



Pottstown Early Action for Kindergarten Readiness

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

PEAK Family Connections

PEAK Family Connections: Providing families with resources, support, and opportunities to encourage interactive learning at home and in our community.

PEAK COMMUNITY NEWS

Early Childhood Parenting Made Fun!

Pottstown Family Center and Family Services will be hosting a FREE 5-week parent training program at Grace Lutheran Church.

Parents will learn:

- How to smooth out mornings and bedtime
- How to raise children so they become safe, smart, confident, responsible kids
- How to avoid anger, threats and lectures
- How to stop children from arguing and whining
- And so much more!!!

This program will be held on Wednesdays (starting October 7th) from 10-11:30am. It is FREE and childcare is included! If interested, please contact Nancy Trahey at 610-326-1610.

The Salvation Army Christmas Program

Pottstown will begin the 2009 Christmas season by accepting applications for gifts and food on the dates listed below:

- Monday, 10/19—9-11:45am & 1-3pm
- Tuesday, 10/20—9-11:45am
- Wednesday, 10/21—5-7pm
- Thursday, 10/22—9-11:45am
- Friday, 10/23—9-11:45am & 1-3pm
- Monday, 11/23—9-11:45am & 1-3pm

Please be prepared to present:

- Photo ID for all adults in household
- Birth certificates for all children 10 years old and under
- Social security cards for all
- Proof of household income and expenses

Please contact the Salvation Army for more details—610-326-1621



Fall 2009

CONTACT US!

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EMPOWERED PARENTS

Communication is Key!

Children whose parents are involved in school have a more successful educational experience. Research supports this! Being involved starts with regular and open conversation with your child's teacher.

Follow these simple steps:

- Write down questions to ask the teacher as you think of them. Keep a list in one place.
- Find out if the teacher uses weekly themes. If so, connect activities at home to those themes to support continual learning.
- Ask the teacher to explain what and how your child is learning.
- Let the teacher know what is going on at home and if your child will be out of school for any reason.

Inspiration

"Parents have become so convinced that educators know what is best for children that they forget that they themselves are really the experts."

- Marian Wright Edelman

Family Engagement Committee

Please contact Whitney Tyng if you are interested in participating on the PEAK Family Engagement Committee. The committee meets several times throughout the school year to plan fun and education experiences for PEAK families.



HEALTH and WELLNESS

Living Healthy for Less

You can eat healthy and still stay on a budget—all it takes is a little extra planning! Use the following tips to get you started:

- Prepare more of your own food—prepackaged foods are often the most expensive
- Have a plan at the supermarket—go with a list and don't go hungry
- Take advantage of seasonal produce (produce that's in season is going to be a bit cheaper than off-season produce)
- When buying perishables, make sure you're only buying what you're going to consume (even if it's on sale!)

- Stockpile on non-perishables when they're on sale—buying food in bulk is good if it doesn't spoil before you use it
- Buy inexpensive sources of needed nutrients—beans are a very versatile source of protein and fiber. Popcorn and oatmeal are inexpensive whole-grain options, and nonfat dry milk is a cheap source of dairy and a great thing to have on hand



- From HealthDay News

- Contributed by Kathy Perry,
EC Health Consultant

Please contact PEAK if you have any questions or concerns or if you would like information about a specific topic published in this newsletter. You may also e-mail Whitney Leone at wtyng@fsmontco.org.

FAMILY CORNER

Build a Love of Reading

Reading aloud is a fun family activity that fosters confidence in children. When you read aloud to your child, allow a little time at the end for your child to read to you. When your child reads to you, follow these tips:

- Let your child choose the book—make sure you have an assortment of easy and fun books (check out the local library!)
- Listen to see if your child understands what he or she is reading—ask questions once in a while
- Don't help too much—let your child reason through difficult words before jumping in

Crazy Popcorn

Popcorn is a fun, healthy snack that children love! To start, pop up a bit of plain popcorn (on the stove or in the microwave), pour into a large bowl, and drizzle with a little melted butter or margarine. Then, add one of the following—be creative:

- Powdered sugar
- Cinnamon-sugar
- Salt
- Onion powder or onion powder
- Lemon pepper
- Old Bay seasoning

PEAK Parent Breakfast Clubs

Are you in a hurry in the morning and barely have time to grab a bite to eat? Would you like to socialize with other parents or talk with the PEAK Family Engagement Specialist? If so, then stop by the PEAK Parents Breakfast Club!

The club will be located at YOUR early learning site at drop off about once a month—keep an eye out for a PEAK poster announcing the date—and come hungry!

