



## 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

### Pottstown Family Center Summer Playgroups

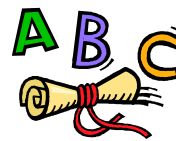
Learn how to make healthy decisions for you and your family! In this program, you will learn about nutrition and how to:

- Stretch your food dollars
- Plan and prepare tasty healthful meals
- Use food stamps and other food resources wisely
- Keep food safe and healthy

These **FREE** classes will meet **MONDAYS** for 6 weeks starting **July 12th, 2010** from **1:00-2:30pm** at 1976 E. High Street. Parents and children welcome! To register, please contact Jenna Saylor at 610-326-1610 (x241).



### PA Pre-K Counts Registration



Our partner sites are currently enrolling for next year's PA Pre-K Counts classrooms! Please contact the sites directly for eligibility requirements and to get your child enrolled for 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



## Summer 2010

### CONTACT US!

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

**Whitney Leone**  
PEAK Family  
Engagement Specialist  
610-326-1610  
wleone@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

## EMPOWERED PARENTS

### Family Engagement Committee

This summer we are going to revisit our committee's goals and mission! If you are interested in joining the PEAK Family Engagement Committee, please contact Whitney Leone at **610-326-1610 (x233)**. The committee meets quarterly at the Pottstown Family Center to plan fun, educational, and beneficial experiences for families in the Pottstown area!



### Parents as Teachers

The Pottstown Family Center is currently accepting referrals for their Parents as Teachers program. PAT supports and assists parents in understanding their child's development and encourages age-appropriate activities to promote healthy growth in language, cognition, motor, and socio-emotional skills. Best of all, it's **FREE** for parents of children ages 0-5. Please contact Jessica McCartin at 610-326-1610 (x243) for more information.



## HEALTH and WELLNESS

**"PLEASE"...**  
DON'T FORGET TO USE YOUR MANNERS...  
**"THANK YOU"!**

The ability to get along with others is probably the most important skill a child needs to develop to be successful and happy at school. When good manners are used at home, they become a child's habit by the time he or she starts school.

The summer months will be here soon! Even when our children kick off their shoes and have fun in the sun, it's important that they continue to practice using their manners. Parents, by expecting these same behaviors at home this summer, your children will continue to develop healthy social skills and the habit of using good manners—which will make it easier when they return to school in the fall.

The following are some manners that can be taught before children start school and should be expected of our little ones in and out of the classroom...

- Say "please" and "thank you"
- Ask for permission
- Knock before opening a door
- Apologize for mistakes
- Shake hands
- Help others
- Do not interrupt someone who is talking
- Make eye contact when speaking to someone



Parents, remember...expect good manners and do not reward bad behavior!

Let's have a fun and safe summer—don't forget to use your manners. Thank you!

Contributed by Kathy Perry, PEAK 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 [wleone@fsmontco.org](mailto:wleone@fsmontco.org).

## FAMILY CORNER

### DIRT DESSERT

This is a fun, easy dessert that kids love. If available, serve the "dirt" in a clean pail and scoop out with a shovel!

Ingredients:

- Chocolate sandwich cookies (Oreos), crushed
- Instant chocolate pudding (made ahead of time)
- Cool Whip
- Gummy worms

Directions:

- Layer pudding, Cool Whip, and cookies in bowl or pail (ending with the final layer as cookies)
- Place gummy worms on top in the "dirt"
- Serve and enjoy!



### Preschoolers and Exercise

Children ages 3-5 should be getting at least 60 minutes of "structured" physical activity every day—and up to several hours of "unstructured" exercise through play. Physical activity helps preschoolers develop skills that will eventually develop into more complex movements, such as kicking, throwing, catching, etc. Capture their imagination, and make exercise fun—run around outside, dance, take a walk, roll a ball, balance on one foot, play tag—just as long as you and your child are moving!

Don't forget to check out the **Pottstown Public Library** for some **FREE** summer fun! Stop by for morning or afternoon story time, plus some exciting special events! Call **Leslie** for more information at **610-970-6551**.

