda Family	The Sandoval Family
The Gharst Family	The Sessoms Family
The Gonzalez Family	The Sidhpura Family
The Graham Family	The Sierra-Miller Family
The Gutierrez Family	The Silvestri Family
The Guzman Family	The Slansky Family
The Hamon Family	The Slocomb Family
The Harris Family	The Smeal Family
The Hashemi Family	The Smith-Earle Family
The Headley Family	The Tagulinao Family
The Hendricks Family	The Tarlac Family
The Hunsicker Family	The Terrones Family**
The Javier Family *	The Thyagaraja Family
The Jimenez Family	The Tognetti Family
The Jones Family	The Traynum-Sears Family
The Khoa Vo Family	The Vasquez Family
The Krehbiel Family	The Vega Family
The Lamey Family	The Vinson Family
The Lapastora Family	The Visoka Family
The Lehrer Family	The Vo-Le Family
The Little Family**	The Widjaja-Harjanto Family
	The Zambrano Family

\* Donor contributes monthly

\*\* Donor obtained matching funds from employer

\*\*\* Donor is a Valley teacher

\*\*\*\* This list is current as of Oct. 1, 2015



### Get Your Money Matched!

Thank you to everyone who has made a donation to the Foundation! Don't forget to see if your company, or that of your spouse, matches charitable donations made by its employees. We encourage you to take that extra step to double your donation — and double the difference you're making for the students and teachers at Valley. Please go to <http://valleyeef.org/corporatematching.html> to see if your company matches. Thank you for your support!

### The Foundation Needs a Volunteer Coordinator

Every year, the Foundation is on the lookout for other parents to join the board — to continue the tradition that our founders started when they established the Foundation in 2006.

Our biggest need this year is to find someone who can be our **Volunteer Coordinator** to help rally the troops for the 10th Annual Cinco de Mayo Trail Run, scheduled for May 7, 2016.

To help out, email Krystn Monroe at [kmonroe@ValleyEEF.org](mailto:kmonroe@ValleyEEF.org)

### The Foundation Can Grant Your Wishes!

The Foundation is accepting grant applications from Valley teachers looking for funding for classroom projects or needs. To apply, go to <http://valleyeef.org/applyforagrant.html> to apply for a grant. The deadline for applications is Nov. 13, 2015. For more information about the Foundation's mini grant program, email our grant coordinator, Gabriela Dow, at [gdow@ValleyEEF.org](mailto:gdow@ValleyEEF.org).

### Learn More

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



### Register Today for the Foundation's Inaugural Golf Tournament

The inaugural Valley Elementary Educational Foundation Golf Tournament, sponsored by Future Champions Golf, owned by Valley parents Chris and Robin Smeal, is just around the corner!

The tournament is scheduled for **Spring 2016**, at the Carmel Mountain Ranch Country Club, 14050 Carmel Ridge Road, San Diego, CA 92128.

Carmel Mountain Ranch Country Club is one of the premier semi-private golf clubs in the greater San Diego area. The course has hosted U.S. Open qualifying, the San Diego Open qualifying and many local events.

The tournament will begin with an 8 a.m. shotgun start and will feature a four-player scramble format. All proceeds will benefit the Valley Elementary Educational Foundation.

The tournament is open to 120 players. The fee is \$100 per player or \$400 per team. Each player's fee includes a Burger Bar lunch after the round, followed by an awards ceremony.

Guests who don't golf, but still want to be part of the fun, can join us for lunch. Lunch tickets are \$30 per person. The festivities will also include a raffle and the chance to purchase a second chance, known as a mulligan package.

"A mulligan is a second chance to perform an action, usually after the first chance went wrong through bad luck or a blunder. Its best-known meaning is in golf whereby a player is informally allowed to replay a stroke (though this is against the formal rules of golf)."

### How Can You Help?

**Be a Sponsor:** Sponsorship opportunities include the Title Sponsor, Hole Sponsor, Lunch Sponsor and Awards Sponsor.

**Donate Raffle Items:** We are seeking raffle items, including golf-related items, experiences or memorabilia.

**Be a Volunteer:** We need volunteers to sell raffle tickets, collect score cards, tabulate scores, assist with the awards ceremony and help with lunch.

