

Pottstown Early Action for Kindergarten Readiness

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

PARENTS PEAK

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

PEAK NEWS

PEAK Web Site

The PEAK web site is now available with resources for teachers, families and other community members. Visit the PEAK site at www.peakonline.org.

Be sure to check the family section for community resources and information on upcoming workshop opportunities in Pottstown.

Check the web site frequently as new resources are added regularly.

PA Pre-K Counts

Congratulations to all of the families who are now taking advantage of our five PA Pre-K Counts sites in Pottstown. Through this state funded grant we are now able to provide children living in Pottstown with a full day high quality early childhood education.

Health and Wellness

Welcome Sandra Leh, PEAK Early Childhood Health Specialist! Sandra joins the PEAK initiative with a strong background as a child care health consultant/trainer and is familiar with the Pottstown community. With concerns rising nationally about childhood obesity and overall child wellness, Sandra could not have joined PEAK at a better time.

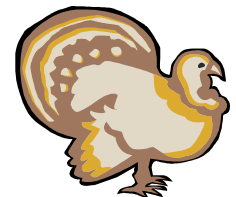
Sandra is looking forward to working with the PEAK programs site directors, teachers and families to improve nutrition, exercise, and other health related needs that directly impact children's readiness for kindergarten.



Fall 2007

Special points of interest:

- ☉ PEAK News
- ☉ Empowered Parents
- ☉ Family Corner
- ☉ Community Resources



EMPOWERED PARENTS

Family Resource Center

As some of you may have noticed PEAK Family Resource Centers have been placed at several of the PEAK program sites. These FREE resources are provided in order to help you at home in supporting your child's education. The resources will be changed often so please take advantage of the materials provided. Also, if you would like to see information on a specific topic offered at the PEAK Resource Centers please call Lori.

PEAK Parent Workshop

Look for the next parent workshop to be offered by PEAK in late February, 2008. This educational experience will offer parents tools on handling behavior issues and solutions on how to keep your cool when your child is hot!

Family Engagement Committee

Contact Lori Davidson if you are interested in participating on the PEAK Family Engagement Committee. The committee will meet during the school year to plan fun, educational experiences for families.

Contact Information:

Mary Rieck

PEAK Coordinator

610-970-6655

Lori Davidson

PEAK Family Engagement Specialist

610-718-5372

Emily Baddeley

PEAK Pre-K Coach

ebadale@pottstownsd.org

Sandra Leh

Early Childhood Health Specialist

sleh@pottstownsd.org



FAMILY CORNER



It's Here...

Flu season has arrived! The single best way to protect yourself and your children from getting influenza (the flu) is to get the flu shot. All healthy children aged 6 months to 5 years old, their parents and siblings, and their out-of-home caretakers should be vaccinated against the flu every year.



Two types of vaccines are available, a flu shot and a nasal spray flu vaccine. The spray can be used by children 5-17 years old and adults. Children under 5 years old must get the shot.

Signs of the flu are fever, headache, tiredness, cough, sore throat, runny or stuffy nose, and muscle aches. Nausea, vomiting, and diarrhea can also occur, but are much more common in children than adults.

You can help slow the spread of colds and flu by reminding children to:

- Cover their nose and mouth with a tissue when they cough or sneeze - then throw the tissue away.
- Wash their hands often with soap and water. If soap and water is not available then use a waterless alcohol-based hand cleaner.
- Remind them not to touch their eyes, nose, or mouth. Germs often spread this way.

Call your family doctor or the local Health Bureau for more information on getting yourself and your children vaccinated.

Keep Your Skin Healthy ...

There has been much news exposure and concern among families regarding **Community Associated Methicillin Resistant Staphylococcus Aureus** ...more commonly known as **CA-MRSA** (*pronounced mer'sa*).

This infection usually starts off looking like a pimple, boil or abscess that is warm, painful, red or swollen. The infection also can cause more serious problems, such as blood stream infections or pneumonia.

To keep your skin healthy and protect your and your family from MRSA:



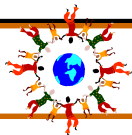
- Wash hands often with soap and water. Alcohol-based hand cleaners are good if soap and water are not available.
- Keep cuts and scrapes clean and cover them with a bandage.
- Do not touch other people's cuts or bandages.
- Do not share towels, personal hygiene items, athletic equipment, or clothes.

See your doctor if a skin wound is not getting better.

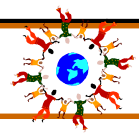
Dear Families,

Over the past few years the Pottstown Family Center has been able to offer assistance to families during the winter Holidays. If you think that you may need assistance and would like us to attempt to assist you, please contact Lori Davidson at 610-718-5372, ext. 223.

Please feel free to contact PEAK if you have questions or concerns about these topics or if you would like information about a certain topic published in this newsletter. You can also e-mail Lori at ldavidson@fsmontco.org.



COMMUNITY RESOURCES



5th Annual Christmas Toy Giveaway!

When: December 25, 2007, 4:30pm

Where: 1st Baptist Church, King & Charlotte Streets

Dinner will be served at 3pm

Cluster Outreach Center 137 Walnut Street, 610-970-5995

November 22: Thanksgiving Dinner, 12:30 pm, Pottstown Memorial Medical Center

December 7: Deadline for food baskets

December 14: Deadline for toys for Christmas Program

December 17: Christmas dinner tickets begin

December 17-18: Food baskets distributed (by Appt ONLY)

December 18 - 20: Toy program distribution (by Appt ONLY)

For more information please contact Lori or Clusters.