

# Tiger Talk

Volume 2008/9 Issue 7 March 2009



## Principal's Message:

By: *Dr. Andrew Johnsen*

Dear Valley Parents:

If you've been reading the paper recently you know that the state budget picture is not good and that schools are going to feel the impact. Our district made major budget cuts last year and did everything possible to keep cuts away from the classroom. Although we have had to tighten our belt this year and change many of the things we do here at school, it is possible that you as parents have not felt the effects of last year's cuts. That's a good thing! Unfortunately, this year the cuts are going much deeper and by the time it's all over our schools may have a different look to them. These will likely be changes that we all feel on a daily basis - staff, parents and students alike. I feel confident in telling you, however, that PUSD is led by a superintendent and school board that always put children first. And the staff here at Valley is second to none in carrying the banner for our children. We will continue to do the hard work of providing quality instruction for every student, no matter what resources we have to do it. I want to take this opportunity to applaud Valley's teachers and support staff for working tirelessly - even into late nights and weekends - to ensure a safe, academically challenging environment for our students, even when these budget cuts loom large and are threatening their very jobs. Thank you also to our supportive parents for all of the help you give us and your children every day. Difficult times call for everyone in the community to come together and it's times like these when the PUSD community shines!



Valley Elementary  
**PTA**

*everychild.onevoice.*

[www.valleyelementary.com](http://www.valleyelementary.com)

Valley Elementary PTA Newsletter  
CCPTS/9th PTA District/Palomar Council  
13000 Bowron Road, Poway, CA 92064  
(858) 748-2007 ext. 2112

## Who's Who at Valley

Principal - *Andrew Johnsen Ed. D.*

Asst. Principal - *Sidia Phillips*

Office Administrator - *Cris Rollins*

## PTA Officers:

President - *Michelle Testa*

Treasurer - *Melody Cruz*

Secretary - *Kim Floyd*

Art Programs - *Sandra Komenda*

Health & Fitness - *Jul Verna*

Membership - *Sylvia Zaitz*

Newsletter - *Ellen Montgomery*

Parent Educator / Community Outreach

- *Blanca Fisher*

Programs - *Darcy Slansky*

Translator - *Araceli Ortiz*

Volunteer Coordinator - *Tammie Statler*

Email: [valleypta@yahoo.com](mailto:valleypta@yahoo.com)



## PTA President's Message:

By: *Michelle Testa*

Hello Valley Families,



I hope you all have had a chance to get on campus, construction is just about done and it looks fantastic! The crew at ECHO Pacific did a great job and we would like to thank all of them for their hard work over the last year or so, it truly paid off.

If you couldn't make the family night, That's Amore, you missed a special night. One of our own, Mr. Cadell, performed along with the 5<sup>th</sup> grade band and orchestra. We were fortunate to have the 5<sup>th</sup> grade students be the servers and host/hostess for the evening. They all did a wonderful job! All the tips they earned that night will help fund the 5<sup>th</sup> grade activities. A huge thank you goes out to Sabrina Butler for planning this event and Cynthia Wright for working with the 5th graders getting them ready for the evening.

In February, we also had our Jump Rope for Heart Event. All the proceeds earned from this event went to the American Heart Association. We are all proud of our students for contributing and to Jul Verna for coordinating this worthwhile event.

The PTA has many more exciting events planned for the month of March, be on the lookout for the Silent Auction, Art in the Valley and the Jog a Thon.

All of the events the PTA coordinate need many volunteers, from copying the flyers, set up, helping the night of the event to clean up. If you can help in any way, nothing is too small please email [valleypta@yahoo.com](mailto:valleypta@yahoo.com), or leave us a message at (858) 748-2007 ext 2111



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## March Calendar Items

March 2<sup>nd</sup> - March 13<sup>th</sup>  
- Pasta for Pennies  
Monday, March 9<sup>th</sup>  
- PTA Board Meeting  
Tuesday, March 10<sup>th</sup>  
- Coffee with the Principal  
Thursday, March 12<sup>th</sup>  
- VEEF March Meeting  
Friday, March 13<sup>th</sup>  
- Art in the Valley  
/ Silent Auction  
Monday, March 23<sup>rd</sup>  
- Meadowbrook Parent Orientation  
Tuesday, March 24<sup>th</sup>  
- Valley Re-Dedication Ceremony  
Tuesday, March 24<sup>th</sup>  
- DL Quarterly Parent Meeting  
Wednesday, March 25<sup>th</sup>  
- Jog-a-thon  
Wednesday, March 25<sup>th</sup>  
- Twin Peaks Parent Orientation  
Saturday, March 28<sup>th</sup>  
- Gate Testing @ Morning Creek  
Monday, March 30<sup>th</sup>  
- PTA Board Meeting



### Box Tops Classroom Competition Results

Congratulations to Ms. Stephen's fourth grade class for bringing in 1,202 Box Tops and winning the Box Tops Classroom Competition.