**Event Photographer:** We also need someone to shoot the event.

To register, go to [FutureChampionsGolf.com/Valley](http://FutureChampionsGolf.com/Valley). For more information, call Chris Smeal at (619) 339-2377.



## ~ Calling all Tigers ~

### Our Volunteers Make Valley a Great School

#### Volunteer Spotlight

**Chair Wanted for Valley's Variety Show!** The PTA is actively seeking an individual or two to be in charge of Valley's Variety show which has been scheduled to be held in our MPR next year on January 29th. If no chair(s) can be found, then we won't have a Talent Show this year. For those new to Valley, our talent show is pretty standard – musical acts, dance acts, comedy acts, etc. all performed for one night for their parents. Everyone is welcome to participate as long as they show a commitment by coming to the try outs and rehearsal(s) (the chair determines how many rehearsals there will be). If you step up to chair you are likely looking at 3–4 days you will need to come to school after-school hours to do the try outs, rehearsal(s) and show. If you are willing to help make this program a reality, please send an email to [valleypta@yahoo.com](mailto: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*
- *Nov. 2 – No School*
- *Nov. 3, 4, 5 – school dismissal at 12pm*
- *Nov. 2 – 5 Parent Teacher Conferences*
- *Nov. 11 – No School Veterans Day*
- *Nov. 23 – 27 No School for Thanksgiving Holiday*



#### 2015–2016 GATE Testing Information

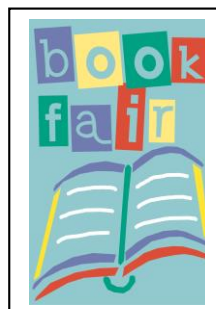
Gifted and Talented Education (GATE) involves services for students whose cognitive needs may require modified classroom curriculum and instruction to accommodate their learning differences and ensure their achievement. Parents may request GATE testing for students in grades 2–7.

<u>Test Date (only 1 test opportunity)</u>	<u>Request Submission Window</u>
<b>SCHOOL SITE /SCHOOL DAY TESTING</b> <b>Thursday, January 21</b> @each school site during the school day.	<b>Monday, September 8 through Friday, November 20, 2015</b>

To request GATE testing for your child, complete a *GATE Parent Questionnaire/Test Consent* form online through the PUSD GATE webpage

<https://onlinereg.powayusd.com/GateSurvey/>

**NOTE:** Requests for GATE Testing will only be taken during the request submission window dates. If you have questions, please contact your child's school office.



#### **Scholastic Book Fair**

Nov. 2 to Nov. 6

This year you can order online.

Let your family know – send them your wish list. Go to

[www.ValleyPTA.com](http://www.ValleyPTA.com)

**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: Empathy and Skills for Learning**

*Empathy* is a key ingredient in the development of prosocial behaviors and interpersonal problem-solving skills. It is necessary for social-emotional competence and contributes to academic success. Being able to identify, understand, and respond in a caring way to how someone is feeling provides the foundation for helpful and socially responsible behaviors, friendships, cooperation, coping, and conflict resolution, all of which help children succeed in school.

Students with higher levels of empathy and its related skills and behaviors are more likely to be:

- ❖ Academically successful
- ❖ Accepted by peers
- ❖ Socially skilled
- ❖ Less aggressive
- ❖ Emotionally supportive to others

Students with lower levels of empathy and its related skills and behaviors are at greater risk for:

- ❖ Lower academic achievement
- ❖ Peer rejection
- ❖ Classroom discipline problems

The Second Step program explicitly teaches Skills for Learning to ensure that all students develop the foundational self-regulation skills necessary for successful participation in learning. Most importantly:

- ❖ Listening with attention
- ❖ Being assertive

Have you (3rd–5th grade parents) logged on to [www.secondstep.org](http://www.secondstep.org) yet? Go online to [www.secondstep.org](http://www.secondstep.org) and enter your grade and school specific activation key. Click on the Families tab for research, games, activities and videos!

Please take a look at the PUSD website for upcoming Parent Education courses.

