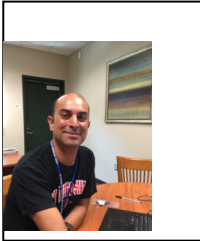


# TIGER TALK

*The Voice of Valley Elementary PTA*

September Issue 1 (2016-2017)



## The Principal's Desk

**Ricardo Ceceña**

The opening at Valley has been AWESOME! Excited teachers, students, and parents filled the hallways, and sharpened pencils, new crayons, and glue sticks fill backpacks. As I walked the halls and classrooms these first few weeks, I could feel the excitement in the air. I know we're going to have another amazing year preparing our Tigers for their futures in college & career.

For those of you new to Valley Elementary School and the community of Poway, welcome! You have come to a wonderful neighborhood that offers numerous opportunities for the family. We hope that you become involved with and informed about all of the exciting programs and events that take place at Valley. To our returning families, we welcome you back!

It's with heartfelt thanks to the staff for their dedication to setting up their classrooms, preparing for the start of the school year and holding Back To School Night presentations. I wish to thank the many parents & students who helped us with the staff luncheon, the posting faire and the first day "Boo Hoo" breakfast. Another HUGE thanks goes out to our custodial staff for getting our site ready for the staff and students. We couldn't have done it without you! Also we want to publicly thank Lisa Betterton and all of the staff at ESS for their great job this summer of keeping our Tigers active, involved and safe.

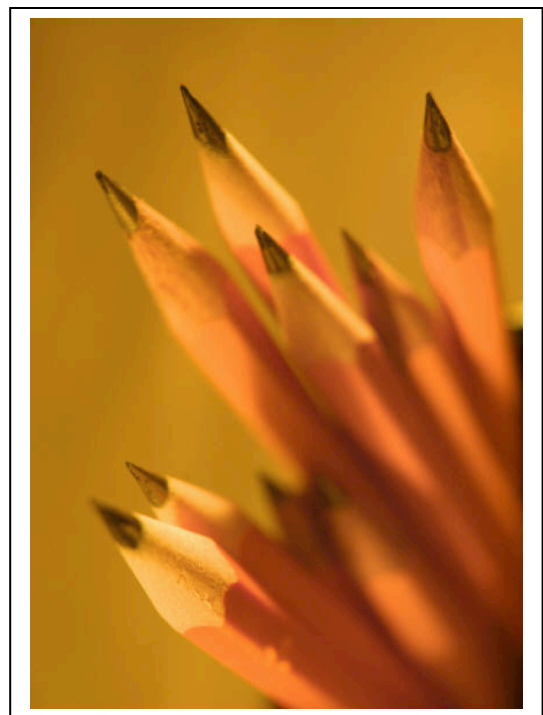
This year we look forward to launching the new Poway Unified School District X-ploration Program for all of our students in grades TK-5 on August 30th. Every three weeks starting on August 30<sup>th</sup>, our Tigers will be receiving instruction from our X-ploration Teachers on Physical Education, Visual & Performing Arts, Science, Technology, Engineering & Mathematics (STEM) and Coding. Lessons will be delivered to

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each session which will provide for our grade level teams a system-wide process for collaboration and professional development.

It has been a terrific first month; I know we will have a great year!





## PTA President's Message

Denise Anger

Welcome to the 2016-2017 school year! My name is Denise Anger and I am your Valley PTA president. I have been at Valley since 2009 when my son started preschool. My oldest finished at Valley in 2015 and started 7<sup>th</sup> grade last week. I still have a 5<sup>th</sup> grader, a 3<sup>rd</sup> grader, and a new kindergartener here at Valley! I am looking forward to the years we have left at our amazing school.

August was a busy month for all of us. Your Valley PTA has already organized or participated in several major events this year:

