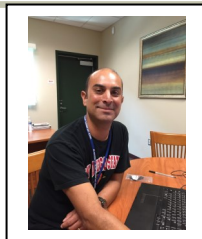
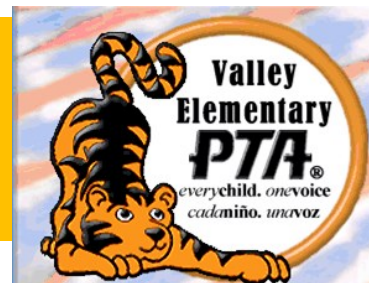


TIGER TALK

The Voice of Valley Elementary PTA

April Issue V (2018)



The Principal's Desk

Ricardo Ceceña

Preparing For The CAASPP

When we return from our Intersession & Spring Break all of our third through fifth grade students will be participating in the California Assessment of Student Performance and Progress, or CAASPP, statewide testing program. The assessment window will begin on Monday, April 23rd. These tests will provide important information for our teachers, students and parents about our schools and individual student's progress and their readiness for college and career.

The CAASPP system assesses English Language Arts and Mathematics for grades 3-5 through the Smarter Balanced state assessment. Smarter Balanced state assessments are based on the California Content Standards, for Mathematics and English Language Arts. In addition students in grades 5 will also take the California Science Test, CAST. Parents can use these results as one of many indications of their child's performance. The Valley staff also use these results to compare our schools' performance towards achieving our state standards. After this testing cycle, we will have three years of results which will assist us in measuring the growth of our students toward the goal of career and college readiness for all students.

Valley families can help their Tigers prepare for these test by:

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- Knowing their child's testing dates, (classroom teachers will be notifying parents of these dates.)
- Ensuring their child gets a good night's rest.
- Eats a nutritious breakfast.
- Ensures that their child arrives to school on time.
- Schedules any family appointments outside the regular school hours.

The California Department of Education (CDE) had developed several resources to help students and parents understand the expectations and format of the Smarter Balanced test.

The *Parent Guides to the Smarter Balanced Assessments* (in English and Spanish) are posted at <http://www.cde.ca.gov/ta/tg/ca/caasppssreports.asp>. Practice and training tests, are found at <http://www.cde.ca.gov/ta/tg/sa/practicetest.asp>.

These resources help parents and students experience the type of test items that students will encounter on the Smarter Balanced Summative Assessments.



PTA President's Message

Lili Husseman

Spring consistently brings one thing to Valley: Field Trips! Whether your child's class is staying fairly local, going all the way to San Juan Capistrano, or already went to Legoland, all of these fun days have one thing in common, and that is the support of Valley PTA. Every child deserves those fun days that create cherished memories that will last a lifetime, and this is why PTA exists. This is our mission. To that end, the biggest chunk of our budget for the 2017-2018 school year went to field trips. We were able to give \$11,000 this year because our Valley Tiger community supported us through fundraisers in the past. If you stopped at Chipotle on Back to School Night, sent in orders for Charleston Wrap, or sent emails to relatives far and wide for the Jog-a-thon, thank you!

Speaking of the Jog-a-thon, ours was record-setting this year! Thank you to Ultra Fun Run, Monica Valdez, and Denise Anger, whose efforts brought in \$23,000 for our Valley kids. There were many volunteers the day of the event handing out water, giving t-shirts, and making sure all of the students who registered online received their lap-counter. Hats off to the crew who froze their hands off handing out over 800 Otter Pops! To each and every person who made it a success, whatever your role, thank you! Many people sent emails to someone thinking, "they probably won't donate," and yet that person did, and we appreciate it! Items that have been on PTA's wish list for years now can become reality. Thank you for making that possible!



In addition to providing a great day of fitness (all grades ran for 30 minutes!), the Jog-a-thon was followed up by a celebration where students got to spend their lunch recess on the field enjoying bouncy houses, competing in sack races, and showing their stuff during hula hoop competitions. We look forward to next year being even better.



A Message from the School Counselor - Veronica Tapia

“If our kids aren’t safe, they can’t learn.” I would agree with the Principal that made this statement at the School Safety Community Forum. Safety is our number one priority and as a team, I am proud of the work and partnership PUSD has with our staff, students, families, and the community, in order to keep our schools safe. For those who were not able to attend the forum, there is a new confidential tip line for PUSD schools that is monitored by law enforcement: **844-PUSD-TIP** (1-844-787-3847). Student safety and mental health concerns can still be reported to PUSD’s internal hotline as well: 858-668-4161. If it is an emergency please dial 9-1-1.