Thank you to everyone who turned in their Box Tops for Education last month. We exceeded our goal and made a record breaking \$1,200. That's 12,000 Box Tops! This money will go directly to fund the Valley PTA programs.

A big thank you to Peggy Abrom, Wendy Johnston, Wendy Bethge and Tammie Statler for helping collect and count Box Tops.

Start saving your Box Tops for next year's competition and learn more ways to earn money for our school at [boxtops4education.com](http://boxtops4education.com)



## COUNSELOR'S CORNER

By: Stephanie Carriero, Valley School Counselor



### BULLYING: WHAT PARENTS CAN DO ABOUT IT

Bullying is a form of violence common among children. Bullying can be found in schools, neighborhoods, and homes throughout the United States. The negative effects of bullying on children can include reducing a student's ability to learn, creating fear, and affecting the social environment of the school. Both males and females engage in bullying behaviors. Boys more frequently use physical bullying of hitting, kicking, pushing and taking personal belongings. Girls do more verbal and emotional forms of bullying such as teasing, name-calling, gossiping, and excluding each other. This is often referred to as "friendship bullying".

Parents, teachers, and school administrators can make a difference in stopping bullying. The information provided below is an attempt to empower parents with strategies to help their children.

- **Ask the Right Questions:** Rather than ask if the child is being bullied ask how he/she has spent their lunch, what happened on the way home from school or riding the school bus. Discuss who their friends are and what they like to do with them.
- **Look for Symptoms:** Children often won't tell so it is important to be able to recognize the symptoms. These include: unexplained reluctance to go to school; fearfulness or unusual anxiety; sleep or eating disturbances, nightmares, vague physical complaints (headaches, stomachaches), and belongings that are missing or damaged on school days.
- **LISTEN!** If you learn your child is being bullied, stay calm and give your child plenty of time to tell you how he or she feels. Make it clear it's not your child's fault.
- **Encourage Speaking Out:** Encourage your child to tell you, a teacher, or another adult when they are having a problem. It's important for them to let someone know early, before the situation escalates. Explain the difference between tattling and telling. Tattling is when you report something just to get someone in trouble. Telling is when you report that you or someone else is in danger.
- **Be Proactive:** Raise your awareness, encourage friendships, get involved to stop intimidation, develop clear rules against bullying behavior and support and protect the victims.
- **Advocate for Your Child:** Talk to school authorities and your child's teacher. We address the issue immediately when we are aware of the situation.
- **Talk with your Child before Taking Action:** This will help to strengthen the trust between you and your child.

For more information visit: <http://www.bullybeware.com/tips.html>.



### Congratulations Reflections participants!

This year we had 34 entries for the PTA Reflections program. Five of our students were given Honorable Mentions from the next level of competition, the Palomar Council. Congratulations to Myra Ashraf, Alex Black, Brianna Floyd, Nicole Walcher and Monica Villanueva! There will soon be a display in the MPR, including all of the artwork submitted.

## "Art in the Valley" Silent Auction & Art Show Friday, March 13 6:00pm - 8:00pm

"Art in the Valley" is right around the corner! On March 13th Valley will once again hold it's Silent Auction in conjunction with an Art Show. The Art Show will begin at 6:30pm with it's display of student art, live entertainment and dessert tasting will be a delight to your senses. Children will be able to create art in the Sidewalk Chalk Gallery and at an Art Creation Station. As well, since Mother's Day and Father's Day are not far away, we will offer an Art Fundraising Table. After viewing your child's art on display or creating it at the art station you will have the chance to have it printed for a fee, on all sorts of useful items such as mugs, cards, magnets and MORE! These personalized items make memorable and thoughtful gifts! Tickets will go on sale for a discount prior to the event or can be purchased at the door. Please join us for a night of creative family fun! *All Art Show proceeds support Valley's Art Program.*

Beginning at 6:00pm the annual Silent Auction will start in conjunction with "Art in the Valley". The funds from the auction go directly to Valley PTA programs. The PTA Silent Auction committee is currently soliciting donations for this event. We are asking Valley parents to help make this a successful event, so if you or your business would like to donate tax deductible items or services, please contact Blanca Fisher (Blanca@TheFishers.com).

