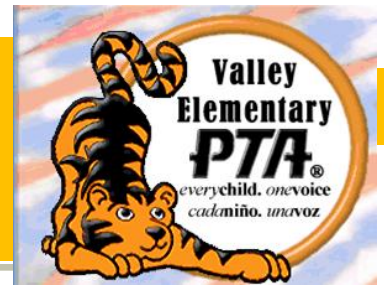


TIGER TALK

The Voice of Valley Elementary PTA



November 2014 Issue 3 (2014-2015)



From the Desk of Dr. Johnsen ~ *Andy Johnsen, Ed. D.*

Alternatives to "What did you do in school today?"

We all ask this question to our kids each day, and my bet is that 90% of the time the answer we get is either "Nothing," or "I don't know." Of course we know the kids are busy for 6 ½ hours each day, but to be fair it must get boring answering that same question 180 times a year. Here are a few alternatives you might try, courtesy of Jessica Muroff of *Frameworks*:

What was the best thing that happened at school today? What was the most challenging thing that happened at school today? Tell me something that made you laugh at school today. How did you help somebody today? Who did you play with today? What did you play? When were you the happiest today? Tell me about what you read in class today. How did you feel today? How did your teacher feel today? Choose three words that would best describe your day. Can you show me something you learned (or did) today?

Great questions, right? I encourage you to cut those out and put them on your refrigerator for reference. I know I will in my home!

<http://myframeworks.org/staff-story-10-alternatives-to-the-question-what-did-you-do-at-school-today/>

INSIDE THIS ISSUE

From the Desk of Dr. Johnsen	1
PTA President's Message	1
TOSA TALK	2
Valley Elementary Education Foundation	3
Calling all Tigers - Volunteers Wanted	5
Monthly Reminders	5
Valley Student Services	6
Parent Classes	7-8
PTA Board 2014-15	9



PTA President's Message ~ *Kimberly Floyd*

During October your Valley PTA organized five major events. We received artwork submissions for the National Reflections competition and sent 15 on to be judged at the Palomar Council level. The theme this year was "The World Would be a Better Place If..." Thank you to Lisa Black and Sara Langer for chairing the Reflections program this year.

During our 10 day Read-a-thon, Valley students read 156,453 minutes! The first week of October we held our Read-a-thon Usbourne Book Fair. It was very well attended (656 customers). Between the Read-a-thon and the Book Fair, we raised almost \$9,300 for students, teachers and our librarian to buy books. Thank you to Cathy Barger and all the PTA parents who helped make this event run smoothly.

October 20-24th we had a very successful Red Ribbon Week. On Monday all the students received Red Ribbons to remind them to say NO to drugs and live a healthy lifestyle. On Tuesday the students wore

Continued: PTA President's Message on page 4

Red Ribbon Week



TOSA TALK

~ Angelica Barragan



With Thanksgiving here, we often think about the things for which we are most grateful. At Valley Elementary, we are especially thankful for our students and their families, faculty, and staff, all of whom play an essential role in shaping Valley. As parents, it is important for us to be grateful for these times, especially right now when our children are still so young. We need remind ourselves that e-mail will always be there, so will the phone calls, the housework, etc. Our children, on the other hand, will only be this age once!

2014–2015 GATE Testing Information

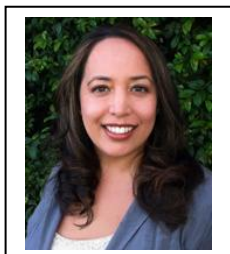
Gifted and Talented Education (GATE) involves services for students whose cognitive needs may require modified classroom curriculum and instruction to accommodate their learning differences and ensure their achievement. Parents may request GATE testing for students in grades 2–7.

<u>Test Date (only 1 test opportunity)</u>	<u>Request Submission Window</u>
SCHOOL SITE /SCHOOL DAY TESTING Monday, January 12 – Thursday, January 15 @ each school site during the school day. <i>*Each school will determine their testing date(s) within this 4 day window.</i>	Monday, September 8 through Friday, November 21, 2014

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/>. If you have questions, please contact your child's school office.

NOTE: *Requests for GATE Testing will only be taken during the request submission window dates.*





Foundation President
~ Krystn Monroe

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.