- We met parents, answered questions, and enrolled over 60 PTA members at the school **Posting Fair** on July 29<sup>th</sup>.
- That same day, we provided a **Welcome Back Lunch** for our exceptional Valley teachers and staff.
- We hosted over 200 Valley parents on August 1<sup>st</sup> at our annual **Welcome Back Breakfast** on the first day of school. A big thank you to Sara Langer and her hospitality volunteers for making our first day so welcoming!
- Immediately following the first day of school we held our **General Association Meeting** at **Back to School Night** on August 2<sup>nd</sup>. We presented our Events, Fundraisers, and Budget. If you attended the general assembly meeting in the MPR, you know that we have a full year of fun programs and activities planned for our Valley students and community. It is my hope that there is something that interests and inspires you to help make these events a reality for our children. That same night we held our first **restaurant fundraiser** at Chipotle in Poway. The restaurant was hopping with Valley patrons and spirit. Thank you to Adriana Gonzalez, our VP of Ways and Means, for coordinating this fundraiser and earning \$680 for our Valley programs!
- We kicked off our **gift wrap fundraiser** last month with Charleston Wrap on August 19<sup>th</sup>. Thank you to all who have already participated in this fundraiser. Please keep telling friends and family that they can order great kitchen products and the best wrapping paper until September 2<sup>nd</sup>. Please refer to the packet that went home for details about ordering online also.
- On August 22<sup>nd</sup> we hosted our first **Coffee with the Principal**. Mr. Ceceña talked about Valley educational goals for the year and fielded questions from many parents. Stay tuned for more information from this meeting in our October newsletter.
- A wide variety of **After-school Programs** began the week of August 22<sup>nd</sup>. We are currently offering LEGO, basketball, flag football, art, Mandarin, and robotics classes to our students in K-5. Thank you to our Afterschool Program Coordinator, Jennifer Berk, for all of her efforts in bringing these fun activities to Valley!
- The return of our **Drama Club** has our 4<sup>th</sup> and 5<sup>th</sup> grade students participating in Romeo and Juliet or A Midsummer Night's Dream. Students in drama club will practice weekly culminating with a performance for parents on the evening of October 13<sup>th</sup>. Thank you to our Drama Director, Lili Husseman, for bringing this hugely popular club back to Valley this year!
- **Tiger Trackers** commenced on Friday, August 26<sup>th</sup>, much to the delight of all our students. Thank you to our Tiger Trackers Lead, Megan Manlove-Smith, our two co-leads, Elizabeth Hulterstom and Trisha Bear, and their various monthly volunteers who make this great program possible for our school. Tiger Trackers will be held every Friday, weather permitting, so be sure to remind your child to wear comfortable clothes and appropriate shoes.
- On August 26, we hosted our annual **PTA Welcome Back Dinner** catered by the Hamburger Factory. We invited teachers and staff to join us and had over 350 Valley parents and students in attendance. The food, music, dancing, dessert table, and especially the tie-dyed shirt station were a huge hit! Thank you very much to our event co-lead, Serena Arellano, our many parent volunteers, and to Cris Rollins and Blanca Fisher (tie-dyer extraordinaire) for helping to make this event a great success!

## Volunteer Spotlight

Research shows that when parents are involved in their children's education, the children are more likely to:

- have better social skills.
- show improved behavior.
- be more positive in their attitude toward school.
- complete homework assignments.
- graduate and continue their education.

Can you pledge to a **minimum of 5 volunteer hours** this school year? There are many ways to volunteer at school. Parents can volunteer in the classroom, help out the teachers by participating in Workroom Wednesdays or fill one of the various open positions with the PTA. This month we are highlighting the position of **Workroom Wednesday Coordinator**.

This Coordinator would organize a schedule for the Workroom Wednesday committee to make sure that each Wednesday there are participants working on the copies, stapling, cutting and laminating work that all the teachers need help with. Ideally this Coordinator would attend the training given by the office staff (date TBD) in September.

Total Volunteer Hours this year: 410

### Room Parents Needed!

Our Room-parent Coordinator, Emilie Koford, is actively looking for **room parents** for every teacher at Valley. The role of the room parent is to communicate directly with parents from the class about school-wide events, classroom-specific events, and volunteer needs for your teacher. It is the perfect job for working or stay-at-home parents alike. We are still looking for room parents in the following classrooms:

- Kinder: Ms. Caddell
- 2<sup>nd</sup> Grade: Mr. Pantaleon, Mr. Briggs (2/3)
- 4<sup>th</sup> Grade: Sra. Molina, Sra. Chavez (4/5), Mr. Caddell (4/5), Ms. Jones (4/5), Ms. Hsieh (4/5)
- 5<sup>th</sup> Grade: Sra. Ruvalcaba

Thank you to those volunteers who have already signed up to be a room parent for your child's classroom. Please email [valleypta@yahoo.com](mailto:valleypta@yahoo.com) if you are able to fill this fun and helpful role for your teacher.

## PTA Membership Drive

Even though August has come to a close, our **Membership Drive** is still in full swing! Our VP of Membership, Lili Husseman, is working hard to make this our best membership drive ever. We have over 180 PTA members and are well on our way to meeting our goal of 300 members. With your help, we know we can do it! Membership is only \$10 and every member counts. Join now if you haven't already done so. Membership forms and envelopes were provided at Back to School night and are also available in the office and can be turned in any time. Thank you also to those who have made **extra donations** to the PTA via the membership form. Your donations of funds and time are essential and very much appreciated!

As always, please visit [www.valleypta.com](http://www.valleypta.com) for the most up-to-date reminders and calendar of events. You can also contact the PTA with questions anytime at [valleypta@yahoo.com](mailto:valleypta@yahoo.com). We look forward to working together this year to do great things for our children!

## What Is Your Story?

The PTA's Reflections Contest is going on now. Reflections is a student recognition program for the arts that encourages creativity and artistic reflection on an annual theme. This year's theme is "What Is Your Story?".

Choreograph a dance, produce a film, write a poem or story, compose a song, take a picture or create a piece of visual art and tell us your story.

Reflections is open to all students, of all abilities, in pre-K through 5<sup>th</sup> grade. Entry forms and rules for participation are available in the front office. Entries are due by September 29<sup>th</sup>. For more information, please visit <http://capta.org/programs-events/reflections>.

