



# Bedford County Early Head Start Bedford/Fulton County Head Start

## 2019-2020 ANNUAL REPORT



Operated by:



## A Message From: The President/CEO and Board Chair

Greetings!

What could be more important for a child than to have a good beginning in life?

Allegheny Lutheran Social Ministries (ALSM) is blessed to include Early Head Start/Head Start as part of our program family. The offering provides the educational opportunity and an environment for productive beginnings of children from X to Y. In accomplishing our goal, we touch the lives of their families and people in their communities. We fulfill our mission with passion and work with a particular joy because we are keenly aware of how much we influence the lives of these precious children.

Our Early Head Start/Head Start program serves the needs of parents and children in a number of ways. For example, we foster development in learning readiness, transition to public school, health/nutrition, mental health, parental involvement, and social interaction. Perhaps the last area should be called “control of social interaction.” Those little voices sometimes seem never to stop!

Of course, we believe it “takes a village,” so to accomplish our mission, we partner with school districts and other community programs.

Our staff team and our community partners are committed to the parents and children we are fortunate to serve.

In service,

Patricia W. Savage, President/CEO

The Rev. John Miller, Chair, ALSM Board of Trustees

### Mission Statement

We are a comprehensive, family-oriented program of dedicated, compassionate facilitators who motivate families to help themselves and their children reach their full potential in an ever-changing environment.

We work in partnership with families to build children's and parents' strengths, promote their self-esteem, and encourage self-sufficiency and life-long learning. We guide and support parents as their children's primary nurturers and educators. We provide individualized services to prepare each child for success in school and life.

We will continue to work in partnership with families and communities to identify and respond to their changing needs and the needs of their children through provision of services, resources, referrals, education and advocacy.

### Vision Statement

We support ALSM's mission through an integrated and coordinated department for Children's Services that maximizes the quality, diversity and potential of our programs for meeting the current and future needs of the communities we serve.

We pledge to continue to work in partnership with families and these communities to identify and respond to their changing needs through promotion of services, resources, referrals, education and advocacy.



## About Children's Services:

Children's Services is part of Allegheny Lutheran Social Ministries (ALSM), a not-for-profit organization with services that span the generations.

ALSM Children's Services programs, including Head Start and Early Head Start, are motivated by a strong set of organizational beliefs and values including the following: Quality, Inclusion, Empowerment, Collaboration, Learning, Advocacy, Wellness, Nurture, Diversity and Continuity.

We are dedicated to helping parents build on their own strengths to improve the quality of life for their children and families. We also believe in and are committed to the importance of quality birth-to-school-age services.

We see the achievements of our program as the result of the combined efforts of our staff, parents and community. We work together to make our program the best that it can be.

"My son is globally delayed and Miss Becky was the first one to encourage him to place objects into a bucket which he accomplished in 2019! My son always looks forward to interacting with Miss Becky, and I as a parent, am truly grateful to have these services available.

**-Brian Strait, Early Head Start Parent**



"Curiosity is the wick in the candle of learning."

**– William Arthur Ward**

"I absolutely love this program. The teachers and staff are all great with the kids, and work diligently to get and keep the kids engaged with learning new things, and working with them. I have noticed such a difference in my kids and how much they learned as well as how much they adore their teachers. They always look forward to their next visit and to what they will continue to learn." **Danielle Chaplin, Early Head Start Parent**



# Head Start

## Research Indicates...

Children having had Head Start services are:

More likely to:

- Have improved intellectual/cognitive skills
- Be healthier
- Have enhanced self-esteem
- Exhibit good social/emotional skill development

Less likely to:

- Be retained in grade
- Require special education
- Drop out of school

Parents involved in Head Start:

- Have increased self-confidence
- Have increased involvement with their children.
- Are more knowledgeable about their child's learning and development.
- Are more likely to continue involvement when their child enters the public school system
- Are more aware of community resources.
- Feel they have more control over their lives.

### On-Site Review:

Our most recent on-site federal review, conducted by the office of Head Start, indicated we are in compliance with the Head Start performance standards.

“Knowledge will bring you the opportunity to make a difference.”