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.



Donate a Dime a Day

Thank you to the Valley families who have participated so far in this year's Dime a Day campaign. 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 — that could allow every family to participate at the level that worked best for them.

One dime a day is \$18 for the whole year. There are 180 days in the school year. There are about 720

students at the school. If every student donated one dime for every day of school we could raise \$12,960 for Valley. That's a lot of computers or iPads for our students and teachers. But for each one of us, it's just a dime.

It's amazing what a dime can do. It's amazing what we can do when we work together. Thank you to the following family for sending in their contributions*:

The Abrom Family	The Lapastora Family
The Alonso Family	The Lehrer Family
The Amidei Family	The Lemm Family
The Barron Family	The Lizondo Family
The Barrus Family	The Lopez Family
The Bell Family	The Mahtafar Family
The Berk Family**	The Maurer Family
The Black Family	The Mayer Family
The Brown Family	The McCullough Family
The Carlson Family	The McGhee Family
The Cazares Family	The Miller Family
The Cedillo Family	The Monroe Family
The Collins Family	The Moya Inzunza Family
The Culleton Family	The Mycek Family
The Danahy Family	The Nandola Family
The Deines and Wallace Family	The Navarro Family
The Doughman Family	The Neil Family
The Dow Family	The Nguyen Family
The Edwards Family	The Onan Family
The Endemann Family	The Palacios Family
The Evonsion Family	The Pham Family
The Fann Family	The Pioquinto Family
The Floyd Family	The Pratel Family
The Francisco Family	The Rivera Family
The Garcia Family	The Rose Family**
The Gastelum Family	The Ruiz Family
The Gonzalez Family	The Sablan Family
The Gutierrez Family	The Seremet Family
The Gutzmer Family	The Silvestri Family
The Hamon Family	The Slansky Family
The Headley Family	The Smeal Family
The Hernandez Family	The Sneed Family
The Hero Garcia Family	The Sotic-Jose Family
The Hofmaister Family	The Soto Family**
The Hovel Family**	The Studeman Family
The Hungspreugs Family	The Swaisgood Family
The Hunsicker Family	The Terrones Family**
The Husseman Family	The Tognetti Family
The Huynh Tran Family	The Tovar Family
The Javier Family	The Tozer Whiteside Family
The Jones Family	The Vassar Family**
The Jose Family	The Vega Family
The Kepler Family	The Vinson Family
The Kraus Family	The Vuong Le Family
The Krehbiel Family	The Zavala Family
	The Zlotnick Keppler Family

** Donor obtained matching funds from employer.

* This list is current as of Oct. 31, 2014.

Continued: The Foundation on page 4

PTA President's Message from page 1

their clothes backwards to turn their backs on drugs. On Wednesday we saw a lot of crazy hairstyles because it's crazy to do drugs! On Thursday we asked the students and parents to sign pledges to be drug free! On Friday the students wore red to commit to a healthy lifestyle. I want to thank Sara Langer and Darcy Slansky for organizing this event for us.

Thursday, October 23 was also Eat with your Student Day. We had 383 parents come eat with their child. Thank you to Elizabeth Hultstrom and Shawna Hamon for planning this fun event.

On Friday, October 24 we had the Boogie Bash with games, dancing, treats and a costume contest. This is one of our most popular events during the year and we had over 800 attend (parents, teachers, students and even Dr. Johnsen!). Thank you to Serena Arellano and her Halloween committee for all their hard work.

These enriching events won't happen without dedicated volunteers like you. Your Valley PTA has many more fun events planned for your child this year. On December 13, we have Valley PTA's Winter Make and Take Craft Day. Valley's Talent Show is scheduled for January 30th. Remember we need your support to make these plans a reality. Watch for upcoming Paw Prints to learn when each committee is forming and choose one to be involved with!

*The Foundation from page 3*

Every effort has been made to assure that it's accurate. If you made a Dime a Day donation and don't see your name on this list, please email [Krystn Monroe](mailto:Krystn.Monroe). If you want to add your name to this list, please click [here](#).