## Upcoming Events

Event	Date
Family Art Night	Thursday, 9/14/2016
Eat with your Student Day	Thursday, 9/22/2016
Reflections Art Contest Deadline: What Is Your Story?	Thursday, 9/29/2016
Fall Break	9/30 - 10/7/2016
Read-a-thon	10/2-10/12/2016

## 2016 PTA Welcome Back Dinner Fun!



## Setting Kids Up For Success in the New School Year

A Message from the School Counselor

Veronica Tapia

The start of a new school year can be filled with anxiety for many students as they are faced with a variety of new and challenging tasks. Whether kids are trying to make new friends, learn a new concept in math or navigate all the change that comes with moving to a new school, there is one simple word that can give kids of any age the encouragement and inspiration they need to meet these challenges with confidence.

The research around language and its impact on how our brains become wired has exploded over the last decade and this latest discovery by world-renowned Stanford psychologist Carol Dweck once again confirms the power of our words.

The magical word is *yet* and it becomes incredibly potent when used with individuals who have just expressed concern over not being able to do something or not being good at something. Think of how different the following sentences feel to you when *yet* is added.

I haven't made any friends *yet*.

I don't understand multiplication *yet*.

I can't get across the monkey bars *yet*.

I'm not good at speaking in front of others *yet*.

In her research, Dr. Dweck found that simply using the word *yet* helped individuals see more potential in themselves. This one word literally trains our brains to remain open to challenges and see things more positively. By using this word with our kids, we help them develop a more accurate perspective of learning. Kids begin to realize that ability is something that is fluid rather than fixed and they learn that progress in any area of life can be developed and achieved over time.

Put another way, if an individual believes that he is not good at something, it closes the door to learning in his mind. On the other hand, if an individual understands that she is not good at something *yet*, the door to growth, progress and mastery remains open which naturally results in more confidence, motivation and persistence.

Of course, *yet* is just as powerful for adults as it is for children. So with that in mind, it can be helpful to take a look at the words we use with ourselves including our silent but powerful self-talk. And if you discover that you haven't been thinking and speaking like this don't worry, you just haven't incorporated it into your daily habits and vocabulary *yet*.





## Donate today to the Valley Foundation's Dime-a-Day Campaign!

The Dime-a-day Campaign is the annual giving campaign for Valley's Foundation. The money the Foundation raises provides resources directly to Valley students and teachers, such as ipads and chromebooks in the classroom, technology training for teachers, subscriptions to programs such as RazKids and BrainPop, and grants to teachers for special classroom programs. Please help us continue to bridge the gap between what the school district can provide and what our students need to have the best, most well-rounded education possible. If every Valley student can donate just one dime a day (\$18), then we could raise \$12,960 for our school. If you haven't had time to donate yet, please visit <http://www.valleyeef.org/> and click on **Donate Now** today!

### SUPPORT VALLEY WHILE YOU SHOP



If you love to shop online, take advantage of the Foundation's Amazon Rewards link. Go to the Foundation's website at ValleyEEF.org and click on the green Amazon icon, which will take you directly to the Amazon Smile website. Then shop 'til you drop! Once you're done, Amazon will donate up to 10 percent of your total purchase price back to the Foundation. Promote the program among your friends and family so Valley can benefit from everyone's holiday shopping.

### FOUNDATION GRANTS DEADLINE SEPTEMBER 14

The Foundation has developed a grant program for the various organizations, programs, teachers, staff and administrators that support Valley students.

The Foundation awards mini grants four times during the academic school year. To apply for a Foundation grant to support your activity or program, download and complete a grant application at ValleyEEF.org and click on Apply for a Grant. The next deadline is Sept. 14, 2016. In addition to administering mini grants, the Foundation also helps prepare proposals for large grants funded by outside organizations. For additional information, e-mail Hilda Soto at [hsoto@ValleyEEF.org](mailto:hsoto@ValleyEEF.org).

## Valley Elementary PTA Board 2016-17

Elected Officers	First Name	Last Name
Principal	Ricardo	Ceceña
President	Denise	Anger
Executive V.P.	OPEN	
1st V.P. Ways and Means	Adriana	Gonzalez
2nd V.P. Programs	Audra	Rosati
3rd V.P. Membership	Lili	Husseman
4th V.P. Art Program	Heather	Schmalbach
Recording Secretary	Veronica	Camarillo
Treasurer	Sandie	Sears
Financial Secretary	Kelly	Tognetti
Auditor	Kelly	Kersey
Historian	Serena	Arellano
Parliamentarian	Kim	Jones
<b>Committee Chairs</b>		
Character Counts	Emilie	Koford
Corresponding Secretary	OPEN	
Hospitality	Sara	Langer
Newsletter	Kim	Niehans
Website Administrator	Shawna	Hamon
Room Parent Coordinator	Isa	Evonsion
School Admin Assistant	OPEN	
Teacher Liaison (DL)	OPEN	
Teacher Liaison (DL)	OPEN	
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.

