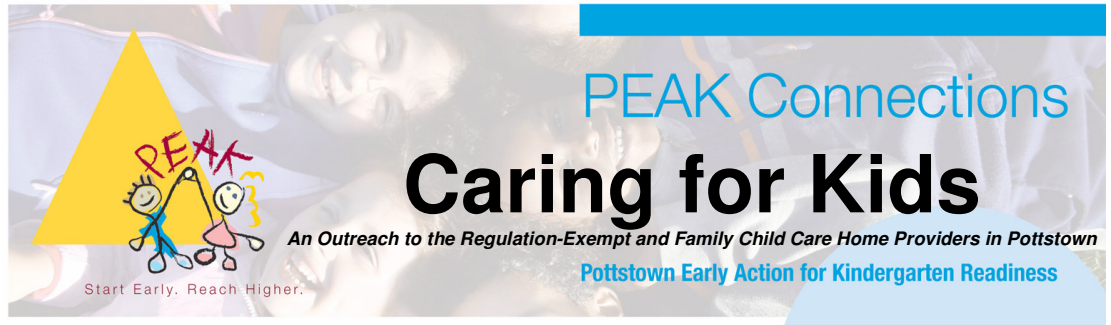
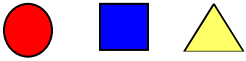


Start Early. Reach Higher.

January 2010

PEAK Caring for Kids
Newsletter



PEAK Professional Development

A professional development session on using movement and music with young children is being offered for teachers in PEAK community partner early learning programs. Family Child Care Home and Regulation/Exempt providers are also invited to attend the training.

What: You've Gotta Move It! Move It!

When: Tuesday, January 26, 2010

Time: 5:30-7:30 (Snacks at 5:00)

**Where: Pottstown School District Administration Building
230 Beech Street**

PQAS Credit Awarded (the state required training)

Register for the training at www.pakeys.org

(Note: Since this is a training for all community teachers, gift certificates will not be available for participants)

Dates to Remember

January 18: Martin Luther King Day—Pottstown School District closed

January 26: Movement in the Classroom Professional Development

February 3: Family Literacy Night—Pottstown Middle School

February 15: Presidents' Day—Pottstown School District closed



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Director of Education/
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www.peakonline.org

JANUARY CARING FOR KIDS PACKET

The cold and snowy weather is here. Take a look inside for some ideas of activities to use during the winter.

Look, also, for the information on the Lending Library at Pottstown Family Center and the Family Literacy Nights that Pottstown School District is sponsoring for parents of three, four and five year old children.

A snowflake matching game and flannel board story are included in the packet. Create new flannel board activities with some of the finger plays and rhymes on page two.

Caring for Kids newsletters are now posted on the PEAK web site at www.peakonline.org. Check the site for more ideas to use at home.

Return the enclosed postcard or contact Mary at mrieck@pottstownsd.org for a free children's book.

SONGS, POEMS AND FINGERPLAYS



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

Snowflakes Falling from the Sky (Tune: Mary Had a Little Lamb)

Snowflakes falling from the sky,
From the sky, from the sky.
Snowflakes falling from the sky,
To the earth below.
Watch them as they dance and whirl,
Dance and whirl, dance and whirl,
Watch them as they dance and whirl,
Soft white winter snow.

Snowflakes (Tune: Twinkle, Twinkle, Little Star)

Snowflakes, snowflakes, dance around,
Snowflakes, snowflakes, touch the
ground.
Snowflakes, snowflakes, in the air.
Snowflakes, snowflakes, everywhere.
Snowflakes, snowflakes, dance around,
Snowflakes, snowflakes, touch the
ground.

Winter Hokey Pokey

You put your mitten in, you take your mit-
ten out,
You put your mitten in and you shake it all
about
You do the winter pokey and you turn

yourself around,
That's what it is all about.

You put your boots in, you take your boots
out,
You put your coat in, you put your coat
out,
You put your hat in, you put your hat out,
You put your scarf in, you put your scarf
out.

Winter Days

Five little snowmen round and fat.
Each one wearing a funny hat.
In the morning, out came the sun.
It looked down and melted one.

Four little snowmen round and fat
(Repeat with 3, 2, 1 snowmen)

The Snowman

Roll the snow into some balls.
Make a snowman, oh so tall.
Place a hat upon his head.
Give him buttons that are red.
Use some coal to make his eyes.
You can do it if you try!
Next, he needs a carrot nose.
Where will we get one of those?

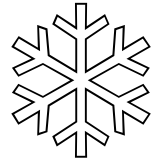
Make a mouth and he'll be done.
Making snowmen is such fun!

Merry Snowflakes

Merry little snowflakes falling to the
ground,
(fingers flutter like falling snow)
They're landing on the treetops, covering
our town.
(fingers flutter)
They softly fall on noses (touch nose)
And make our hair look white. (touch hair)
They seem to call, "Come out and play!"
("come here" motion)
As they fall through the night. (fingers flut-
ter like falling snow)

Snowflakes (Tune: Gray Squirrel)

Snowflakes, snowflakes, falling on the
ground
Snowflakes, snowflakes, falling all around.
I am bundled to my chin.
See my footprints where I've been.
Snowflakes, snowflakes,
falling on the ground.



FAMILY LITERACY NIGHTS

Pottstown School District is sponsoring a series of Family Literacy Nights, *Teach Me to Read at Home*, for parents of three, four and five year old children. Parents learn how to help their young children with beginning reading skills and while parents are in workshops, the children rotate through a variety of activities.

Share the enclosed flyer with any parents of young children in your care. Parents can come for one or all of the nights. The sessions are held at the Pottstown Middle School and child care is provided. This is a great opportunity for helping parents learn how they can assist their child in learning to read.