– **Claire Fagan**

Head Start is a federally funded child and family development program that promotes the school readiness of income eligible children from three to five years of age. The program strives to enhance the cognitive, social and emotional development of each child in a learning environment that supports each child's growth in language, literacy, mathematics, science, social and emotional functioning, creative arts, and physical skills.

Head Start also provides children and their families with health, educational, nutritional, social and other services that are determined based on family needs assessments.

Head Start recognizes the importance of family focused early intervention and strives to build upon the strengths of each family.

Services and opportunities for children and families are provided through Head Start's major service areas including:

**Education:** Provides a variety of developmentally appropriate learning experiences to foster intellectual, social and emotional growth through center, combination and home-based options to prepare your child for school.

**Transition:** Provides children and parents with information and educational opportunities to prepare them for entrance into the public school System.

**Disabilities Services:** Ensures that children with disabilities receive the full range of developmental services in an inclusive environment.

**Health/Nutrition:** Emphasizes the importance of early identification and treatment of health problems and comprehensive health care.

**Mental Health:** Recognizes the importance of providing mental health and psychological services to children and parents to encourage emotional and social development.

**Parent Engagement:** Recognizes parents as the primary educator of their child and the most important influence on their child's lives, parental engagement is encouraged at all levels.

**Social:** Provides a wide range of education and training opportunities.



At least 10 percent of enrollment opportunities are made available for children with disabilities, regardless of income.

Bedford/Fulton Head Start provided services to 185 children. Bedford Early Head Start provided services to 90 children, and 4 pregnant women.

2019-2020

## Bedford/Fulton County Head Start

### Indicators:

- 185 children received Head Start services (funded enrollment is 173).
- The average monthly enrollment was at or above 100%.
- 175 families received Head Start services.
- Lead and Hemoglobin levels were tracked and monitored.
- All children enrolled received vision, hearing, and speech screening along with a weight, height, and body weight index, with follow up guidance provided.
- 97% of the children had a medical home.
- 100% of children received preventive dental care. 95% had a dental home. 62% of children received a dental exam due to Mobile Dentist; 60% of those needed and received treatment (COVID interfered with giving treatment).
- 92% of the children were up-to-date with immunizations. 83% were up-to date for Early and Periodic Screening, Diagnostic and Treatment. (EPSDT)
- More than 23% of all children enrolled were identified as having a disability.
- Our program was at full enrollment each of the operating months, with the exception of May, we fell below our average due to COVID.
- 100% of the children were eligible for Head Start services.
- Nearly 79% of all children enrolled were low-income and/or categorically eligible, including 3% in foster care. 5% were over income, 9% received public assistance.

### Transition:

During the 2019-2020 program year, children and parents participated in many different transition activities. Parents and children had the opportunity to participate in a Family Night about transition. Children went home with a copy of the book, *The Kissing Hand*. Parents received information and handouts on preparing their children both for preschool and kindergarten. Every child leaving Head Start and entering kindergarten, received a kindergarten-themed book and backpack filled with school readiness activities, books, and manipulatives.

Head Start teachers completed a developmental checklist for each child entering Kindergarten. These checklists were forwarded to the school districts for Kindergarten teachers to review and use for planning purposes.

### Preparing Children for Kindergarten:

An important goal for the Bedford/Fulton Head Start and Bedford Early Head Start programs is to prepare our children for kindergarten. We want to prepare not only our children for kindergarten, but also their parents.

- Home visits focus on the parent being the child's first and best teacher.
- All educational domains are covered with the children and parents on home visits.
- The Creative Curriculum and Teaching Strategies Gold Assessment Tool are used in classrooms to promote learning and assess children's progress.
- Parents As Teachers are used to track milestones of development for Home-Based services.
- Individual portfolios are compiled including a sampling of the children's work from both home visits and classroom. Parents are presented with this portfolio at the end of the program year.
- I Am Moving, I Am Learning focuses on gross motor skills and children making healthy choices. Activities are implemented in each classroom and during home visits.
- The Incredible Years Curriculum provides social and emotional lessons and development in the classroom.
- Classrooms focus on providing a safe and healthy learning environment where many opportunities for teacher-initiated and self-directed play allow children to explore and develop a sense of curiosity and love for learning.
- Individualization occurs for all children during the entire class day, as well as during home visits.
- Positive Behavior Interventions and Supports (PBIS) has been implemented into our program to increase social and emotional competencies in children and address challenging behaviors in early childhood.