[http://www.powayusd.com/depts/student\\_support/activeparenting.shtml](http://www.powayusd.com/depts/student_support/activeparenting.shtml)



## De-Stress Your Daily Life!



*Join us for a free parent education opportunity!*

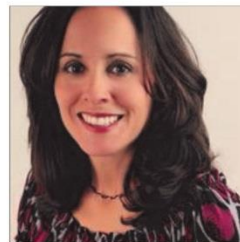
*Monday, November 9th 6-7:30 p.m.*

*Caring Connections Center  
13626 Twin Peaks Rd. Bldg. #300 Poway, CA*

*With the busyness of life, it's critical to understand how stress impacts us on a daily basis. Let's finally make self-care a priority and make time to learn some effective tools in better managing our stress. We can then teach and practice these tools with our children. Please join Dr. Long in a much needed discussion about how stress impacts our bodies, the benefits of stress and some simple tools to practice and incorporate in our daily lives.*

Please note: Dr. Long will make time to practice some of the skills and answer questions.

▶ ▶ ▶ **RSVP Today! 858-668-4084**



**Madeline Polonia Long, Psy.D.** is a bilingual clinical psychologist who has specialized in working effectively with children and families for the past 15 years. Among Dr. Long's areas of expertise are depression, anxiety, grief and loss, life transitions, anger management, stress management and parent-child relationships.

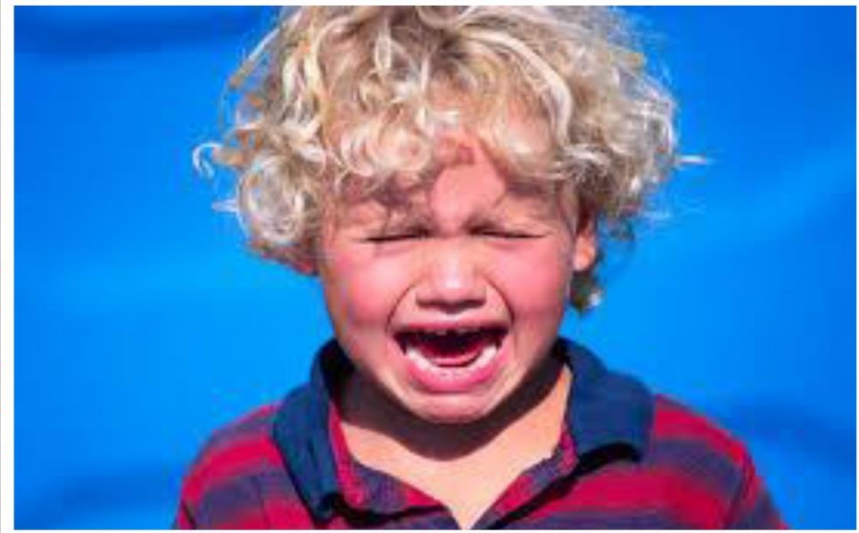
*PUSD Parent Education  
A proud service of  
Student Support Services Department  
Caring Connections Center*

[www.powayusd.com/depts/student\\_support/](http://www.powayusd.com/depts/student_support/)

[www.drmadelinelong.com](http://www.drmadelinelong.com)

## HELP YOUR CHILD MANAGE STRONG FEELINGS!

*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](http://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.*

**Helping Your Child Manage Strong Feelings and Engage Cooperation!** *Learn how to get your child to do what they need to do even though they don't want to! (ex: morning, homework and bedtime)*

**Wednesdays: 11/18 and 12/2**  
**6:00-7:45 p.m.**  
**@Painted Rock**

**Wednesdays: 3/16 and 3/23**  
**6:00-7:45 p.m.**  
**@Stone Ranch**

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

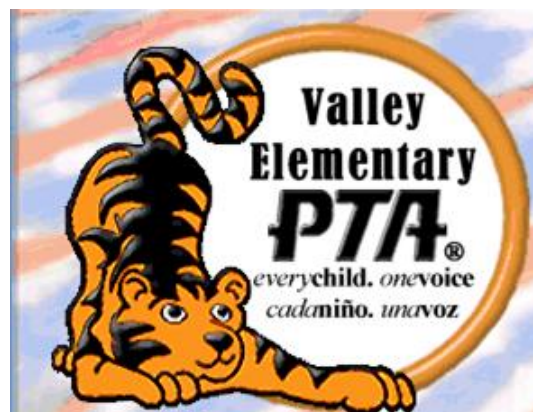


FOR MORE INFORMATION:

[www.powayusd.com/depts/student\\_support/](http://www.powayusd.com/depts/student_support/)  
[www.theparentworkshops.com](http://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	OPEN	
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	OPEN	
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.

