



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.

PEAK Family Engagement

Lori Davidson has joined PEAK as the PEAK Family Engagement Specialist. Lori obtained her BA in Human Services from Chestnut Hill

College and is currently working towards her Masters Degree in Human Services Administration. Prior to joining the PEAK initiative, Lori worked for the Chester County Intermediate Unit, providing classroom support for the early intervention department. You may also find Lori at the Pottstown Family Center where she coordinates an after school family based program called FAST (**Families and Schools Together**).

Lori can be contacted at 610- 718-5372 or ldavidson@fsmontco.org. Do not hesitate to call Lori with questions or requests for assistance.



Summer 2007

Special points of interest:

- ☺ PEAK News
- ☺ Empowered Parents
- ☺ Family Corner
- ☺ Kids Kitchen
- ☺ Summer Reading

EMPOWERED PARENTS

Kindergarten Readiness Workshop!

If knowledge is power, then the Pottstown community has some extremely powerful parents! June 21st was PEAK's first parent workshop on Kindergarten Readiness. Parents and their pre-k child enjoyed pizza and cookies while learning summer activities that will ensure their child success in kindergarten.

What? You couldn't make it out that night! Don't worry we will be doing it again!



The children enjoyed a story, crafts, and a snack!



These two mom's made the cut!

Special thanks to Lincoln Elementary School for hosting the event.

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



FAMILY CORNER



Here's what some parents are already saying about PEAK:

"I think what PEAK is doing is such a great service. I hope that the parents of all new students will begin coming to these workshops. I also feel that parents and teachers being on the same page is crucial to a positive and constructive learning experience. Thank you very much for having us out last night and I look forward to hopefully more workshops to come!"

Tracey Franey - Pottstown Resident

"I think this is great! Other school districts in the area should get more involved with PEAK."

Anonymous

We want to hear from you! Please send questions, ideas for workshops, favorite family recipes (for Kids Kitchen), or dates of special life events (birthdays, kindergarten entrances or graduations), to:

Pottstown Family Center

Attn: PEAK

933 N. Charlotte Street

Pottstown, PA 19464

or

call 610-718-5372, ext. 223.

You can also e-mail ldavidson@fsmontco.org.



KIDS KITCHEN



Enjoy these healthy recipes with your child.

Getting your child involved in helping you in the kitchen will go along way when the time comes to try new foods and enjoy eating!

Banana Pops

1 pkg. (3.4 ounce) instant banana pudding mix

2 cups skim milk

1 banana, cut into pieces



Combine pudding mix and milk,

Add cut up banana into pudding and blend evenly,

Spoon enough pudding/bananas into Popsicle cups to cover bottom,

Periodically tap the cups to get any air pockets out,

Freeze till set and enjoy!

Fruit Kabobs

Strawberries

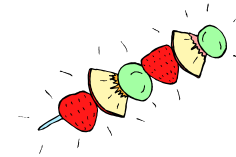
Cantaloupe

Bananas

Kiwis

Or any type of fruit that is in season

Skewers, toothpicks, or plastic drinking straws



Cut up fruit into chunks,

Place on skewers, toothpicks, or plastic drinking straws,

Have children experiment with different combinations,

Fruit Kabobs on a straw are a fun way to encourage kids to drink water. Have them stir the straw, with fruit attached, in the water to "flavor" it. Your child can then drink the water through the straw!



SUMMER READING



Read to your child.

It just might be the best gift you could ever give them.

Where Butterflies Grow by Joanne Ryder

The Very Quiet Cricket by Eric Carle

Eric Carle's books are always a big hit with children!

I Spy School Days by Walter Wick & Jean Marzollo

Mice and Beans by Pam Munoz Ryan

This book introduces your child to many Spanish words, as well as the Latin culture. It tells a fun and silly tale that you and your child are sure to enjoy!

Chicka Chicka Boom Boom by Bill Martin, Jr. & John Archambault

Books for Parents

To learn more about the importance of reading to your child, look for the following recommended readings:

Straight Talk About Reading by Susan Hall & Louise Moats

Helping Your Child Become a Reader by U.S. Department of Education



Free Children's Book and Resources! Contact the PEAK Family Engagement Specialist for a copy of the children's book, *A Splendid Friend, Indeed*, or for resources on reading to your child.