# Early Head Start

Early Head Start's programs are designed to provide the same kinds of comprehensive child development and family support services as Head Start to families with children under age three and pregnant women.

Early Head Start's services include home visits, health and nutrition services and referrals to other social services that may be needed. Our Early Head Start programs also offer child care options for working parents.

Early Head Start's family focus is designed to help parents be better parents and help their children have a better start on a successful life.

"As a first time parent, it was nerve-racking sending my baby to school for the very first time. The best decision I made was to send him to Pre-K Counts. Mrs. Feaster, and all of the ALSM staff are so personable, kind, supportive, and they truly love the children." **Stephanie Johnson, Pre-K Counts Parent**

## 2019-2020

### *Bedford County Early Head Start*

#### Indicators:

- 90 children and 4 pregnant women received Early Head Start services.
- The average monthly enrollment was at or above 100%.
- All EHS children received age appropriate vision, hearing, weight, height, and body weight index with follow-up guidance provided.
- Lead and hemoglobin levels were tracked and monitored.
- 100% of children and pregnant mothers had a medical home. 67% of children are up-to-date on a schedule for Early Periodic Screening, Diagnostic and Treatment (EPSDT).
- 90% of Early Head Start children were up-to-date with immunization.
- 98% have a dental home and 56% received a dental exam. This number dropped from 2018 due to no Mobile Dentist.
- 15% of all children enrolled were identified as having a disability.
- Our program was at full enrollment each of the operating months.
- 97% of all children enrolled were low-income and/or categorically eligible including the 1% homeless.
- 2% receiving public assistance cash benefits and 7% in foster care. 3% of the children were over-income.
- 73 families received Early Head Start services.

"Alleghany Lutheran Social Ministries (ALSM) has been a partner with Family Behavioral Resources (FBR) for many years. We have always enjoyed good communication between the two organizations, which has allowed us to work together for the benefit of the children and families we both serve.

ALSM has always participated in any team meetings, ISPT meetings, or evaluations for the consumers we both services. Their participation enables us to request and offer the best services possible for our mutual consumers. We are especially pleased that this school year, ALSM is allowing the BSC and TSS to come into their classrooms to work with the children, when other organizations and schools are not. They understand that the services we offer are medically necessary and needed for the child. FBR looks to continue to work with ALSM for many years to come." **Deborah Stellfox, FBR.**

# Parent Engagement Highlights

## 2019-2020

There are many opportunities throughout the year for parents to become involved:

- Policy Council: Leadership, decision-making, conflict resolution and budgeting are just a few of the skills practiced by parents who volunteer to participate. Sub-committees review program budgets, policies/procedures and program planning.
- Volunteering: Provides parents the opportunity to volunteer throughout the year.
- Parents participate in home visits by planning individual activities with parent input.
- Fathers or the male role model of the household of Head Start/Early Head Start participants are offered a variety of activities in which to participate each year. Male-focused activities are developed for home visits, family night events, and special evening male involvement events at which male-focused activities are introduced to give them the opportunity to interact and learn about their child's development.
- 17% of the staff are past or current parents.
- Professional development opportunities were offered to current parents who were interested to obtaining their CDA certificate or GED (General Equivalency Certificate), or CDL.
- Parents receive information and tools to allow them to develop smoke free homes. Families that smoke are offered information on ways to quit and are referred to additional support services.

Many other opportunities include field trips in the community to learn about healthy cooking, local orchard visits, classroom art projects, museum trips and many more. We believe that parents are the key to their children's development.

