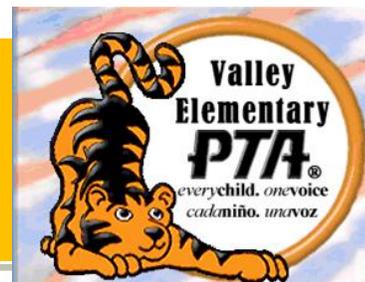


# TIGER TALK

The Voice of Valley Elementary PTA



January 2015 Issue 5 (2014-2015)



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

### Small Changes for Big Growth in the New Year

For many people, the New Year is an exciting time to think about goals and make plans for improvement. One principle that very successful people employ is to identify a “high leverage” habit they want to develop, then make small changes that consistently applied will bring big benefits. One I’d like you to consider this year is reading at home with your child. Decades of research have shown that reading is the #1 indicator of school success. Students who read consistently every day have a better vocabulary, more knowledge of the world, greater reading fluency and greater access to content in all of the subject areas.

So this year, consider this: if you were to have your child read for 15 minutes every night for the rest of the school year, just on school nights, that would be 1,455 minutes of reading (97 days until the end of the year x 15 min.). Twenty minutes of reading would be 1940 minutes of reading. And to add just five minutes more for 25 minutes a day would be 2,425 minutes of reading. You can see how just a little increase each day over time gives a big result. Imagine how much your son or daughter would improve with all of those minutes of reading just from here to the end of the school year. In this New Year, think about making that small change and watch how much your child grows!

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## PTA President’s Message ~ *Kimberly Floyd*

A new year brings with it a chance to reflect on all the wonderful blessings we have in our lives. One of mine is the amazing community I have found at Valley. We truly care about each other and work hard to ensure that every child is made to feel special. Toward that end, the PTA sponsored two wonderful programs in the month of December.

On December 13, the PTA held our annual Make and Take 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 to put on this event. Thank you also to the Poway Parks and Recreation who sponsored a table. A big thank you 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. Many commented that this is their favorite event that the PTA does and they look forward to it each year!

*Continued: PTA President’s Message on page 2*

*Continued: PTA President's Message*



During December, the PTA also sponsored Adopt a Family. The PTA Adopt a Family's mission is to make the holidays bright for families in need. This year Valley donated over \$800 in gifts and gift cards to bless families during the holidays. Thank you to Stefanie Goldstein for coordinating this amazing program.

And we have more fun to look forward to in 2015! We are excited about our first Valley Spelling Bee on January 8, Valley's Talent Show on January 30th and Art in the Valley on February 6.



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. Remember we need your support to make our events happen. Watch for upcoming Paw Prints to learn when each committee is forming and choose one to be involved with!



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



**Foundation President**  
~ *Krystn Monroe*

### **Foundation News**

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 9th Annual Cinco de Mayo Trail Run can help you keep any and all of those resolutions.

The Trail Run is scheduled for May 2, 2015, 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 20 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 race director Jeff Hernandez at [jhernandez@ValleyEEF.org](mailto:jhernandez@ValleyEEF.org).

#### **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. 23, 2015. Grants will be awarded on Feb. 6. For information, e-mail Gabriela Dow at [gdow@ValleyEEF.org](mailto:gdow@ValleyEEF.org).

#### **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>.



## Calling all Tigers – PTA NEEDS YOUR HELP Wanted

### TALENT SHOW AUDITIONS

Calling all Valley Tigers who would like to show off their special talent at the Valley PTA's "Valley's Got Talent" Show. We are looking for a variety of acts such as dancing, singing, music, comedy, magic and art. The show will be on Friday, January 30th and the auditions are on January 13<sup>th</sup> and 15<sup>th</sup> from 5:30–7:30pm, so start practicing now. Look in your student's backpack for more information.

Please contact our Volunteer Coordinator, Shawna Hamon, at [valleypta@yahoo.com](mailto:valleypta@yahoo.com).

### 5th Grade Electronic Waste Recycling Fundraiser

on Saturday, January 17<sup>th</sup>, 2015 from 9 to 2 pm at Valley Elementary Parking lot. If you or anyone you know has E-waste recyclables, please hold on to them and bring them to our event on January 17. All proceeds would support our Valley 5<sup>th</sup> grade fieldtrip fund.

