



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

Family Literacy Nights

The Pottstown School District and PEAK invite you and your child to Family Literacy Nights! Get a chance to learn skills and activities to help promote reading and literacy at home! Family Literacy Nights will be held at the Pottstown Middle School from 6:00pm-7:30pm on the following dates:

- Wednesday, January 6, 2010
- Wednesday, February 3, 2010
- Wednesday, March 3, 2010
- Wednesday, April 7, 2010
- Wednesday, May 5, 2010
- Wednesday, May 26, 2010

Get out of the house and come join us for snacks, giveaways, learning and fun! Transportation and childcare available—please contact Whitney Leone 610-326-1610 (x233) for more information.



Winter 2009

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

jsparaga@pottstownsd.org



EMPOWERED PARENTS

Avoiding Power Struggles

The more control we share, the more control we have. Share control with your children through choices. For each choice, give two options (both of which are okay with you!) - and see how your child benefits! Try the following examples, and get creative with your own:

- Are you going to wear your blue shirt or your red shirt?
- Do you want apple or grape juice?
- You may wash your hands upstairs or downstairs

Adapted from Love & Logic Early Childhood Parenting Made Fun!

Give Back

Use the holiday season to teach your children the importance of giving back. Volunteer your time, or buy a holiday gift for someone in need. Show your children how "giving" is just as rewarding as "receiving!"

Family Engagement Committee

Please contact Whitney Leone if you are interested in participating on the PEAK Family Engagement Committee. The committee meets several times throughout the school year to plan fun and education experiences for PEAK families.

HEALTH and WELLNESS

Living Healthy on Less

It's possible to save on health care, but skipping regular checkups and screenings to avoid insurance co-pays isn't one of them! These checkups and screenings are meant to look for health problems that, if caught early, will cost a lot less to treat than if they're allowed to get worse!

Suggested strategies for cutting health-care costs include:

- Talk to your doctor about switching to cheaper medications. There may be cheaper alternatives or it might be possible to be added to a reduced-free prescription list that some chains offer.
- Call the doctor's office for advice. Often a question or concern can be addressed without a visit to the doctor.

- Stay out of the emergency room by having a family doctor care for non-emergent needs. If you go to an ER with a complaint, they will usually order unnecessary (and expensive!) tests.
- Treat colds and flu at home. If a cold or virus is following its usual course with you, then you probably don't need to see a doctor. See your doctor if you what you are experiencing seems worse or different.



Retrieved from Health-Day News/Contributed by Kathy Perry, EC 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.

FAMILY CORNER

Make Your Own Cinnamon Decorations!

Not only do these ornaments look nice, but they smell great, too! Get your child into the kitchen, turn on some holiday music, and make some memories together!

What you need:

- Mixing bowl and spoon
- 1 cup ground cinnamon
- 2/3 cup applesauce
- 1 tbsp. white glue
- Rolling pin
- Cookie cutters

- Cookie sheets
- Pencil or pen
- Yarn or ribbon

What to do:

- Mix the cinnamon, applesauce, and glue in the bowl
- Roll out dough onto a flat surface sprinkled with cinnamon
- Cut shapes out of the dough using the cookie cutters, place on cookie sheet and make a hole in the top using tip of pencil or pen
- Allow ornaments to dry for 24-48 hours
- Tie ribbon through hole and hang for all to enjoy!

Going on at YOUR PEAK Site!

Keep an eye out for PEAK representatives at your site! Throughout the school year, PEAK will be offering several different activities such as Breakfast Clubs, Snack Clubs, workshops, and more! We hope to see you there!

