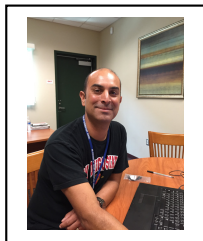
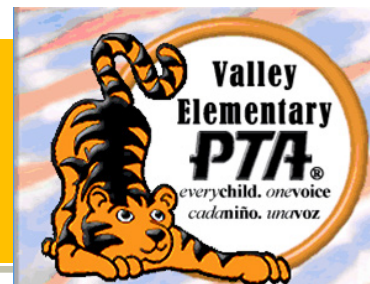


TIGER TALK

The Voice of Valley Elementary PTA

January 2016 Issue 5 (2015-2016)



The Principal's Desk

~ *Ricardo Ceceña*

Happy New Year

It's hard to believe that 2015 has come to an end. I can't believe how fast it has gone by. It must mean that we are having a great time!! I can't help but be thankful for all that we have here in our Valley Community. As always our blessings are abundant and friendships and families are important. I hope everyone is having a restful and peaceful vacation filled with wonderful memories. We have lots of learning and activities to look forward to in 2016 and I can't wait for school to resume on January 4th!

I would also like to take this time to remind all parents of the importance of students attending school every day unless excused for illness. During the following three months teachers will be covering important material in their classrooms and we have found that students make the most growth academically at this time of the year. With the scheduled holidays, we have less of that precious time for prime learning opportunities. Therefore, we are asking that you please try to schedule family trips, doctor/dental appointments for after school hours. There is no substitute for in-class instruction by the teacher. However, if your child must be absent for any reason, please request a homework packet from your child's teacher and please call our **"ABSENCE HOTLINE"** at **(858) 748-2038**. You may call anytime day or night. Something else to keep in mind is ADA, Average Daily Attendance monies, (\$30 per day/per student). This is funding that is paid to our school district by the State of California based on the number of students in daily attendance. If students are absent for any reason monies are not given from the state.

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If your child will be absent for five (5) days or more, for reasons other than illness, doctor/dental appointment or funeral, it is important that you request and sign (in the office prior to the absence) an OFF CAMPUS INDEPENDENT STUDENT CONTRACT (OCIS). Your child's absence will then be excused through the completion of a contract and we will receive monies from the state. Please contact our attendance clerk for information on this contract.

Thanks for being such a wonderful community to work with. Here's to a great second half!





PTA President's Message

~ *Denise Anger*

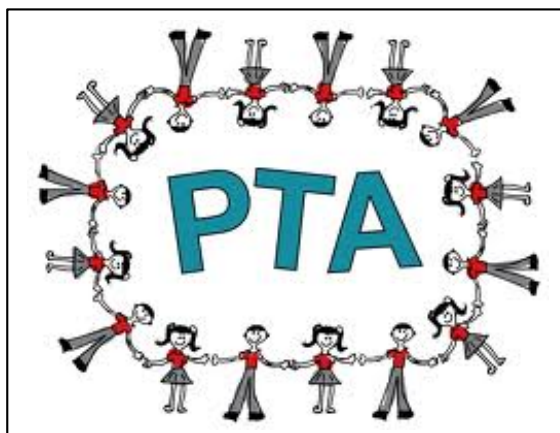
Happy New Year! I hope you enjoyed the holiday season and were able to relax and spend time with family and friends. Toward that end, the PTA sponsored two wonderful programs in the month of December.

On December 5, the PTA held our annual Winter Craft Fair. We had over 250 children (and their parents) come to make holiday gifts for loved ones. Thank you to Heather Schmalbach and her committee members for their hard work putting on this event. Thank you also to Poway Parks and Recreation who sponsored a table and to the Rancho Bernardo Sunrise Rotary Club, who provided breakfast, a gift table, and lots of volunteers. We could not do this wonderful event without their generous support. The Craft Fair is one of our favorite events at Valley and the PTA looks forward to it each year!

During December, the PTA also sponsored Adopt-a-Family. The PTA's Adopt-a-Family mission is to make the holidays bright for families in need in our community. This year Valley donated over \$1500 in gift cards to bless families during the holidays. Thank you to Stefanie Goldstein and Dorinda Soucek for coordinating this amazing program.

