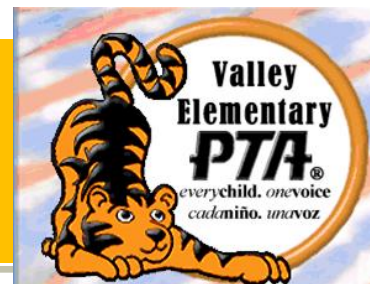


TIGER TALK

The Voice of Valley Elementary PTA



September 2014 Issue 1 (2014-2015)



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

Valley Named a PUSD Math Mentor Site

For the past three years Valley teachers have been working hard alongside Dr. Andrea Barraugh, our math coach, to improve math instruction at our school. Dr. Barraugh has worked with Math Solutions, a nationally recognized leader in math instruction, and has also been a math professor at UCSD. Under her guidance, Valley teachers have pushed our students to deeper levels of understanding with number sense, multiplication, fractions and more. Their conversations in class have been amazing and student achievement has risen sharply. Valley's success has led PUSD leaders to hire five math coaches to work in the other elementary schools to replicate what we have done here. For the 2014-15 school year Valley has been named a "District Math Mentor Site," meaning that we will serve as a model for the rest of the district of high quality, rigorous math instruction. Through the year we will host visits from other schools, collaborate with teachers from around the district, and share what we have done in the past few years. I am very proud of the work our teachers have done and am amazed by what I see and hear our kids doing in our classrooms. And we're honored to be able to support improvements in math instruction district wide. I hope you are too!

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PTA President's Message ~ *Kimberly Floyd*

2014-15 School Year is off with a ROAR! We have 57 PTA members so far. We have received 55 "Bring What You Love to Valley" forms from parents who want to help make Valley special. We have had 10 parents become a Friend of Valley to show their support with money.

This school year already, the Valley PTA organized five major events. We met parents, answered questions, and handed out 35 smoothies and 400 otter pops at the School Posting Party from 9am - 11am on August 1st. That same day, we hosted the Welcome Back Lunch for 70 teachers and staff. Then on August 4th, the PTA organized our Welcome Back Breakfast for 300 Valley parents to meet old friends and make new friends. August 21 and 28 were Valleys' Back to School Nights. We held our General Association Meeting, rolled out our Events, Fundraisers and Budget, and were invited to speak about PTA in the classes. On August 29, we hosted the Welcome Back Dinner catered by the Hamburger Factory. We invited teachers and staff to join us and had over 10 in attendance as well as more than 240 parents and kids. The entertainment (karaoke,

Continued: PTA President's Message on page 4

TOSA TALK

~ *Angelica Barragan*

Setting Routines for High Expectations: Starting off for a Smooth School Year



The school year has started! This is a perfect time to establish routines for a happy school family. With these helpful tips, your school days could become a little less hectic and more productive.

A good starting point is to address the way in which mornings can be managed before school during the week.

- Have a time where everyone needs to be up and getting ready to go is helpful. Work backward from the time you have to leave the house until you get to the time you wake-up. This will alleviate last-minute panic and frustration.
- Stipulate jobs and responsibilities for every member of the family. What has to be done before they come to the breakfast table? Do they have to make their beds? Do they have to be dressed? Do they have to wash their hands, face and brush their teeth? Be clear on your expectations. This goes for everyone! Parents are the best examples.

Afterschool is just as important.

- Have students place their belonging in a certain place EVERYDAY. Backpacks, lunch pails, homework folders, etc. This makes it easy for

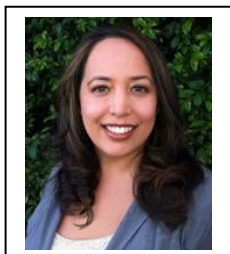
everyone to set up for the next school day.

- Have a specific location for homework completion. "Homework kits" also help locate all the necessary items needed for homework completion. It should include things like pencils, erasers, sharpeners, scissors, glue stick, crayons, markers, etc. Later on as themes pop up with reading and math, thesauruses, calculators, dice or index cards may be included.
- Set up a time for reading. Will it be done with the other homework or will it be done at a later time? Be clear.

Finally, bedtime routines are vital to ensure smooth morning.