Family Literacy Nights

6:00-7:30

Pottstown Middle School

January 6

February 3

March 3

April 7

May 5

May 26



Winter Time Activities



Surprise Snow Writing

Cover the bottom of a large shallow box (or several boxes) with black construction paper. Pour in enough salt to cover the bottom of the box. Have your children use their fingers to "write" in the snow. Show them how to shake the salt around to spread it out and start over again.

Mitten Magic

Read aloud Jan Brett's version of *The Mitten*. After reading the story, have the children take turns reenacting the story using a pup tent as the mitten.

Frosty finger Paintings

Make soap by beating two cups of soap flakes and one cup of water with an eggbeater or hand mixer until the mixture is thick and frothy but not too stiff. Let the children paint with it on slick paper. Or provide large pieces of butcher paper and let children paint winter scenes. You can also have children spread it on sticks, twigs, pinecones, rocks, etc. and create snowscapes which can be mounted on foam trays.

Icicle Painting

Provide large pieces of dark construction paper, runny white paint and three-inch pieces of drinking straws. Encourage children to put several blobs of the white paint on their paper and then blow gently through the straw toward the blobs.

Chalk Scenes

Let children create winter scenes with chalk on dark construction paper. Use hair spray to set the chalk on the paper.



Mitten Match

Make 15 to 20 pairs of poster board or construction paper mittens for a classification game. Pairs may be matching colors, shapes, numbers or dots. Scatter the mittens on the floor. Have children find pairs that match and hang them on a clothesline with clip clothes pins.

Find the Snowball

Place several knit caps and a small Styrofoam ball on a table. Have one child close his eyes while another child hides the ball in one of the hats. The first child opens his eyes and then tries to find the ball by feeling each of the caps. After he finds it, the children switch roles and play again.

Fine Motor Snowball Sorting

Set up an area where your children can sort snowballs by size. Add small containers with all difference sizes of white pom-poms. Add tweezers or ice tongs and have children pick out the snowballs from the container and sort into a tray.

Meltdown Merriment

Tell the children to pretend to be snowmen. As the warm sun shines on them, they slowly begin to thaw. Call out body parts, starting at the head and proceeding downwards. As a part is called out, the children begin to move it. As the sun shines more brightly, the children gradually melt down to the floor.

Deep Freeze Dance

Give the children white scarves or white crepe paper streamers. Play fast music and have the children pretend to be swirling snowflakes on a blustery day. Play slow music and have them to be softly falling snowflakes on a calm day. Interrupt the music and have the children "freeze" in position until the music begins again.

The Snowy Day by Ezra Jack Keats

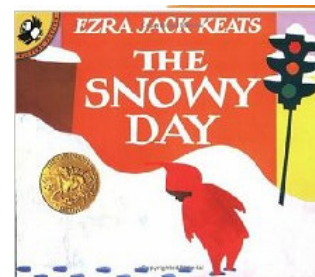


The Snowy Day by Ezra Jack Keats is a timeless tale of a little boy's adventures in the deep, deep snow. Peter makes a snowman, makes angels in the snow and pretends to be a mountain climber. While reading the book, let you children guess what object Peter finds to make a special track in the snow. You children will be thrilled with the fun Peter has in the snow, but sad right along with him when his snowball melts in his warm house. The pictures are magical in the Caldecott Medal winning book.

For a variety of activities for using *The Snowy Day*, visit the web site for Ezra Jack Keats at:

www.ezra-jack-keats.org

Visit Pottstown Public Library for a copy of *The Snowy Day*.



Community Resource

Pottstown Family Center Lending Library

Are your children bored with their toys and book? Need some new activities for your little ones?

Come by the Pottstown Family Center and visit the new Lending Library. Check out the huge collection of toys, books and activities for children of all ages. For more information contact Jessica McCartin at the Pottstown Family Center at 610-326-1610.

Recipe of the Month

Bean and Cheese Quesadilla

Preparation Time: 30 minutes

- 2 cups corn kernels (fresh or frozen)
- 1 medium red bell pepper, finely chopped
- 1/2 small red onion, finely chopped
- 1/4 cup chopped cilantro leaves
- 1 small jalapeno, seeded and minced
- Freshly ground pepper, to taste
- 1 tablespoon fresh lime juice
- 4 (8 inch) whole-wheat tortillas
- 1 15-oz. can pinto beans, rinsed, drained and mashed
- 1/2 cup shredded reduced-fat Monterey Jack cheese
- Reduced fat sour cream (optional)*

To make the salsa, combine the corn, red pepper, onion, cilantro, jalapeno, salt and pepper in a bowl. Mix in the lime juice and set aside.

Spray a large skillet with cooking spray. Set it over medium-high heat. When the pan is very hot, add a tortilla. Heat the tortilla for about 30 sec-

onds.

Cover half of the tortilla with one quarter of the beans and cheese and a small handful of the salsa. Fold the empty side over the filling. Cook for 1-2 minutes on each side until golden brown and cheese is melted. Repeat for remaining tortillas.

To serve, place one tortilla on each of 4 plates. Top with a quarter of the salsa and sour cream (if using). Serve immediately.

Serves: 4

Nutrition Information per Serving:

Calories: 343
Total Fat: 7.0g
Saturated Fat: 1.9g
% of Calories from Fat: 18%
% of Calories from Saturated Fat: 5%
Protein: 15g
Carbohydrates: 56g
Cholesterol: 10mg
Dietary Fiber: 11
Sodium: 464mg

December Resource Packet

The *December Caring for Kids Resource Packet* includes:

- Newsletter
- Snowflake flannel board activity
- Snowflake matching cards
- Snowman puzzle

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

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



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



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PENNSSTATE



College of
Agricultural
Sciences



United Way
of Southeastern Pennsylvania