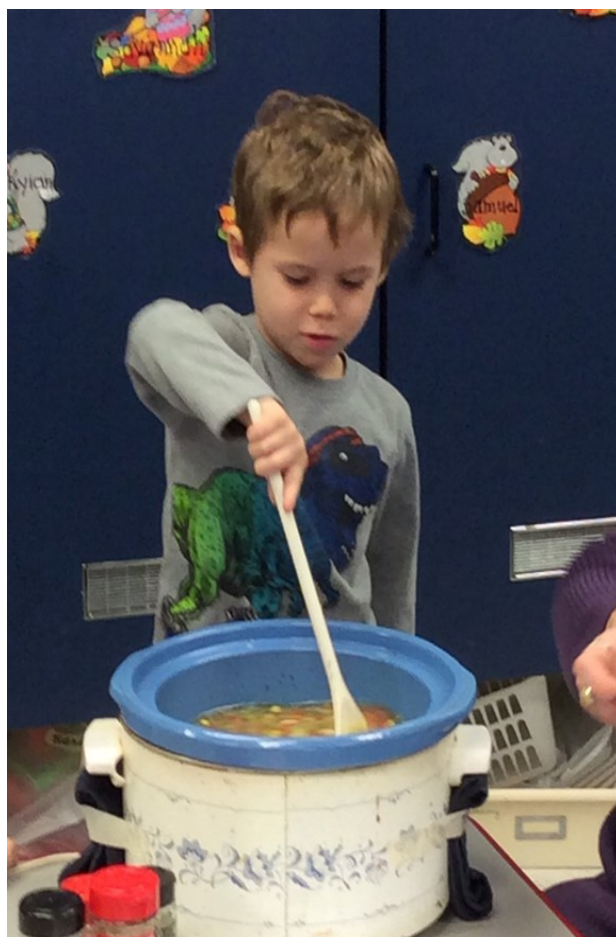
A "Family Night" event was scheduled in the evening to allow participation for working parents. This eventful evening includes family focused activities developed around educational topics that give parents practical ideas and resources that can be utilized in the home. A focus on healthy foods, wellness and physical activity accompany each event.

### Goals for Parent, Family, Community Engagement Framework:

To amplify our focus on positive Family Engagement Outcomes, our families set goals in Parent and Community Engagement that build on family strengths, promote self-esteem, encourage self-sufficiency and support lifelong learning for all family members.

Some of our goal areas include:

- Increased home visit completion rates through effective tracking and reporting.
- Increased focus on family and community volunteer efforts to increase non-federal share donations.
- Increased use of technology to meet the family communication needs including parent friendly apps and online family engagement systems.
- Improvements on strategies for meeting with parents which will include ensuring that environments are inviting and family friendly, and virtual options are offered.





# Collaborations & Partnerships:

*Partnerships allow Head Start and Early Head Start enrolled children from working families to receive comprehensive services provided through Head Start/Early Head Start while children are at the center. They also provide families with services and resources to help them become self-sufficient.*

## **Your Safe Haven**

Provides education to families around preventing sexual abuse.

## **United Way of Bedford County**

The United Way funds our literacy program. Approximately 270 Head Start and Early Head Start enrolled children received books.

## **Central Fulton School District**

Participate in collaborative scheduling that allows Head Start enrolled children to attend the district preschool program and Head Start program.

## **Children and Youth Services of Bedford County**

We collaborate with the Bedford County Children and Youth Services (CYS) agency providing support to families that have open cases. We work in partnership to assist families involved with CYs to obtain needed health care, keep recommended appointments, complete important goals required to have their CYs case closed and in some cases have staff assist in supervised visitations with families whose children have been temporarily removed from their home. Head Start/Early Head Start also provides services to foster children involved in CYs, when possible.

## **Northern Bedford County, Northern Bedford School District**

Northern Bedford County School District became an established partner in 2008-2009, when Head Start preschool services for eligible three- and four-year-olds were offered within the elementary school. Head Start families were able to receive the services offered by the district, while benefiting from the comprehensive services provided by Head Start.

## **LOVE INC. of Bedford County**

41 families and 125 enrolled children received Easter Baskets through Love INC. in 2020. Even during the pandemic, we still provided.

## **Fulton County Partnership**

Provide support to enrolled families through transportation to medical appointments, sponsor a dental clinic and transport families to work.