### Kindergarten

12 x 18 construction paper  
glue sticks  
Primary first pencils  
sentence strips  
Jumbo crayons (8-pk)  
#2 pencils  
Pink pearl erasers

### First Grade

Dry erase markers (blue & black)  
Scotch tape (refillable)  
Glue Sticks  
Yellow composition books  
Boxes of craft (popsicle) sticks

### Second Grade

Ticonderoga pencils  
Markers  
Dry erase markers  
Composition books (Spartan)

### Third Grade

Dry erase markers  
Glue sticks  
Pencil top erasers  
Kleenex  
Wide-ruled notebook paper  
4 x 6 lined index cards  
Ticonderoga pencils  
Liquid glue  
Wide-ruled chart paper  
Plain chart paper

Colored copy paper (ream)  
White cardstock (ream)  
Pink erasers  
3 x 5 index cards



### Fourth Grade

Folders (two-pocket, multicolored)  
Dry erase markers  
White ruled paper  
Graphing paper  
Envelopes (white, standard size)  
Liquid glue  
Glue sticks

### Fifth Grade

Pencils  
Dry erase markers  
Regular markers  
Dry erase board erasers  
Dry erase board cleaner  
College-ruled paper  
Erasers

Construction paper  
Manila folders (legal size)  
Manila file hangers (legal size)

Clear packing tape  
Two sets of colored, netted vests (for PE team play)  
Basketballs  
Soccer balls



## Registration for all Valley fee-based Preschool classes

**Wednesday, March 11<sup>th</sup>**  
from 12:00 to 2:00 in Room PS-9

**What to expect:** The registration process will be a little different this year than it has been in the past. Please check the PUSD Preschool Website for information on class offerings, registration procedures, and to obtain forms.

More information will follow as it becomes available. In the meantime, if you know of anyone who may be interested in enrolling in preschool, please let them know we will be registering in March. Thank you!

### Can you help? Mid-Year Supplies Needed!

Our children are growing and learning and running out of basic school necessities! Can you please help out your grade by donating some of the following supplies? Grade level baskets for collecting supplies are located in the front office. If you would prefer to offer a monetary donation, please give it to one of the office staff, with the grade level marked on the envelope. ANY AMOUNT WILL HELP! Questions? Email Sandra Komenda at [ssk@san.rr.com](mailto:ssk@san.rr.com).

## 2008-2009 GATE Testing Information

PUSD 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.

If you believe that your child may require GATE services, there are two testing opportunities for your child to be evaluated this school year. You will find general information about GATE services and GATE test information from the GATE link on the PUSD Website (<http://www.powayusd.com/teaching/learning/gate/>).

### Test Date

**Districtwide Saturday Testing**  
Saturday, March 28, 2009  
@ Morning Creek Elementary School.

### Request Submission Window

CLOSED

To request GATE testing for your child, complete a *GATE Parent Questionnaire/Test Consent* form online through the PUSD GATE webpage (<http://www.powayusd.com/teaching/learning/gate/>) or in your child's school office. *Requests for GATE Testing will only be taken during the request submission window dates.*

If you have questions, please contact your child's classroom teacher or **Marissa Ochoa, Valley GATE Coordinator.**

# Tiger Trackers

Wow! It's been great seeing so much participation in Tiger Trackers. We are running as many laps now as when we first started back in the beginning



of the year. Per the data, 84% of Valley kids are now participating in Tiger Trackers (1st-5th grades). Way to go Valley Runners!

T-shirt winners (50 laps or more) from 1/20/09 to 2/13/09 are:

Noah Adams	Sydney Baltz	Ivan Cedillo
Billie Cullen	Joshua Friedman	Daniela Garcia
Alfonso Gonzalez	Sarah Jaris	Cody Jose
Spencer Kerr	Michael Little	Leon Nesson
Eliel Ramos	Amaia Rizzo	Ayden Schirmacher
Leila Tirone		

Please remember, due to needed publishing time, Tiger Talk does not have the most recent data. Items are submitted weeks before you get the most recent Tiger Talk edition. For

weekly updates see the Tiger Trackers board in the lunch area.

Many thanks to Ms. Molina, 4th grade teacher, for running with her students during Tiger Trackers! We loved seeing that. Way to motivate your students Ms. Molina!

