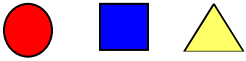


September 2009

PEAK Caring for Kids
Newsletter



Math Workshop Rescheduled

The **Math for Young Children** workshop had been rescheduled for October. This is an opportunity to receive state-approved training here in Pottstown at no charge and receive free resources.

What: Math for Young Children

Place: Pottstown Public Library (Note the location)

Date: October 7, 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

October 7, 2009 (New Date):
Math Fun and Networking at
Pottstown Public Library
500 High Street

November 2009 — Holiday Treats
on a Budget—Watch for informa-
tion on date and location



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SEPTEMBER CARING FOR KIDS PACKET

Fall is coming and the Pennsylvania apples are being harvested. Look in this month's newsletter for math, science and creative activities using apples. Use the recipes on the back page to make apple pancakes and apple treats.

Apple Counting Book

Use the enclosed cards to create a counting book for your children. Just cut apart, punch holes and use a twisty tie or metal ring to hold the pages together.

Apple Alphabet Board Game

Use the file folder and game boards and cards to create a board game that will help your chil-

dren recognize the alphabet letters.

Red Foam

A sheet of red craft foam is included to cut out apple shapes. They can be used for counting or for sorting by size..

Enjoy your September apples!

Remember to complete three activities and return the enclosed postcard 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!

Apple Tree

Way up high in the apple tree
Two little apples smiled at me.
I shook that tree as hard as I could
Down came the apples.
Mmmm---they were good.

Apple Tree

This is the tree
With leaves so green.
Here are the apples
That hang in between
When the wind blows
The apples will fall.
Here is the basket to gather them all.

Five Little Apples

Five little apples lying on the floor.
I'll roll one away, and that leaves four.
Four little apples hanging on a tree.
I'll pick one off, and that leaves three.
Three little apples, I know what to do!
I'll put one in my pocket, and that leaves two.
Two little apples sitting in the sun.

I'll pick one up, and that leaves one.
One little apple waiting in my lunch.
I'll eat it up with a crunch, crunch, crunch.

Five Red Apples

Five red apples hanging in a tree,
The juiciest apples you ever did see.
The wind came by and gave an angry frown,
And one little apple came tumbling down.
Four red apples, (etc.)

Apples Off My Tree

(Tune: Skip to My Lou)
Pick some apples off my tree,
Pick some apples off my tree,
Pick some apples off my tree,
Pick the all for you and me.

My Apple Tree

(Tune: The Muffin Man)
Did you see my apple tree,
Did you see my apple tree,
Did you see my apple tree,
Full of apples red?

Apple, Apple, On The Tree

(Tune: Twinkle, Little Star)
Apple, apple, on the tree,
I know you are good for me.
You are fun to munch and crunch
For a snack or in my lunch.
Apple, apple, on the tree,
I know you are good for me!

Picking Apples

(Tune: The Paw-Paw Patch)
Pick the apples, put them in the basket.
Pick the apples, put them in the basket.
Pick the apples, put them in the basket.
Way down yonder in the apple orchard.



Math and Science Apple Ideas



What's Inside?

Objective: Children will predict and observe.
Give each child an apple to observe. Have children predict how many seeds are in the apple. Record responses. Cut the apple and count seeds together. "Who predicted more, who predicted less?" Discuss the differences between the outside and inside of the apple

Growing Seeds

Objective: Observe and participate in science experiments
Using the seeds removed from the apples, discuss what plants need to grow. Place seeds in zip-lock bags with damp paper towels and place in a sunny area. Observe and discuss changes in the seeds (corn and dried beans also grow well in zip-lock bags.)

Apple Oxidation

Objective: Observe, participate in simple science experiments
Cut an apple in half. Rub one cut half with lemon juice. Have children predict what will happen to apples, Observe changes and differences in the apple half that was rubbed with lemon juice and the other half. The lemon juice prevented oxygen from reaching the apple so it did not discolor as readily.

Apple Patterns

Objective: Identify and create patterns
Have a student create a pattern using apples of different colors. Other children can copy and extend the pattern using apple shapes or appropriately colored manipulatives. (Flannel board apple shapes can also be used for patterns and as a visual during the apple finger plays.)

What Apple Do I Like?

