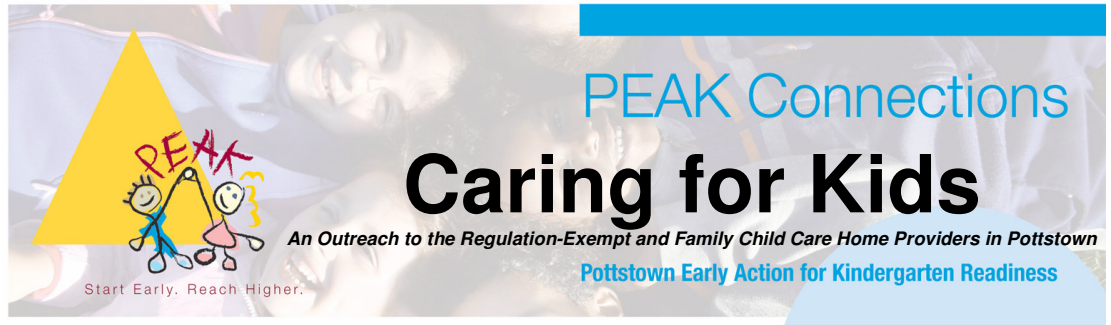
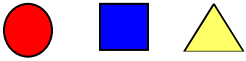


August 2009

PEAK Caring for Kids
Newsletter



Time to Register for August Training!

It is that time again! A new professional development and networking session is scheduled for Tuesday, August 18 from 6:00-7:30 at the Pottstown Public Library. This session will focus on math for young children. There will be lots of activities and resources. Call now to register.

What: Math for Young Children

Place: Pottstown Public Library (Note the location)

Date: August 18, 2009

Time: 6:00-7:30

- Dinner Served
- Giant Gift Certificates
- Math Resources
- PQAS Training Credit

Call Mary Rieck at 610-970-6655 to register or email at mrieck@pottstownsd.org.

PEAK professional development meets the state training requirements for Relative/Neighbor providers and the requirements for Family Child Care Home Providers.

Dates to Remember

August 18, 2009 (New Date):
Math Fun and Networking at
Pottstown Public Library
500 High Street

August 31, 2009 — First day of
school for students in Pottstown
School District

November 2009 — Holiday Treats
on a Budget



Contact Information:

Mary Rieck
PEAK Coordinator
610-970-6655

Whitney Tyng
Family Specialist
610-326-1610

Kathy Perry
Health Specialist
610-718-8642

Emily Baddeley
Pre-K Coach
610-718-8635

Jeff Sparagana, Ed.D.
Director of Education/
Human Resources
www.peakonline.org

AUGUST CARING FOR KIDS PACKET

This month's newsletter activities focus on math and science. Look on page two for ideas on science exploration collections. Collections give children lots of time to observe objects. Page three has ideas on teaching the alphabet in appropriate ways for young children.

Pottstown Resources

See the enclosed card for a listing of resources for families in Pottstown. For more information on any of the agencies, contact Whitney Tyng, PEAK Family Engagement Specialist at 610-326-1610.

Learning is Everywhere

Pennsylvania Department of Education has published a new resource for families and caregivers. There are lots of activities for each learning domain plus activities for different age groups. Contact Mary if you want more copies of the calendar.

Enjoy the summer!

**Remember to complete
three activities and return
the enclosed postcard.**



SONGS, POEMS AND FINGERPLAYS



Finger-plays, songs and rhymes are great ways to develop language in young children. Try these!

BUSY FINGERS

This is the way my fingers stand,
Fingers stand, fingers stand.
This is the way my fingers stand,
So early in the morning.

This is the way they dance about,
Dance about, dance about.
This is the way they dance about,
So early in the morning.
[This is the way I fold my hands.]
[This is the way they go to rest.]

CLAP YOUR HANDS

Clap your hands, clap your hands
Clap them just like me.
Touch your fingers, touch your fingers
Touch them just like me.
Shake your head, shake your head

Shake it just like me.
Clap your hands, clap your hands,
Now let them quiet be.

I HAD A FLY

I had a fly who flew on me.
First on my elbow, then ankles and
knees.
I tried to catch him while he was on my
toes.
But, as I hit him he flew to my nose.
He landed on my shoulder, then my
wrist.
And, as I grabbed, the fly did twist.
As I turned my neck, he flew to my
heel.
And, I decided the fly had wheels.
He flew on my fingers, my thumb & how!
Here he comes on my hip & head

Oops, he flew to my feet & now he's
dead.

SUSY Q

Big apple, little apple Susy Q
Here we go walkin' down the avenue.
Boogie to the left
Boogie to the right
Boogie to the middle
And out of sight.

WIGGLE THEM (TOUCH, BEND SHAKE)

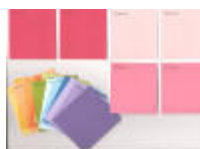
Wiggle them, wiggle them
Wiggle them so
Wiggle them high
Wiggle them low
Wiggle them to the left
Wiggle them to the right
Wiggle them, wiggle them
Out of sight.

Science Collection Ideas



Young children are naturally curious about their world. Pre-K science activities encourage the student to explore, investigate, observe and record changes in the environment. Children learn to use their senses and simple tools such as magnets and magnifiers to make observations and collect information. Activities such as noting the changes in the seasons, caring for pets, and exploring simple machines encourage the further development of scientific thinking.