With the holiday festivities behind us, we have more fun to look forward to in 2016! We are excited about our talent show, Valley's Got Talent, scheduled for January 29th and will be running auditions and rehearsals over the coming weeks. If you signed up to participate in the talent show before the break, the first audition is on Thursday, January 7, from 6:00 to 8:00pm in the MPR. I'd like to thank Carolina Barron and Janice Vanstrom for organizing this fun event.

These enriching events can't happen without dedicated volunteers like you. The PTA will hold a General Association meeting immediately preceding the talent show on January 29 where we will select the nominating committee. The committee will recruit volunteers to serve on the 2016-2017 PTA Board. Please consider taking a leadership role in the PTA to continue the PTA's great work at our school. 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 Foundation Can Grant Your Wishes

The Foundation gives mini grants to Valley teachers, parents and administrators for programs, initiatives, projects or supplies. For more information, go to <http://ValleyEEF.org> and click on Apply for a Grant. From there you can download and complete a grant application. The deadline to apply is Jan. 22, 2016. Grants will be awarded on Feb. 6. For information, e-mail Gabriela Dow at gdow@ValleyEEF.org.

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 10th 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 10th 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. 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 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.

Be a 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!**

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.

Volunteer: Hundreds of volunteers are needed to do jobs large and small to help the event come off without a hitch. 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.

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

Volunteer Spotlight

TIGER TRACKERS HELP NEEDED FRIDAYS

This is a great way to get involved at Valley and the kids really enjoy the running program. We need help from parents of 1st–5th graders one Friday per month from 11:15 – 12:50 to assist in tracking the laps the kids run around the track. A lot of the volunteers have younger children and they are welcome to come also.

Please email sharonjones2004@gmail.com to let her know your availability. You can specify which Friday would work best for you.

MONTHLY REMINDERS

- *Wednesdays– Workroom Support & Spirit Day (wear your Valley or College T-shirts)*
- *Fridays – Valley Pride Day & Tiger Trackers*
- *Jan. 15 – NO SCHOOL Professional Growth Day*
- *Jan. 18 – NO SCHOOL Martin Luther King, Jr. Day*

Support the Cinco De Mayo Trail Run

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. 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!

WE  **VOLUNTEERS**



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: Problem Solving

Students' social problem-solving skills can be improved by direct instruction. Teaching problem-solving skills reduces impulsive behaviors, improves social competence and friendships, and prevents violence. The *Second Step Problem-Solving Skills* include:

- ✓ S – Say the problem. Say the problem in a neutral, non-blaming way.
- ✓ T – Think of solutions. Make sure solutions are both safe and respectful.
- ✓ E – Explore consequences. Look at both positive and negative consequences of carrying out a solution.
- ✓ P – Pick the best solution. Find solutions that best meet prosocial goals.

Students with stronger problem-solving skills are more likely to be:

- ✓ Academically successful
- ✓ Socially well-adjusted
- ✓ Less impulsive and less aggressive

Students with weaker problem-solving skills are more likely to:

- ✓ Interpret others' behaviors toward them as hostile
- ✓ Respond aggressively to conflict

Go online to www.secondstep.org and click on the Families tab for research, games, activities and videos!

Upcoming PUSD Parent Education Courses

Positive Parenting Program Series!

1/12, 1/14, 1/19 from 6-8 p.m. @ Los Penasquitos Elementary School.
Please call the Caring Connections Center, 858-668-4084, to register!

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

HOW TO TALK SO KIDS WILL LISTEN!

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.

Back by popular demand and based on the best seller by Adele Faber and Elaine Mazlish. Learn to create a climate where cooperation occurs and behavior changes! Also included - the problem solving steps from the Second Step research-based curriculum your children are currently learning at school!

Thursdays: 1/21 and 1/28
 6:00-7:45 p.m. @Del Sur

Wednesdays: 3/30 and 4/6
 6:00-7:45 p.m. @Highland Ranch

*Call 858-668-4084 for childcare!



FOR MORE INFORMATION:

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

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!

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/
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.

