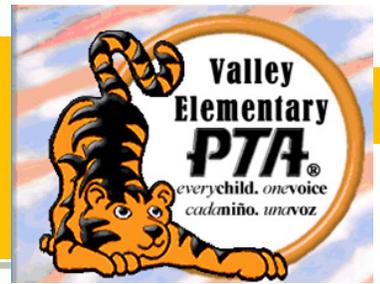


# TIGER TALK

The Voice of Valley Elementary PTA



February Issue 6 (2015-2016)



## The Principal's Desk

~ Ricardo Ceceña

### The Power of Positive Praise

One way that parents can really help their children is by carefully choosing the words that are used when they praise them. Every word parents say and action they perform sends a message to their children. These words and actions tell children how to think about themselves. Parents should always praise their child's effort instead of praising their accomplishments. The following table includes some examples.

So the next time you are ready to praise your child, stop and think about how to use that opportunity to praise his or her effort instead of accomplishments.

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I'd also like to take this time to invite all Valley parents to our next PTA sponsored, *Coffee with the Principal* on February 8th in our Multi-purpose room. During this morning's presentation I will be discussing the instructional shifts with the new California State Language Arts Standards and giving update on current events happening at Valley this month. Coffee and treats will be served at 8:00am, and the presentation will begin at 8:10am. I look forward to seeing you all there!

| Do Not Say  | Do Say  |
|---|---|
| You are really athletic!                              | You really work hard and pay attention when you are on the field!   |
| You are so smart!                                     | You work hard in school and it shows!   |
| Your drawing is wonderful; you are my little artist.  | I can see you have been practicing your drawing; what a great improvement!  |
| You are a great athlete. You could be the next Messi! | Keep practicing, and you will see great results!  |
| You always get good grades; that makes me happy.      | When you put forth effort, it really shows in your grades. You should be so proud of yourself. We are proud of you! |



## PTA President's Message

~ *Denise Anger*

Our Nominating Committee is currently working to fill PTA Board positions for 2016–2017. 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 that are open:

- **Executive VP** – this position supports the President and is a great way to grow into the President position in the future.
- **VP of Ways and Means** – this position is in charge of choosing and planning fundraising activities for the year like Charleston Wrap, Box Tops, Restaurant Fundraisers, and more.
- **VP Membership** – this position welcomes new members to our PTA and helps them feel a part of the community while collecting membership dues and processing cards and membership packets.
- **Corresponding Secretary** – this position supports the President by sending correspondence like meeting announcements, thank you cards, and board reminders.

There are also chair positions and committee positions available. Some of the top committee positions are as follows:

- **Tiger Trackers Lead** – this position is in charge of our beloved Tiger Trackers program which occurs on Fridays. A team of three main contacts makes this position a good job-sharing role.
- **Room Parent Coordinator** – this position keeps the room parents informed of Valley events, provides needed resources to room parents, and helps plan events during Teacher Appreciation week.
- **Character Counts Chair** – this position is in charge of Character Counts activities and planning for Red Ribbon Week.

There are many ways to get involved and help to ensure that Valley will be a vibrant community for years to come. Please contact any PTA Board member for more information or send an email to [valleypta@yahoo.com](mailto:valleypta@yahoo.com).

On January 29th, 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, gymnasts, and more! We had 30 acts participate and make the show a night to remember. Thank you to our hardworking students, committed parents, and to our co-directors Carolina Barron and Janice Vanstrom for all their hard work!



We have more fun to look forward to in 2016! Our annual Silent Auction and Art in the Valley are coming up fast on Friday, February 26. Come and see your child’s beautiful artwork, bid on great events and products, and enjoy musicians and dessert on a night that is always a crowd pleaser. Be on the lookout for volunteer sign-ups and announcements in Paw Prints coming out in the next week.

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



**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 Cinco de Mayo Trail Run can help you keep any and all of those resolutions.

It's the 10<sup>th</sup> anniversary of the Cinco de Mayo Trail Run and this year's event promises to be bigger and better than ever! Mark your calendar now. The 10<sup>th</sup> Annual Cinco de Mayo Trail Run is scheduled for May 7, 2016, at Lake Poway. Pricing is based on each participant's age, regardless of which race he or she chooses to run.

- Ages 7 and under: \$10
- Kids Race Chaperone: \$20
- Ages 8-17: \$25
- Ages 18 and older: \$40

Fees will go up on April 9 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 our sponsorship chair Gabriela Dow at [gdow@ValleyEEF.org](mailto:gdow@ValleyEEF.org).

#### Other Ways to be 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!**

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.