- Set out clothing, socks, shoes, etc. the night before.
- Pack as much of the student's lunch as you can and store in fridge.
- Place any other equipment bags (soccer, dance, etc.) that will be needed the next day with your child's backpack.
- Prep breakfast as much as possible. (High fiber/low sugar cereal needs hardly any prep!)
- Make sure everyone SLEEPS enough! This includes parents. School-age children ages 5-11 need between 10 and 12 hours of sleep every night. Adults should be sleeping an average of 8 hours a night.

***"Hopefully with these tips,
your 2014-2015 year will be a smooth one!"***



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 Alonso Family	The Lapastora Family
The Amidei Family	The Lehrer Family
The Anzures Navarro Family	The Lizondo Family
The Barron Family	The Maurer Family
The Barrus Family	The Mayer Family
The Bell Family	The McCullough Family
The Berk Family**	The Miller Family
The Brown Family	The Monroe Family
The Carlson Family	The Monzet Family
The Cezares Family	The Moya Inzunza Family
The Collins Family	The Neil Family
The Culleton Family	The Nguyen Family
The Deines Wallace Family	The Onan Family
The Dow Family	The Pioquinto Family
The Evonsion Family	The Rivera Family
The Floyd Family	The Rose Family**
The Francisco Family	The Silvestri Family
The Garcia Family	The Smeal Family
The Garcia Lopez Family	The Swaisgood Family
The Gastelum Family	The Terrones Family**
The Gutierrez Family	The Tognetti Family
The Hamon Family	The Tovar Family
The Headley Family	The Tozer Whiteside Family
The Hofmaister Family	The Vassar Family**
The Hovel Family**	The Vega Family
The Hunsicker Family	The Zavala Family
The Husseman Family	
The Huynh Tran Family	
The Jones Family	

** Donor obtained matching funds from employer.

* This list is current as of Aug. 25, 2014.

Continued: The Foundation on page 4

PTA President's Message from page 1

music and games) provided by Nichols Productions was outstanding. Valley is a vibrant community!

These enriching events won't happen without dedicated volunteers like you. We have a full agenda of fun events for Valley families. Over the next two months we have scheduled Valley's third annual Read-a-thon (September 8-17), Reflections Art Contest (October 1), Eat with your Student Day (October 23), Red Ribbon Week (October 20-24), and the Boogie Bash (October 24). We urgently need chair people and committee members to make these events happen. The VP of Programs position on the PTA Board is currently unfilled. It is a critical position which helps guide what programs and events happen at Valley. This position does not plan events but it does help chairs and committees get set up, checks in on them via email and reports status at board meetings. Email valleypta@yahoo.com to help.

I encourage you to join the PTA (it's \$10), get involved in your child's school (return your "Bring What You Love to Valley" form) and support our fundraisers (Charleston Wrap wraps up August 29th). We have a strong, caring community here at Valley Elementary. We much cherish it and nurture it. The PTA provides resources for you to stay connected such as Paw Prints weekly updates, Tiger Talk electronic newsletters and www.valleypta.com website and calendar.

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

The Foundation from page 3

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 Sept. 12, 2014. For more information about the Foundation's mini grant program, email our grant coordinator, Robin Smeal, at rsmeal@ValleyEEF.org.

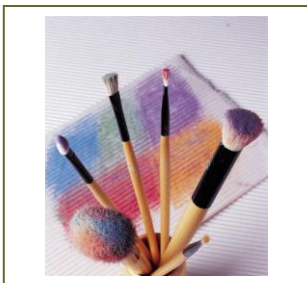
**Get Your Money Matched!**

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!

Calling all Tigers – Volunteers Wanted



Interested in helping with Art?

Experience not necessary! I'm Lisa Black, and I'm the PTA VP of arts. We are looking for people to help teachers with art lessons in class. Here's the happy part of that – you don't need to be good at art. I'm not artistic, but I'm willing to show up and get a little messy and have a lot of fun. We have lessons, supplies, and resources available at Valley to make it easy for you to help.

Please contact your child's teacher or Lisa Black to find out more. ljkendig@rocketmail.com

Play Ground Help

Parents, if you are interested in working at Valley as a playground supervisor please contact Colette Bradley at [858-748-2007 ext. 2126](tel:858-748-2007) Thank you!