### *MONTHLY REMINDERS*

- *Wednesdays– Workroom Support & Spirit Day (wear your Valley or College T-shirts)*
- *Fridays – Valley Pride Day & Tiger Trackers*
- *Jan 13<sup>th</sup> & 15<sup>th</sup> – Talent Show Auditions*
- *Jan 17<sup>th</sup> – E-Waste Recycling Event*
- *Jan. 30 – Valley's Got Talent Show*
- *Jan. 22, Jan. 29 or Feb. 5 – Dual Language Kindergarten/ 1<sup>st</sup> grade Informational Meeting (New interested parents must attend 1 meeting) Valley MPR 6:30PM For more info, please call: 858-748-2007*

### 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](mailto:jberk@ValleyEEF.org). To learn more about the Foundation's initiatives and events, go to <http://ValleyEEF.org>.



## ELEMENTARY SCHOOL COUNSELING PROGRAM STUDENT SUPPORT SERVICES DEPARTMENT



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

### **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](http://www.secondstep.org) and click on the Families tab for research, games, activities and videos!

### ***Rude vs. Mean vs. Bullying***

By the end of January, all students in K-5<sup>th</sup> grade will have learned about 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.

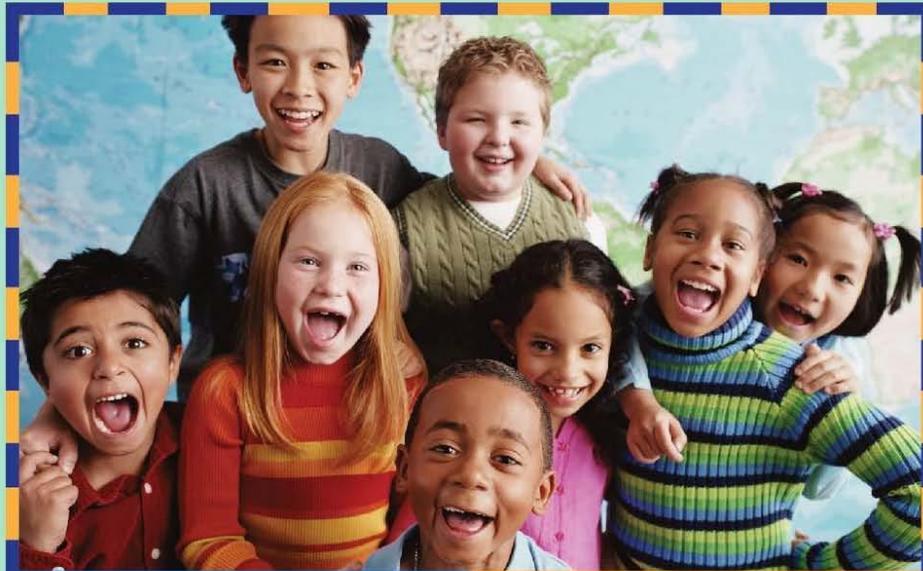
**Rude** - saying or doing something to hurt someone on accident. Some examples may be, jumping ahead in line, burping at the lunch table, using another students pencil without asking etc.

**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.

# ARE YOU PREPARING YOUR KIDS FOR THE FUTURE?

*Set Your Child Up For Success!*



## Parenting with *Second Step!*

*Second Step* is a research-based curriculum your elementary level child will participate in this year. "... kids learn the empathy, emotion-management, and problem-solving skills they need. Plus we've added self-regulation skills to all grades and executive-function skills to K-3, which will prepare your children to learn whatever they need to—from social emotional skills to math and science."

**WHEN:** Thursdays from 6-7:45 p.m.  
1/15, 1/22, 1/29 and 2/5

### WHERE:

Highland Ranch Elementary School Library  
14840 Waverly Downs Way

**HOW:** Register online today at  
[www.theparentworkshops.com](http://www.theparentworkshops.com)!

*The entire series of four evenings is just:*

\$39/individual and \$69/couple!

***A minimum of 20 participants is required to hold this class!***

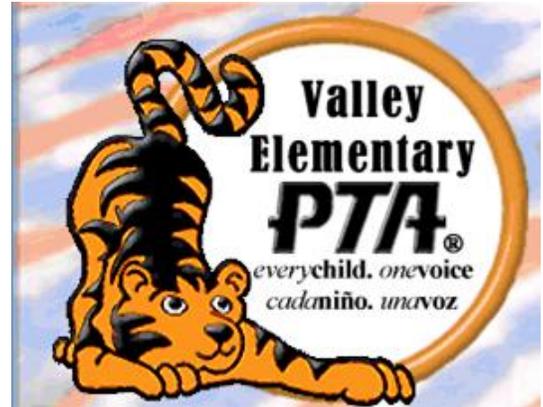


FOR MORE INFORMATION:

[www.powayusd.com/depts/student\\_support/](http://www.powayusd.com/depts/student_support/)  
[www.theparentworkshops.com](http://www.theparentworkshops.com)

## Valley Elementary PTA Board 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



### 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.