Objective: Awareness of numbers, comparative relationships, graphing.
Have children examine red, green and yellow apples. Cut each apple and allow children to taste a sample of each. Discuss the differences in the way the apples taste. Have children select colored paper shape of the apple they liked the best. Using a floor graph, graph the apple shapes to determine the favorite color of apple.

Apple Baskets

Objective: Awareness of numbers, counting
Have an assortment of small paper, felt or plastic apples for students to use. Label 5 small baskets with the numerals 1-5. Children place the correct number of apples in each basket. The same idea can be used by drawing an apple tree on 5 large index cards and writing a numeral on each card. Children place the correct number of apples on the tree..

Fall Creative Ideas



Fall Collages

Objective: Engage in creative process and express individuality

Collect an assortment of fall objects. Allow children to feel objects and discuss texture. Have children glue items to a paper plate or construction paper to make a collage.

Sponge Painting

Objective: Engage in creative process and express individuality

Use leaf shaped sponges and fall colors of tempera paint to make leaf prints on construction paper. Extension: Give children a pre-cut tree shape. Children make leaves by dipping finger tip or a cork into tempera paint and pressing on the tree.

Pine Cone Painting

Objective: Engage in creative process and express individuality

Collect an assortment of pine cones. Allow children to dip pine cones in tempera paint and roll pine cones on a sheet of construction paper.

Acorn Painting

Objective: Engage in creative process and express individuality

Have children place a piece of paper in a shallow box. Dip several acorns in tempera paint. Place the acorns on top of the paper in the box and tip box to roll acorns around paper to make designs

Leaf Decorations

Objective: Engage in creative process and express individuality

On large sheets of paper, have children paint in fall colors with finger paints or water colors. When papers dry, cut into leaf shapes.

Tissue Paper Leaves

Objective: Engage in creative process and express individuality

Give each child a leaf cut from construction paper and an assortment of fall colored tissue paper cut into 1 inch squares. Have child crumble pieces of the tissue paper and glue onto leaf.



Autumn Trees

Objective: Engage in creative process and express individuality

Have children use hole punch and make dots in fall colors. Children then draw a tree shape on sheet of construction paper, brush glue over branches and sprinkle on dots for leaves.

Sponge Leaves

Objective: Engage in creative process and express individuality

Pour orange, red, yellow tempera paint into shallow trays. Give each child a leaf shape. Child uses sponges to paint leaf fall colors.



Flu Season Tips

What is novel H1N1 flu?

Novel H1N1 flu is a new and very different influenza virus that is spreading worldwide among people. This new virus was called "swine flu" at first because it has pieces of flu viruses found in pigs in the past. However, novel H1N1 virus has not been detected in U.S. pigs.

Influenza is unpredictable, but scientists believe that the new H1N1 virus will cause illness, hospital stays and deaths in the United States over the coming months. This flu season, the new virus may cause a lot more people to get sick than during a regular flu season. It also may cause more hospital stays and deaths than seasonal flu.

How can I protect my child against flu?

Get a seasonal flu vaccine for yourself and your child to protect against seasonal flu viruses.

Take everyday steps to prevent the spread of all flu viruses. This includes:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. If soap and water are not available, alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Teach your child to take these actions too.
- Try to keep your child from having close contact (about 6 feet) with sick people, including anyone in the household who is sick.
- Keep surfaces like bedside tables, surfaces in the bathroom, kitchen counters and toys for children clean by wiping them down with a household disinfectant according to directions on the product label.

Contact the Montgomery County Health Department for more information on the "Swine" flu.

September Resource Packet

The *September Caring for Kids Resource Packet* includes:

- Newsletter
- Sheet of Red Craft Foam
- Apple Alphabet Game and File Folder
- Apple Counting Book

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



Recipes of the Month



Enjoy the fall apple harvest with these recipes!

Apple Pancakes

Pancake mix
Apple, peeled and chopped
Cinnamon

Cook chopped apple until tender. Mix pancake mix according to directions. Add cooked apple and a small amount of cinnamon to batter. Form small pancakes and cook according to directions.



Apple Smiles

2 apple wedges (with skin on and seeds removed)
Peanut butter
Miniature marshmallows

Spread peanut butter on one side of an apple wedge. Put marshmallows on peanut butter. Spread peanut butter on the other apple wedge and place it over the marshmallows.

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