MONTHLY REMINDERS

- *Wednesday Spirit Day – wear your Valley or College T-shirts*
- *Friday Tiger Trackers (weather permitting)*
- *Sept. 6 – Poway Days Parade*
- *Sept. 8-17 – Read-A-Thon*
- *Sept. 15 – Kindergarten starts full day schedule*
- *Sept. 22 – No School – Professional Growth Day*

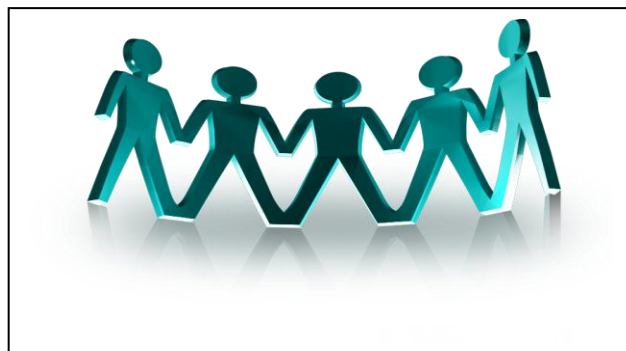
Foundation Volunteers

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>.



John P. Collins, Ed. D., *Superintendent*
 Elaine Cofrancesco, Ph.D., *Executive Director*



ELEMENTARY SCHOOL COUNSELING PROGRAM STUDENT SUPPORT SERVICES DEPARTMENT

Why Elementary School Counselors?

Elementary school years set the tone for developing the knowledge, attitudes and skill necessary for children to become healthy, competent and confident learners. Through a comprehensive developmental school counseling program, school counselors work as a team with the school staff, parents and the community to create a caring climate and atmosphere. By providing education, prevention, early identification and intervention, school counselors can help all children achieve academic success. The professional elementary school counselor holds a master's degree and required state certification in school counseling.

Second Step: Skills for Social and Academic Success (www.cfchildren.org)

Poway Unified School District's Board of Education has approved the addition of an Elementary School Counselor and a Student Services Assistant at each of our 26 elementary schools! All K-5 students will receive *Second Step* is a research-based curriculum from the Committee for Children which:

- ✓ Promotes school success, school connectedness and a safe and respectful school climate by directly teaching students the skills that strengthen their ability to:
 - Learn
 - Have empathy
 - Manage emotions
 - Solve problems
- ✓ Prevents problem behaviors, peer rejection, antisocial behavior and low academic achievement by developing students':
 - Self-regulation skills
 - Social-emotional competencies
 - School connectedness

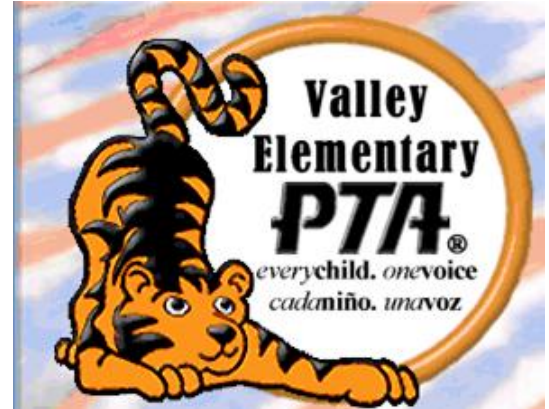
Parents will receive a [Family Letter](#) and www.secondstep.org activation key so you can join the online community to watch videos about the *Second Step* program and get information about what your student is learning. [Home Links](#) will follow periodically offering simple, fun activities to further develop these skills at home!

Poway Unified School District Elementary Counselors

Jackie Cardinale	Creekside, Painted Rock, Park Village, Pomerado
Stephanie Carriero	Stone Ranch, Del Sur, Monterey Ridge
Tonya Edrington	Midland
Molly Engblom	Tierra Bonita, Shoal Creek, Deer Canyon, Rolling Hills, Design 39
Veronica Flores	Valley
Fran Hjalmarson	Los Penasquitos
Beth Huppert	Chaparral
Mardi Johnson	Canyon View, Sunset Hills, Willow Grove, Highland Ranch, Sundance
Barbara Tomeo	Morning Creek, Adobe Bluffs, Turtleback, Garden Road, Westwood

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.