If you have concerns about your child, and feel that they may need assistance to cope with school stress, family changes, peer relationships, etc.; please feel free to contact me, at 858-748-2007 ext. 2107. I’m on site Monday’s, Tuesday’s and half day Friday’s. I can provide you with additional support and resources, or you can contact the **San Diego Access and Crisis Line** at 1-888-724-7240.

The district also has a family resource center known as, The **Caring Connections Center** (CCC), and they provide a free 90 minute family conference that offers an action plan along with additional resources, such as, connecting families with community therapists based off of the families insurance. There are two school counselors that work at this center and I am one of them. So if I am not at Valley, you can also reach me at CCC. The phone number to the Caring Connections Center is 858-668-4084.

After a stressful event or tragedy it’s always important to care for yourself, in order to care for your child and to be the role model for how to cope. Pay attention to your own feelings of grief, anger or anxiety. Then lean on others, find healthy coping strategies and/or seek additional support when needed. Here are a few steps that I gathered from the Mayo Clinic, to help your child process such stressful events:

- Remain calm.
- Reassure your child of his or her safety.
- Limit media exposure.
- Avoid placing blame.
- Maintain the routine.
- Spend extra time together.
- Encourage the expression of feelings.
- Seek out school resources.
- Do something for those affected by the tragedy.

More information can be found at <https://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/helping-children-cope/art-20047029>

<https://www.samhsa.gov/sites/default/files/tips-talking-to-children-after-traumatic-event.pdf>

Have a fun and safe Spring Break!

Join us for a special screening of

SCREENAGERS



GROWING UP IN THE DIGITAL AGE

BY: LOS PENASQUITOS ELEMENTARY

WHEN: 04/19/18 6:00PM

WHERE: 14125 Cuca Street in the MPR

TICKETS: \$0

screenagersmovie.com



Foundation News

The Valley Elementary Educational Foundation is a nonprofit organization made up of parent volunteers who 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. 100% of the money the Foundation raises provides resources directly to Valley students and teachers. We bridge the gap between what the school district can provide and what our students need to succeed.

The Foundation grants Valley teachers' wishes

Three times per year, the Valley Foundation accepts requests for grants from Valley teachers. These funds are usually for special projects, often with a STEAM focus. This year, due to district budget shortfalls, we are providing other resources as well. So far this year, we have awarded 15 grants. For more information about the Foundation's mini grant program, email our grant coordinator, Wendy Hovel, at whovel@ValleyEEF.org.

Grants Awarded this year:

Teacher	Grades Affected	Amount	Item Purchased
Wright	4 th / 5 th	\$124	National Council of Teaching Mathematics membership
Garcia	5 th	\$300	Classroom books
Jones	K-5 th	\$460	Advanced technology curricula
Collins	K-5 th – RSP	\$1500	5 Chromebooks
Rivera	Kinder	\$590	Place for everyone carpet
Grunden	Kinder	\$590	Place for everyone carpet
Contreras	Kinder	\$300	Sand and toys for sand box
Contreras	Kinder	\$375	Collaborative creative play supplies
Romero	3 rd grade	\$500	Garden Project Supplies
Ozackay	Kinder	\$190	Headphones, splitters, and adapters
Teague	Kinder	\$1360	T-shirts for field trips
Lucey	TK	\$300	Supplies for Gross Motor Skills
Wright	4 th	\$495	Scholastic News Magazines
Molina	4 th /5 th	\$380	Supplies for Mystery Science
Chavez	5 th	\$1600	Californian Field Trip

More Information:

For more information on the Foundation's initiatives and events, go to <http://ValleyEEF.org>.

The Cinco de Mayo Trail Run

The Cinco de Mayo Trail Run is the Valley Foundation's biggest fundraiser of the year and can raise up to \$25,000 for educational resources at Valley. 100% of the money raised goes directly to Valley classrooms to be used to enhance our kids' education. This is the money that we use to buy chromebooks, ipads, software subscriptions, and for teacher grants. Here are 3 ways you can help Valley without spending a dime!