We'd like to congratulate the Sunset Hills Seagulls on beating us to the Statue of Liberty. We should be there by the middle of March. By the way, it took us all year last year to make it to the Statue of Liberty. We are WAY ahead of where we were last year at this time. Where should we run to next? We'll get those Seagulls next year Tigers. ROAR!



## Pasta For Pennies March 2 - March 13

During this three-week period, students will be collecting pennies, nickels, dimes, quarters, dollars and checks benefiting The Leukemia & Lymphoma Society. The class that collects the most money wins lunch from the Olive Garden.

## Jog-A-Thon Wednesday, March 25<sup>th</sup>

It's time for our annual **Jog-A-Thon** - Wednesday, March 25<sup>th</sup>. This is one of Valley's biggest fundraisers and also raises students' awareness of running for fitness and fun. We have two goals this year - physically and fiscally! Last year we ran a total of 1,068 miles. Our school-wide goal for 2009 is 1,100 **miles** (5000 laps). We can do it! Our financial goal this year is to raise **\$9,000**. The money raised will be used for Valley students, in PTA sponsored events such as field trips, Arts Attack, Family Nights, Tiger Trackers, and Field Day to name a few.



Sponsorships can be obtained from family, friends, close neighbors and your business associates. **Please** do not allow your student to canvas neighborhoods or solicit from strangers.

During the Jog-A-Thon, students have **20 minutes** to complete as many laps as they can run, jog or walk around the .22 mile track.

As an extra incentive for students who bring in paid pledges they will receive the following:

- **1 pledge or more** - Tiger Token
- **\$25.00** - Ice Cream party, Tiger Token
- **\$50.00** - Pedometer, Valley Tiger Water Bottle, Ice Cream Party & Tiger Token
- **\$100.00** - Tennis Shoes, Pedometer, Valley Tiger Water Bottle, Ice Cream Party & Tiger Token

Medals will be given to the boy and girl in each grade level who complete the most laps. The boy and girl who complete the most laps in the school will receive a bike and a trophy.



The class start times are as follows:

Time	Grade
8:10 am - 8:40 am	Kindergarten
8:40 am - 9:10 am	1 <sup>st</sup> Grade
9:10 am - 9:40 am	2 <sup>nd</sup> Grade
9:40 am - 10:10 am	3 <sup>rd</sup> Grade
10:10 am - 10:40 am	4 <sup>th</sup> Grade
10:40 am - 10:50 am	Preschool
10:50 am - 11:20 am	5 <sup>th</sup> Grade

## Where's the VEEF?



**"The Foundation brings parents and community members together to raise money to enrich the educational experience so that every child at Valley Elementary School can succeed."**

The VEEF's biggest fundraiser will soon be here. The Cinco de Mayo 5K/fun run will be held on May 2, 2009 at Lake Poway. We are still in need of volunteers to assist with this event. If you would be willing to visit 5 businesses with a sponsorship packet please notify Mia Ruvalcaba at [mruvalcaba@ValleyEEF.org](mailto:mruvalcaba@ValleyEEF.org). We are also in need of 80 volunteers to assist at the race on May 2nd. Jobs include passing out water, t-shirts, goodie bags, etc...If you would like to volunteer for race day duties please contact Shelly Smart at [ssmart@ValleyEEF.org](mailto:ssmart@ValleyEEF.org). Many hours of planning goes into this event each year. If you would like to assist in any other capacity please contact Megan Schirmacher at [mschirmacher@ValleyEEF.org](mailto:mschirmacher@ValleyEEF.org). For more information on the event and to register for the run go to [www.cincomayo5K.org](http://www.cincomayo5K.org).



Just by making your everyday purchases you could be donating money to Valley (at no cost to you). If you haven't already signed up for e-Scrip please do so. (Group ID: 500017373). To register go to the secure website: <http://secure.escrip.com/jsp/supporter/registration/step1.jsp>.

Did you know that if you buy gift cards through the VEEF a percentage of your purchase goes to Valley (again, at no cost to you)? If you would like to purchase gift cards or need additional information please contact Sue Looges at [suzyq4@cox.net](mailto:suzyq4@cox.net)

The list in endless of gift cards we can get but some others are:

Chilis- 11%	Stater Bros.- 5%
TGI Fridays- 9%	Von's- 4%
Papa John's- 8%	Arco- 2%
Starbucks- 7%	

The following companies provide the greatest donations to our school:

- See's Candy donates 25% of your purchase (sold in \$15 denominations)
- Marie Callendars - 18% (sold in \$25 denominations)
- AMC Theater Individual Tickets - 16% (sold for 9.50 each)
- Blockbuster Specialty Card - 15% (sold for \$3.79)

Have you seen the Roaming Tiger? He has been spotted back in Poway in a Valley neighborhood. He is on a mission to raise \$2000 for the VEEF. He shows up in your yard or on your doorstep compliments of a friend or family member, usually when you least expect it. He has visited 17 families and has already raised over \$700. Way to go Valley Tiger!

