



Pottstown Early Action for Kindergarten Readiness

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

PEAK Family Connections

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

What is PEAK?

PEAK is a school readiness initiative of Pottstown School District and community programs and agencies. The collaboration began in 2005 when the district leadership began meeting with directors of community programs and agencies to develop strategies for improving the readiness of children entering kindergarten.

A partnership was created called PEAK (Pottstown Early Action for Kindergarten Readiness). The partners agreed to work on community outreach, family engagement, quality improvement, health and wellness and kindergarten transition.

One of the strategies put in place to improve school readiness is family engagement.

Working in partnership with families is a critical factor in a child's school success. This year, through the PEAK family engagement work, there will be many opportunities for classroom involvement, trainings, workshops and informal meetings to connect with your child's teacher and other families. We hope you take advantage of the opportunity to be involved in your child's education because you are the first and most important teacher.

The PEAK initiative receives funding from PA Pre-K Counts, United Way of Southeastern Pennsylvania, Pottstown Area Health & Wellness Foundation, Montgomery County Foundation and just received a new grant from Pennsylvania Children's Trust Fund.

Pennsylvania Pre-K Counts

For 2008-2009, the PEAK PA Pre-K Counts Partnership is receiving funds to serve 126 three and four year old children in the free, full-day state-funded program. The partnership has seven classes located at six community partner sites. The sites include KinderCare Learning Center, Montgomery Early Learning Centers, Montgomery County Head Start, Pottstown YMCA, YWCA Tri-County Area and Warwick Child Care Center. For information on PA Pre-K Counts, contact the PEAK Coordinator or Family Engagement Specialist.

Welcome to Whitney Tyng

Whitney Tyng has joined the PEAK initiative as the PEAK Family Engagement Specialist. Whitney works with Pottstown Family Center and has experience in the Pottstown community and in working with families. Whitney will be organizing workshops and other activities for families, plus supporting families through resources and referrals. If you need assistance or information on services available in Pottstown, contact Whitney at 610-326-1610 or wtyng@fsmontco.org. Also, if you want to get involved in working with the PEAK Family Engagement Committee, get in touch with Whitney.



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DROP PEAK A LINE:

Mary Rieck
PEAK Coordinator
610-970-6655
mrieck@pottstownsd.org

Whitney Tyng
PEAK Family
Engagement Specialist
610-326-1610
wtyng@fsmontco.org

Emily Baddeley
PEAK Pre-K Coach
610-718-8635
ebaddele@pottstownsd.org

Kathy Perry
Early Childhood Health
Specialist
610-718-8642
klperry@pottstownsd.org

Jeffrey Sparagana, EdD
Director of Educa-
tion/Human Resources
610-970-6602
jsparaga@pottstownsd.org



FAMILY CORNER



Healthy After School Snacks for Kids

When a snack attack strikes, refuel with these nutrition-packed ideas!

- Peel a banana and dip it in yogurt—roll in crushed cereal and freeze for a healthy treat
- Spread celery sticks with peanut butter or low-fat cream cheese—top with raisins—enjoy your “ants on a log”
- Mix together ready-to-eat cereal, dried fruit, and nuts in a sealable bag for an on-the-go snack
- Smear a scoop of frozen yogurt on two graham crackers and add a sliced banana to make a yummy sandwich
- Dip animal crackers in low-fat yogurt
- Sprinkle grated cheese over a corn tortilla—fold in half and microwave for 20 seconds for a quick quesadilla
- Top low-fat vanilla yogurt with crunchy granola and sprinkle with berries
- Spread peanut butter on apple or banana slices
- Toast an English muffin, drizzle with pizza sauce and sprinkle with low-fat mozzarella cheese for a mini-pizza
- Blend low-fat milk, frozen strawberries, and a banana for 30 seconds for a delicious smoothie
- Microwave a cup of tomato or vegetable soup and enjoy with whole-grain crackers
- Dip baby carrots and cherry tomatoes in low-fat ranch dressing

⇒ Ideas gathered from www.eatright.org

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 Tyng at wtyng@fsmontco.org.

Resources for Families

Family Resource Centers

Check the Family Resource Center at your child's early learning site for a variety of resources for families. Resource Centers are also available at Pottstown Public Library, Pottstown Women's Center, Bright Hope Community Center and Salvation Army.

Family Engagement Committee

If you are interested in participating on the PEAK Family Engagement Committee, please contact Whitney Tyng. The committee will meet during the school year to plan fun and educational activities for families.

PEAK Web Site

Do you need information or resources? Take a look at the PEAK web site at www.peakonline.org. It is updated frequently with ideas for families and teachers.

Pottstown Public Library

The Pottstown Public Library is a great resource for families with programs for both adults and children. The library is open from 9:00 am to 9:00 pm Monday through Wednesday, 9:00 am -6:00 pm Thursday and Friday and 9:00-4:00 on Saturday.

Raising a “Bounce-Back” Kid!

RESILIENCY is the ability to “bounce back” from and successfully adapt to life's challenges. Children are born resilient, but that doesn't mean they don't need all the support they can get when facing the risks of today's world! Use the following techniques to help your child become a “bounce-back” kid:

- Speak with your child about their individual strengths (hint: they have A LOT!!)
- Interact with your child with warmth, make sure they know that you care about them **no matter what!**
- Teach your kid about resilience—give them tips on how to deal with tough situations in a positive way.