- ✓ Volunteer at the event or help set-up the Friday before (www.cincomayotrailrun.org/volunteer)
- ✓ Ask the businesses you frequent to sponsor – email sponsors@valleyeef.org for more info.
- ✓ Spread the word about the run! (like CincoDeMayoTrailRun on Facebook)

Registration is open!

If you are a runner, walker or hiker, register at www.cincomayotrailrun.org/register today! Use coupon code TEAMVALLEY for \$5 off through April 15th.





Saturday May 5, 2018

Valley Tigers, join your classroom team for the Cinco de Mayo Trail Run!

The biggest team will win a PIZZA party!!

(100% of the funds go to Valley Educational programs)

REGISTER NOW!! USE CODE: TEAMVALLEY before April 15 for \$5 off adult registration

Kids registration \$10



- Go to <http://CincodeMayoTrailRun.org>
- click Registration
- select your Valley team
Valley Elementary
Teacher's first and last name



- Not a runner, but still want to help?
- Get credit in the classroom contest
- Receive a free orange CREW shirt!
- Go to: <http://cincodeMayoTrailRun.org/volunteer>
find a volunteer position that is right for you.

Questions? Email Jackie Silacci jsilacci@ValleyEEF.org

Thank you for helping to make the Cinco de Mayo Trail Run a huge success!

**WDIRTY LITTLE
ESECRET**

12TH ANNUAL CINCO DE MAYO

TRAIL RUN

10K • 5K • KIDS RACE
Lake Poway, CA

MAY 5, 2018

\$5 OFF | USE DISCOUNT CODE RACEFLIER

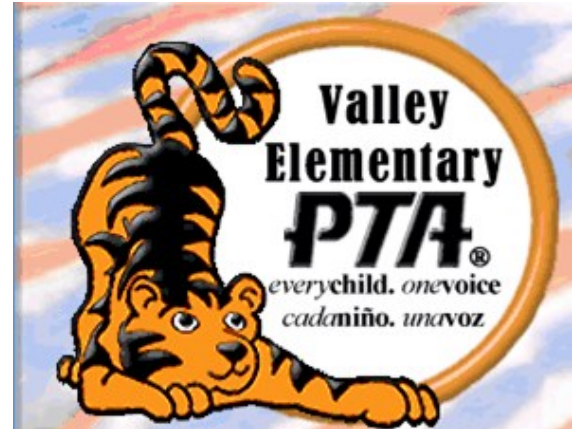
REGISTER TODAY!
CINCODEMAYOTRAILRUN.ORG

*DISCOUNT EXPIRES 04-15



Valley Elementary PTA Board 2017-18

Elected Officers	First Name	Last Name
Principal	Ricardo	Ceceña
President	Lili	Husseman
Executive V.P.	Denise	Anger
1st V.P. Ways and Means	Monica	Valdez
2nd V.P. Programs	Adriana	Gonzalez
3rd V.P. Membership	Yadira	Terrones
4th V.P. Art Program	Selena	Pankretz
Recording Secretary	Erica	Fandino
Treasurer	Sandie	Sears
Financial Secretary	Angela	Gutzmer
Auditor	Kelly	Tognetti
Historian	Serena	Arellano
Parliamentarian	Kim	Jones
Committee Chairs		
Character Counts	Emilie	Koford
Corresponding Secretary	Heather	Schmalbach
Hospitality	Sara	Langer
Newsletter	Paul & Kelly	Tognetti
Website Administrator	Shawna	Hamon
Room Parent Coordinator	Emilie	Koford
School Admin Assistant	Cris	Rollins
Teacher Liaison (ENG)	Laura	Teague
Teacher Liaison (DL)	Juana	Molina
Translator	Erica	Sierra
Volunteer Coordinator	Shawna	Hamon
Workroom Wednesday	OPEN	
Spirit Wear Sales	Kim	Jones
After School Programs	Pinata	Sessoms
VEEF Liaison	Jackie	Silacci
Assemblies	Liz	Collins-Smith
Facebook Administrator	Kayla	Dickens



GET INVOLVED & JOIN VALLEY PTA

- Visit the Valley PTA website
<http://www.valleypta.com/>
- Contact Lili Husseman if you are interested in any of the open PTA board positions or serving on next year's board.