Our goal is to reach 100 percent participation from every child. Look for your orange Dime a Day fliers and remittance envelopes. Fill them out and return them to the front office or donate directly through the Foundation's website. Go to <http://ValleyEEF.org> and click on the Donate Now button on the right-hand side. For additional information, e-mail Foundation President Krystn Monroe at 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. 14, 2014. For more information about the Foundation's mini grant program, email our grant coordinator, Gabriela Dow, at gdow@ValleyEEF.org

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 visit <http://valleyeef.org/corporatematching.html> to see if your company matches. Thank you for your support!

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

Calling all Tigers – PTA NEEDS YOUR HELP Wanted

Over the next couple of weeks we will be highlighting the many open positions that the PTA needs to fill. If we cannot fill these positions, we may be forced to cancel more of the programs our children at Valley presently enjoy. If you are hesitant to be the sole person responsible for a position, grab a friend and be co-chairs!

Talent Show Chair – The Talent Show Chair will head a committee to coordinate auditions, rehearsals and the performance on January 30. It's time to let our little dancers/ musicians/ hulahoopers/ comedians/ etc shine! We hope we don't have to cancel this event!

Please contact our Volunteer Coordinator, Shawna Hamon, at valleypta@yahoo.com, if you have questions. Better yet, please let her know that you are willing to make this event happen! If this particular position isn't for you, she can send you the full list of open positions to find the best fit! All PTA members or parents looking to know more about the PTA are welcome at the meetings! Our next meeting will be held on November 10th from 4 – 5:30 PM in Valley's Library.

MONTHLY REMINDERS

- *Wednesday Spirit Day – wear your Valley or College T-shirts*
- *Friday Tiger Trackers (weather permitting)*
- *Nov. 3 – No School*
- *Nov 4–6 – Minimum Days Parent Teacher Conferences*
- *Nov. 24–28 – No School Thanksgiving Break*

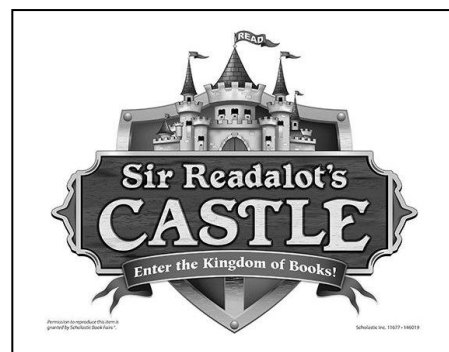
Foundation Volunteers

It only takes one person to make a difference to a student. We think you're the one. Whether your student is just starting preschool or kindergarten or is about to go into fifth grade, it's never too early, and certainly never too late, to be part of something big.

Are you:

- an organizational freak?
- good at keeping the books?
- able to rally the troops?
- the ultimate event planner?
- a born salesperson?
- part of the in-crowd at the Chamber of Commerce?
- a techie or a wiz on the web?

You don't need to be faster than a speeding bullet. You don't need to leap tall buildings in a single bound. You just need to be you. We'll think you're super just the way you are — and your kid will know you're a hero! For more information about how to help us — with jobs large and small — email Jennifer Berk, our volunteer coordinator, at jberk@ValleyEEF.org. To learn more about the Foundation's initiatives and events, go to <http://ValleyEEF.org>.



Coming soon – Scholastic Book Fair
Dec. 8 to 12. Open during school hours.



ELEMENTARY SCHOOL COUNSELING PROGRAM STUDENT SUPPORT SERVICES DEPARTMENT

Veronica Flores, School Counselor
Colette Bradley and Rachel Daniels, Student Services Assistants



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 yet? Go online to www.secondstep.org and enter your grade and school specific activation key. Click on the Families tab for research, games, activities and videos!

Rude vs. Mean vs. Bullying

In teaching the 3rd – 5th grade students the difference between rude, mean, and bullying, we found it very important for parents to also understand the difference. Please continue to use the same definition when teaching your kids at home. The definitions came from an article written by a licensed therapist, Signe Whitson, titled *Rude vs. Mean vs. Bullying: Defining the Differences*. We also used the definition of bullying, from the Steps to Respect curriculum.

Rude – saying or doing something to hurt someone on accident. Some examples may be, jumping ahead in line, burping at the lunch table, using another students pencil without asking etc.