**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.

**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.

This is our chance to help the teachers and students at Valley! This year's goal is to purchase more technology for our teachers and their classrooms. We need you! For information about how you can help, go to our newly designed race site at <http://CincodeMayoTrailRun.org>.



## ~ Calling all Tigers ~

### Our Volunteers Make Valley a Great School

#### ART IN THE VALLEY

##### **Art in the Valley Needs Many Volunteers!**

Art in the Valley is coming up on February 26th. It consists of a Silent Auction (in the library) that raises money for Valley programs, an Art Show (in the MPR) that showcases our children's talent, a Dessert/Coffee time to connect with other parents and listen to musicians perform. If you can help with art preparations, baking dessert or for an hour on Feb 26th please email [valleypta@yahoo.com](mailto:valleypta@yahoo.com).

##### **Calling Valley Bakers!**

We love homemade desserts and would love to serve your delicious treats on the night of Feb 26<sup>th</sup> at Art in the Valley. If you are able to deliver 2 dozen baked goods on the morning of the 26th, you will earn a complimentary ticket into Art in the Valley that night. Use this Sign-up Genius to sign-up: <http://www.signupgenius.com/go/20f044ea9af29a7fa7-bake> There is limited space, so please sign-up soon!

##### **SILENT AUCTION DONATIONS WANTED**

Do you own a business or work for a generous boss? The PTA is currently collecting donations for this year's Silent Auction. We are looking for merchandise or gift certificates from many different industries (entertainment, dining, services, sports & fitness, fashion, home & garden, etc). It's a great way to promote a business and all donations are tax deductible! Please contact [valleypta@yahoo.com](mailto:valleypta@yahoo.com) to contribute.

#### **MONTHLY REMINDERS**

- *Wednesdays- Workroom Support & Spirit Day (wear your Valley or College T-shirts)*
- *Fridays - Valley Pride Day & Tiger Trackers*
- *Feb 5 - Box Tops Due*
- *Feb 8 - Coffee with the Principal*
- *Feb 15 - 19: No School, President's Week*
- *Feb 26 - Art in the Valley*

#### **Support the Cinco De Mayo Trail Run**

In celebration of our 10th Annual Cinco de Mayo Trail Run on May 7, we're striving for even bigger registration numbers this year. To make it happen — and to continue to impress our runners, sponsors and the community with a well-executed event — we need the help of our fabulous volunteers. Be part of the crew and even receive a staff shirt!

Hundreds of volunteers are needed to do jobs large and small! 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.

Get the first pick of volunteer spots!

- Go to [www.cincodemayotrailrun.org/volunteer](http://www.cincodemayotrailrun.org/volunteer)
- Click on Volunteer
- Scroll down to find a position that has spots available and looks like a good fit for you.

Pass the news on to any other friends or family members who want to be part of this fun event!

#### **Recruit Virtual Runners**

Not a runner or a walker? Don't sweat it!

Sign up to be a virtual runner! It's also the perfect option for 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!

#### **Calling for Kids to be Team Captains For Their Classroom**

We're calling for a team captain from each classroom! If your student wants to be a team captain and classroom ambassador, please email our team coordinator, Hilda Soto, at [hsoto@ValleyEEF.org](mailto:hsoto@ValleyEEF.org). 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> .



**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*

**VALLEY TIGERS** have registered for the *Great Kindness Challenge* nationwide from January 25<sup>th</sup> – 29<sup>th</sup>!

The Great Kindness Challenge was created by Kids for Peace to provide schools a tool for creating a positive school environment. The Great Kindness Challenge is a proactive and positive bullying prevention initiative that improves school climate and increases student engagement.

The Great Kindness Challenge is a week dedicated to performing as many acts of kindness as possible nationwide. Each class was provided with a checklist of 50 kind acts and viewed the following video to kick off the event. <https://www.youtube.com/watch?v=6GJicr8rNjw>

**But why stop now?** Here is a copy of the *Great Kindness Challenge* checklist to continue to do throughout the year because KINDESS MATTERS!

Thank you for helping students accept the challenge and for proving that bullying is weak and kindness is strength!

**Upcoming Parent Education Classes**

Reserve your space online today at [www.theparentworkshops.com](http://www.theparentworkshops.com)

*Consequences That Work and Manage Sibling Rivalry!* 2/4 and 2/11, 6 p.m. at Park Village Elementary School.

*Helping Your Child Manage Strong Feelings and Engage Cooperation!* 3/16, and 3/23, 6pm at Stone Ranch Elementary School.

*Active Parenting of Teens Series!* 3/15, 3/22, 3/29, and 4/5, 6:30 p.m. at Bernardo Heights Middle School.

Kids for Peace presents



We challenge you to perform as many kind deeds as you can in one day. Using this list, check off your acts of kindness as you go. Have fun!