We are looking for fresh ideas for a fall fundraising opportunity. If you think you may have an idea that could bring in the much needed funds for our school please contact the VEEF president, Stephen Fazen at [sfazen@ValleyEEF.org](mailto:sfazen@ValleyEEF.org).

Congratulations to our first round of VEEF mini-grant recipients:

- 3rd grade received \$250 to help with scholarships for their floating lab fieldtrip.
- 4th grade received \$250 to assist with scholarships for the California Mission fieldtrip in San Juan Capistrano.
- 5th grade received \$250 to fund scholarships for the Californian fieldtrip.

The next VEEF meeting will be held March 12th in the Valley office conference room. The meeting will be open to the public starting at 7:30 pm if you would like to attend.

## Valley Volunteer Opportunities

Thank you to all the volunteers who helped with the PTA activities in February. There were countless volunteers who helped make Jump Rope for Heart, Workroom Friday and That's Amore Dinner a success.



As I walk around the Valley campus, I hear of volunteers who are helping our school in unique ways; the grandmother who reads to 2<sup>nd</sup> grade students, the father who is helping the library transfer VHS tapes to DVD, the parent who sells tamales to raise money for a class field trip. We are so fortunate to have so many people who care about the children in our school.

On March 13, the PTA is holding "Art in the Valley and Silent Auction". Volunteers are needed to help set up and clean up for this event. Please notify Tammie Statler at [Tammie@statler.com](mailto:Tammie@statler.com) or 858-880-5818 if you can help.

**Valley Elementary School**  
**DUAL LANGUAGE PROGRAM**

7th edition

Parent Newsletter

March 2009

**Coordinator's Message: *Sidia Santos Phillips***

Thank you to all the parents who have helped in our classrooms! As we prepare for testing, our students are working hard and your help in the classroom gives them the message that Learning is Important!

We are excited to have the opportunity to serve our Dual Language students during intersession this year—so, if you are interested in getting focused writing and test prep instruction for intersession. Please let your teacher know. All teachers will forward intersession candidate names to me by **March 27, 2009**.

**Intersession is April 13-17, 2009. Students enrolled must attend all 5 days.**

**Contact Information**

**Sidia Santos Phillips**  
(858) 748-2007 ext. 2152  
[sphillips@powayusd.com](mailto:sphillips@powayusd.com)

**Laura González-García**  
(858) 748-2007 ext. 2002  
[lgonzalezgarcia@powayusd.com](mailto:lgonzalezgarcia@powayusd.com)

**4<sup>th</sup> grade Writing Test: March 3, 2009**

Valley's fourth graders will be participating in the STAR writing test on Tuesday, 3/3/09. Our Dual Language 4<sup>th</sup> graders will be writing in English. Please encourage your child to do their best and help them get enough rest and a healthy breakfast. This is a very important test and we know our teachers have prepared our students well! Good Luck 4<sup>th</sup> grade!!

**California Department of Education Writing Contest:**

Students are encouraged to submit essays on the topic:

*"The person that I most respect in my life..."*

Winners will receive Spanish books, materials, and scholarships to study abroad in Spain. Please see your teacher to get more information on this exciting opportunity.

All essays are due **March 6, 2009**.

**DL Parent Quarterly Meeting**

**Our next meeting is March 24, 2009**

**6:15 p.m in the MPR—  
childcare provided**

Please e-mail me questions that can be answered or addressed at the next meeting. Suggestions and topic ideas are also welcome!

**DL Informational Meetings**

Do you know someone who wants to enroll in our kindergarten program for the 2009-2010 school year?

Let them know of our last meeting to get information on our enrollment criteria and registration process. All incoming kindergarten parents ***must attend*** an informational meeting to be considered for eligibility and an enrollment appointment.

Incoming DL kindergarten enrollment closes March 30, 2009.

The new kindergarten lists will be posted in May.

The last meeting will be at 6p.m in the MPR on **March 5, 2009**

**Childcare will be provided**