



## Pottstown Early Action for Kindergarten Readiness

Mission: Every child in Pottstown will enter Kindergarten ready to learn and achieve



# PEAK Classroom Connections

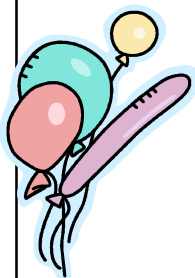
*PEAK Classroom Connections: Creating a professional learning community for the early learning teachers in Pottstown to share ideas, improve instructional practices and implement researched-based best practices in the delivery of quality early learning experiences*



## PEAK Happenings

April 2009

### Month of Young Child Event:



Sunday, April, 19th. 2-4PM at YMCA. All are invited to this FREE event. Come see the Reading Screwball, jump in the moonbounce, and enjoy free snacks, games activities, the petting zoo and much more!

### Speech and Language Training:

Speech and Language Development for 3s and 4s—What is Normal and When to Refer to the Intermediate Unit.

April 28, 2009

5:00-6:00 pm

Pottstown School District Administration Building

RSVP to Emily or Mary

### Contact Information:

#### Mary Rieck

PEAK Coordinator

610-970-6655

[mrieck@pottstownsd.org](mailto:mrieck@pottstownsd.org)

#### Emily Baddeley

PEAK Pre-K Coach

610-718-8635

[ebaddele@pottstownsd.org](mailto:ebaddele@pottstownsd.org)

#### Kathy Perry

PEAK Health Consultant

610-718-8642

[klperry@pottstownsd.org](mailto:klperry@pottstownsd.org)

#### Whitney Tyng

Family Engagement Specialist

610-326-1610

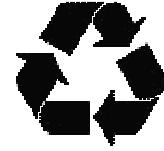
[wtyng@fsmontco.org](mailto:wtyng@fsmontco.org)

PEAK Web Site

[www.peakonline.org](http://www.peakonline.org)



## Reduce, Reuse, Recycle



**Reduce, Reuse, Recycle**  
(Tune: "William Tell Overture")

Reduce, reuse, recycle (Stand and stretch arms out and move in a circular motion)

Reduce, reuse, recycle (as you bounce up and down to the beat.)

Reduce, reuse, recycle

To help protect our planet earth!

Reduce, reduce, don't use too much— (Arms in circles.)

Take a little, that's enough. (Hold up index finger and thumb and then shake finger.)

Conserve food, water, energy

And don't buy more than what you need. (Shake head "no" as you shake your finger.)

Reuse, reuse, be kind today; (Arms in circles.)

Don't throw things out, give them away. (Pretend to give something away.)

Think before you buy it new— (Point index finger to head.)

Maybe something old will do!

Recycle—it's so easy to do! (Arms in circles.)

Plastic, glass, and paper too.

Cardboard and aluminum cans,

Give your trash a second chance! (Hold up two fingers.)

Reduce, reuse, recycle (Make circles with your arms as you bounce to the beat.)

Reduce, reuse, recycle

Reduce, reuse, recycle

To help protect our planet earth!

Activities:

Draw the symbol for reduce, reuse, recycle. Ask children if they know what it means. Have they ever seen it before? Go to [earthodyssey.com](http://earthodyssey.com) and learn about the different recycling symbols for the United States.

Let children make collages of the recycle symbol from scraps of paper, leaves, twigs, yarn, buttons, trash in their desk, and other materials. Display these around the school or in a public building, such as the courthouse or post office.

Plant a bio-garden in your classroom or on the playground. A simple version can be made by filling a plastic tub with dirt. Let the children suggest different things to plant in the garden to discover what will decompose. For example Styrofoam, aluminum foil, tissue paper, apple core, a plastic toy, egg shell, etc. "Plant" these in the dirt and label each with a popsicle stick. Water and set aside for several weeks. Encourage the children to predict which items they think will decompose. Dig up the objects and compare. Learn more about creating a compost pile at home or school by going to [epa.gov](http://epa.gov)

Expanding on curriculum in the classroom, some ideas to expand on your PATHS curriculum and Color Me Healthy.

### PATHS

Teach children sign language for feelings, such as happy, sad, sleepy, angry, etc. (Visit asl-pro.com and click on the dictionary to see video clips of these emotions.) Start each day by going around the room and having each child sign how he feels. Remind children that it is O.K. to have different feelings.

### Color Me Healthy

#### Feeling Fine

(Tune: "I'm In Right, Out Right, Happy All the Time")

I'm in right, (Hold up both index fingers and point to chest.)

Out right, (Point out with index fingers.)

Up right, (Reach up high.)

Down right, (Stoop down low.)

And I'm feeling fine. (Turn around in a circle.)

I'm in right, out right, up right, down right, and I'm feeling fine.

I eat the food that's good. (Pretend to feed self with a spoon.)

And exercise like I should. (Run in place.)

That's why I'm in right, out right, up right, down right,  
and I'm feeling fine.

## Green Resources from the Internet

[www.arboday.net](http://www.arboday.net)

[www.childrenoftheearth.org](http://www.childrenoftheearth.org)

[www.earth911.net](http://www.earth911.net)

[www.epa.gov](http://www.epa.gov)

[Kidsforsavingearth.org](http://Kidsforsavingearth.org)



[www.thedailygreen.org](http://www.thedailygreen.org)

[www.thegreenguide.org](http://www.thegreenguide.org)

[Worldwildlife.org](http://Worldwildlife.org)

[www.epa.gov](http://www.epa.gov)

## Allergy Season is Upon Us.....Achoo!!!!



Keep doors and windows closed during peak pollen months.

Use an air conditioner and replace its filter at least once a month.

Avoid open fields when you're outside, especially those that have just been mowed.

Have someone else do your yard work. Mowing the lawn or raking leaves can cause an attack if you're allergic to the pollen of grasses, trees, ragweed or mold.

Don't hang sheets, towels or blankets out to dry. They're natural magnets for pollen.

Monitor air-quality reports and avoid exercising outdoors when the pollen count is high.

Take an antihistamine 30 minutes before spending time outdoors.

Do outdoor activities in the afternoon or evening when pollen counts are lower.

Pollen levels are highest before 10am.

Wear glasses or sunglasses to protect your eyes, and don't rub them!

Adapted from Vitality Magazine by Kathy Perry, ECHC