Mean – saying or doing something to hurt someone on purpose (happens maybe once or twice). Some examples may be, excluding someone from a game, criticizing someone's clothing, appearance, intelligence, etc.

Bullying – is unfair and one-sided, it happens when someone keeps: hurting, frightening, threatening, or leaving someone out on purpose.



Teaching Our Children to Regulate Their Emotions for Academic Success!

Join us for a free parent education opportunity!

Thursday, November 13th from 6:30-8:00 p.m.

Creekside Elementary School Library
12362 Springhurst Drive



"In the short term, children with these skill deficits experience high rates of expulsion from preschool classrooms (Gilliam & Shahrar, 2006). In the long term, they are at greater risk for low academic achievement, grade retention, dropping out of school, delinquency, and criminal behavior (Raver, 2002). But with a focus on developing children's self-regulation and social-emotional competence, early learning settings can help prevent these negative outcomes and get children ready to succeed in school."

<http://www.cfchildren.org/advocacy/social-emotional-learning/early-learning-self-regulation-skills.aspx>

▶ ▶ ▶ **RSVP Today! 858-668-4084**



Dr. Aleksandra Drecun, Psy.D., is the founder of Association for Compassionate Transformation. She is a licensed psychologist who has a profound passion and derives immense gratitude from assisting individuals, couples and families in realizing their fullest potential. Her practice includes treatment of children, adolescents, adults, couples, families and groups.

www.a4ct.com

PUSD Parent Education
A proud service of
Student Support Services Department
Caring Connections Center
www.powayusd.com/depts/student_support/



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: **December 2, 4 & 9, 2014** (Tuesday-Thursday- Tuesday)

TIME: **From 6:00 to 8:00 pm** – Childcare provided

LOCATION: **Meadowbrook M.S. – 12320 Meadowbrook Lane, Poway 92064**

CONTACT: **The Caring Connection Center (858) 668-4084 to RSVP.** Please leave name, phone 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

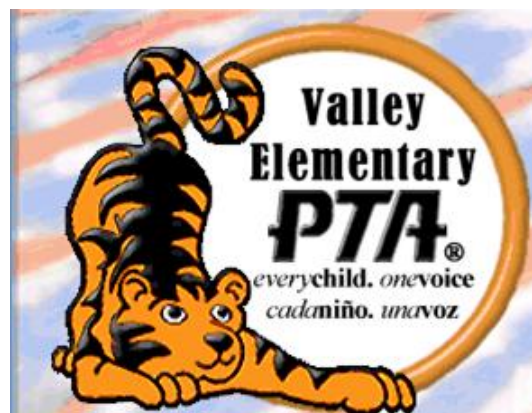


Jewish Family Service
 one source for a lifetime of help

Valley Elementary PTA Board 2014-15

Elected Officers	First Name	Last Name
Principal	Andrew	Johnsen
President	Kim	Floyd
Executive V.P.	Denise	Anger
1st V.P. Ways and Means	Darcy	Slansky
3rd V.P. Membership	Elizabeth	Reyes
4th V.P. Health and Fitness	Laura	Danahy
5th V.P. Art Program	Lisa	Black
Recording Secretary	Kim	Jones
Treasurer	Sandie	Sears
Financial Secretary	Naneth	Sotic-Jose
Auditor	Veronica	Alvarez
Historian	Nicole	Rose
Parliamentarian	Kelly	Kersey
Committee Chairs		
Newsletter Editor	Carolyn	Lemm
Website Administrator	Rindy	Barnes
Character Counts	Diana	Aldrete
Room Parent Coordinator	Lili	Husseman
Volunteer Coordinator	Shawna	Hamon
Translator	Elizabeth	Hulterstrom
Spirit Wear Sales	Dana	Boll
After School Programs	Maria	Cuevas
School Administrative Assistant	Cris	Rollins
Teacher Liaison (DL)	Marisa	Contreras
Teacher Liaison (EC)	Alice	Grimes

PTA Sponsored Red Ribbon Week Door Decorating Contest



GET INVOLVED & JOIN VALLEY PTA

- Visit the Valley PTA website
<http://www.valleypta.com/>
- Contact Kim Floyd if you are interested in any of the open PTA board positions.