- Bark
- Binoculars, bird feeder, birdseed, bird book
- Bug boxes made from old boxes
- Compass
- Dental molds
- "Discovery" bottles made using plastic bottles
- Fabric with different textures (velvet, satin, burlap, corduroy, etc.)
- Field guide books
- Flashlight
- Ice cream sticks for labeling plants
- Kaleidoscopes
- Keys
- Leaves
- Mineral samples
- Moss samples
- Magnifying glasses
- Nuts in shells (pecans, walnuts, coconuts, etc.)
- Non-toxic plants
- Outdoor weather thermometer
- Perfume samples/strips from magazines
- Pinwheels
- Pinecones and pine needles
- Rocks/stones
- Sandpaper in a variety of grades
- Seashells
- Seedling trays and seeds
- Snake skins
- Stethoscope
- Sound games (film containers filled with various items such as dry beans, dice, bells, dry rice, etc.)
- Science magazines (examples: *National Geographic*, *Astronomy*, *Ranger Rick*, *Kids Discover*)
- Terrarium made from a soft drink bottle
- Windsocks, pinwheels, wind chimes
- X-rays



Color Hues



Things from Trees



Nut Sorting

Teaching the Alphabet

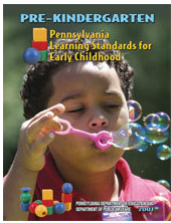


The ability to recognize, identify, and form letters, as well as associate them with their sounds, is an essential component of literacy development. Among the pre-reading skills that are traditionally evaluated, the one that appears to be the strongest predictor of later reading success is letter identification. Children best learn alphabet letters as they engage in meaningful reading and writing activities.

Practices that support alphabet learning include:

- Reading and writing environmental print
- Reading and writing children's names
- A variety of alphabet books
- Alphabet games and activities that focus on the letter names and shapes

PENNSYLVANIA PRE-KINDERGARTEN EARLY LEARNING STANDARDS (EXCERPT)



Standard L 1.4: Develop increasing understanding of letter knowledge

- L 1.4 A: Show progress in associating the names of letters with their shapes and sounds
- L 1.4 B: Identify at least 10 letters of the alphabet, especially those in own name
- L1.4 C: Increase ability to notice the beginning letters in familiar words

LETTER BINGO

Purchase a commercial letter Lotto or Bingo game or make one yourself using the plastic sleeves designed to display baseball cards. Encourage children to name letters as they play the game.

LETTER MATCH RELAY

Obtain two sets of 8-10 plastic or foam letters. Place the letters from one set on the floor or attach them to a clothesline. Put the matching set in a bucket a few feet away. Children choose a letter from the bucket and race to the other end to find its match. Then they run back and tag the next child. Teams are not necessary for this active center - just a group of 4 to 5 active preschoolers.

I SPY

Use an alphabet chart and game boards with upper and lower case letters. Use large wiggle eyes for playing pieces. Glue one eye to the end of a dowel for a pointer. Begin by saying "I spy with my little eye, the letter Bb," and pointing to the letter on the alphabet chart. The children cover the corresponding letter on their cards with a wiggle eye. Play continues until everyone has all their letters covered.

The Cereal Book



Invite children to bring in empty boxes of their favorite cereal. Cut the fronts off the boxes and bind them together into a book. Children can "read" the book by recognizing the logos and individual letters can be pointed out on the box fronts.

Make another inexpensive book by cutting out familiar logos from the Sunday paper advertisement supplement and placing them in a sticky page photo album.

Kindergarten Orientation Sessions

August Resource Packet

Do you care for children who will attend kindergarten this school year? Students entering pre-k and kindergarten are invited to bring their parents to an orientation at their school to meet the teacher and other staff members.

Check below for orientation meetings for the children and families the week before school starts.

Barth Elementary School
Aug. 27 6:00 P.M.
610-970-6676

Edgewood Elementary School
Aug. 26 6:00 P.M.
610-970-6636

Franklin Elementary School
Aug. 26 6:00 P.M.
610-970-6641

Lincoln Elementary School
Aug. 27 6:00 P.M.
610-970-6646

Rupert Elementary School
Aug. 25 6:30 P.M.
610-970-6661

Back to School!



The August Caring for Kids Resource Packet includes:

- Newsletter
- Pottstown Community Resources
- Learning is Everywhere
- Pottstown School District Calendar

Need more information or resources? Call PEAK at 610-970-6655 or visit the PEAK web site at www.peakonline.org



Recipe of the Month



FROSTY ORANGELICIOUSNESS

- 1/2 cup fat-free vanilla ice cream
- 1 orange, peeled & frozen
- 1/2 cup orange juice
- 1 tsp. orange zest (optional)

Instructions: Place all ingredients in a blender and enjoy!

Q & A with the kids!

Questions to ask your children while making this beverage

- 1) Name 2 other fruits that can be used in this recipe.
- 2) Name a fruit or veggie with seeds—just like an orange.
- 3) What other fruit has a peel like an orange?



PEAK Caring for Kids Outreach Collaborating Partners

- Pottstown School District
- Montgomery County Child Care Information Services
- Montgomery County Child Care Consortium
- Penn State Extension
- Pottstown Family Center
- Pottstown Public Library
- Pottstown Rotary Club
- United Way of Southeastern Pennsylvania
- YWCA Family Literacy Center
- Pottstown Fire Chief



Remember to return the enclosed postcard for a free children's book!



PEAK Caring for Kids Connections: Creating a professional learning community for the regulation-exempt and family child providers in Pottstown to share ideas, improve instructional practices and implement best practices in the delivery of quality early learning experiences