Presented by  
 Dignity Health™

### Acts of Kindness Checklist

- |  |   |
|--|---|
| ☺ Smile at 25 people                           | ☺ Donate needed school supplies                     |
| ☺ Take a treat to your local firefighters      | ☺ Thank a bus driver                                |
| ☺ Do a household chore without being asked     | ☺ Leave a flower on someone's doorstep              |
| ☺ Pick up trash in your neighborhood           | ☺ Donate something to an animal shelter             |
| ☺ Take a board game to play at a senior center | ☺ Call your grandma or grandpa                      |
| ☺ Read a book to a younger child--             | ☺ Walk or bike instead of driving                   |
| ☺ Say "Thank you" to a police officer          | ☺ Make a thank you card for your librarians         |
| ☺ Entertain someone with a happy dance         | ☺ Thank an elected official for their service       |
| ☺ Help an elder cross the street               | ☺ Say "Good Morning" to 5 people                    |
| ☺ Push someone on a swing                      | ☺ Be kind to yourself and eat a healthy snack       |
| ☺ Pick up trash at the water's edge            | ☺ Deliver a special gift to a child in the hospital |
| ☺ Make a new friend                            | ☺ Draw a heart in the sand or dirt                  |
| ☺ Write a thank you note to your mail carrier  | ☺ Send a card or gift to a military family          |
| ☺ Walk a dog (or cat!)                         | ☺ Make a wish for a child in another country        |
| ☺ Plant a tree                                 | ☺ Donate food to a food bank                        |
| ☺ Say "Hi" to a homeless person                | ☺ Hold the door open for someone                    |
| ☺ Learn to say "Thank you" in a new language   | ☺ Write a happy message with sidewalk chalk         |
| ☺ Help clean up a park                         | ☺ Leave a painted rock on a friend's doorstep       |
| ☺ Say "Thank you" to a lifeguard               | ☺ Make sack lunches for the homeless                |
| ☺ Write a love note to your caretaker          | ☺ Compliment 5 people                               |
| ☺ Paint a picture and give it to someone       | ☺ Make and display a "Kindness Matters" sign        |
| ☺ Host a lemonade stand and donate proceeds    | ☺ Call a radio station and wish them a nice day     |
| ☺ Recycle your trash                           | ☺ Sweep the sidewalk on your street                 |
| ☺ Hug your sibling or friend                   | ☺ Help plant a garden                               |
| ☺ Cut out 10 hearts and leave them on 10 cars  | ☺ Create your own kind deed                         |

Please visit our website to share your stories, photos and videos of kind deeds.

 [www.greatkindnesschallenge.org](http://www.greatkindnesschallenge.org)



# ACTIVE PARENTING OF TEENS!

*Set Your Child Up For Success!*



*This highly successful, research based program by Michael Popkin, Ph.D, provides parents with the skills they need to use effective discipline, teach responsibility and communicate with their teens. This presenter celebrates nearly 20 years of helping PUSD parents navigate the rough waters of the teen years!*

*\*Reserve your space online TODAY at: [www.theparentworkshops.com](http://www.theparentworkshops.com)!*

*Tuition is due on the first evening. Cash or check made out to PUSD only. Series is \$39/individual or \$69/couple.*

*Sorry, no refunds.*

*Thursdays: 10/22, 10/29, 11/5, 11/12*

*@Oak Valley Middle School*

*Wednesdays: 1/20, 1/27, 2/3, 2/10*

*@Twin Peaks Middle School*

*Tuesdays: 2/9, 2/23, 3/1, 3/8*

*@Black Mountain Middle School*

*Tuesdays: 3/15, 3/22, 3/29, 4/5*

*@Bernardo Heights Middle School*

*\*All evenings are from 6:30-8:30 p.m. in the library.*

*\*Active Parenting of Teens books will be available for purchase at class.*

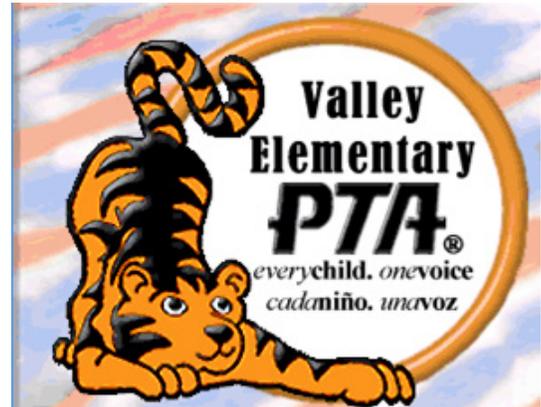


FOR MORE INFORMATION:

[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                   | 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.

