



## 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 NEWS

### PA Pre-K Counts Registration

Our partner sites are now enrolling children for next year's PA Pre-K Counts classrooms! Please contact the sites directly for eligibility requirements and to get your child enrolled in this free full-day program:

- KinderCare—610-326-0554
- Head Start—610-323-6891
- MELC—610-326-3819
- Warwick—610-323-1601
- YMCA—610-323-7300
- YWCA—610-323-1888



### Month of the Young Child FREE Community Event!

Sunday, April 19th — 2pm-4pm

- YMCA (724 N. Adams Street in Pottstown)
- Reading Phillies Screwball
- Petting zoo
- Moon bounce
- Displays
- Art show
- ...and much more!

### Kindergarten Registration

If your child is going to be **5-years-old** by **September 1st** and is entering the Pottstown School District—**NOW** is the time to register for kindergarten! Please contact PEAK if you have not yet filled out the paperwork, and we will help you with the process!



## Spring 2009

### 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

## EMPOWERED PARENTS

### Parents as Teachers

The Pottstown Family Center is currently accepting referrals for their Parents as Teachers program! Parents as Teachers supports and assists parents in understanding their child's development and encourages age-appropriate activities to promote healthy growth in language, cognition, motor and social-emotional skills. Best of all, it's **FREE!** Please contact Nancy Trahey (610-326-1610) for more information.

### Family Engagement Committee

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

### Community Health and Dental Care



Accessible, affordable, and high quality! Our new community health center is now open and accepting patients regardless of insurance coverage. The center is conveniently located at 11 Robinson Street, suite 100 (near Wal-Mart). They are offering comprehensive family, pediatric, dental, and case management services.

To make a medical appointment, please call 610-326-9460.

To make a dental appointment, please call 610-326-7405.



## HEALTH and WELLNESS

Allergy season is upon us! Use the following tips to help reduce your risk of allergies:

- Keep doors and windows closed during peak pollen months
- Use an air conditioner and replace its filter at least once a month
- Avoid open fields when you are outside—especially those that have just been mowed
- Have someone else do your yard work—mowing the lawn or raking leaves can cause an attack if you are allergic to the pollen of grasses, trees, ragweed, or mold
- Don't hang sheets, towels, or blankets out to dry—they are natural magnets for pollen
- Monitor air-quality reports and avoid exercising outside when the pollen count is high
- Take an antihistamine 30 minutes before spending time outdoors
- Do outdoor activities in the afternoon or evening when pollen counts are lower—pollen levels are highest before 10am
- Wear glasses or sunglasses to protect your eyes—and don't rub them!



Adapted from Vitality Magazine by  
Kathy Perry, ECHC

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](mailto:wtyng@fsmontco.org).

## FAMILY CORNER

### APPRECIATION

The preschool years are a good time to begin teaching your child about appreciating things others do for them. Take advantage of any opportunity to say "thank you" to others. Decorate a homemade card with rubber stamps, stickers, or your child's original artwork and help your child write a personal "thank you". Give to your child's teacher as a thank you for a great school year! This helps your child learn about appreciation and encourages generosity as well!

Adapted from All Aboard (ninth edition)—  
GA Office of School Readiness

### Let's Get Moving!

It is important to be active every day. Here are some fun ways to add exercise into your daily routine:

- Do jumping jacks
- Dance
- Walk the dog
- Clean up
- Hopscotch
- Take a bike ride
- Monkey bars
- Jump rope
- Play tag
- Swim
- Roller skate
- Play kickball
- Hula hoop
- Play basketball
- Skip, hop, or jump
- GET CREATIVE!!!

### 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 on the following days:

**Head Start** (1st Baptist) - March 31

**Warwick**—April 7

**YMCA**—April 14

**MELC**—April 21

**KinderCare**—April 28

**Head Start** (administration) - May 1

**Head Start** (Ricketts) - May 5

**YWCA**—May 8