## **Intermediate Unit 08**

IU8 and Head Start work together to make joint decisions to create an atmosphere of community, agency cooperation and coordination. The partnership promotes education and awareness, in order to benefit preschool children and their families by facilitating a smooth and effective flow of services from providers. Our collaborations facilitate the inclusion of children with disabilities and typical developing peers so that typical all children may experience the enrichment that comes from sharing in their developmental years.

## **Early Intervention of Bedford & Somerset County DBHS**

Early Head Start is a reliable participant in the Bedford County LICC and the Fulton County LICC and has been for many years. Representatives from Early Head Start actively collaborate with the other LICC members to participate in Child-Find activities, community fairs and events to increase Bedford and Fulton County residents' awareness of the programs and services our agencies provide. With parental permission, the Early Head Start Disabilities Manager directly refers children in Bedford and Fulton County to the Early Intervention program in the event developmental delays are indicated on screenings completed by the Early Head Start home visitors. The direct referral process from Early Head Start to the Early Intervention program is managed so that the parent is then contacted by Early Intervention, thus removing the parent from having to contact Early Intervention themselves. In today's day and age of busy schedules and lifestyles, it is often appreciated by families to be assisted in this process.

## **Cumberland Union Rescue Mission**

54 low income families received food baskets from the Rescue Mission in December 2019. This helped to feed more than 263 family members of children enrolled in the Head Start/Early Head Start program during the holiday season.

## **Fulton County Early Head Start**

Head Start works closely with this agency to ensure a smooth transition as children transition from their program into ours. We share referrals and support families in crisis and serve as members on each other's Policy Council.

## **Chestnut Ridge School District**

Chestnut Ridge School District has been a partner since 1999, when preschool services for Head Start-enrolled four year olds in the district were provided services through a collaborative effort. Head Start children and families are able to receive the services offered by the district, while benefiting from the comprehensive services provided by Head Start.

## **Intermediate Unit 11**

Intermediate Unit 11 has been a partner since 1999, when preschool services for Head Start-enrolled three and four year olds in Fulton County were provided in an inclusive classroom with children enrolled in the IU program.

## **Everett Elementary**

Since 2012 the Head Start program and the Title I staff at Everett Elementary have been working toward the common goal of helping children within the district be more prepared for kindergarten. Since that time, our staff, their kindergarten and Title I staff have met on a quarterly basis for resource sharing and program updates. Head Start families are invited to all Everett Elementary Family Nights. In the spring of each year, Head Start students are transported to the elementary school for a tour of the building and to participate in activities led by the district staff. Everett Elementary Title I reading students and their teachers visit the Head Start classroom in the spring as well so the elementary students can read to the Head Start children. This cooperative effort has been extremely positive for staff and families of both programs. A staff member of the school district serves as a community member of the Policy Council.



## Early Head Start/Head Start and School Readiness

Our program uses the online Teaching Strategies Gold Assessment Tool and Parents As Teachers Milestones of Development to assess each child's developmental level and progress. This assessment tool is aligned to the Head Start Child Development and Early Learning Framework and to the Pennsylvania Early Learning Standards. Three to four times per year, each teacher or parent child educator makes a determination for each developmental objective for each child on their caseload. There are thirty-six objectives that are organized into nine areas of development and learning. This information is used by each teacher and parent-child educator to plan for and implement an individualized education program for each child.

Following each determination period, outcomes are analyzed to ensure that our children are making progress within each objective. Child outcomes are also used to guide instruction and training of staff.

School readiness goals are established within each domain of learning for both the Early Head Start and Head Start programs. These goals are developed from assessment information based on the needs of the children. School readiness goals are assessed in an ongoing manner and changed according to the needs exhibited by the children. An important part of our program is to ensure that parents have an understanding of their child's goals and how they can be working with their child to meet and exceed their individualized goals.

Our program is dedicated to having our children be prepared for kindergarten. The outcome results indicate that our Head Start and Early Head Start programs are helping our children go to school with a solid educational foundation and are ready to continue their learning.

### School Readiness (2019-2020)

The following chart contains our program's school readiness goals from fall 2019 to spring of 2020,, and the percentage of our children who met, or exceeded the goals for the academic year. The child outcomes data tracking system was not able to provide accurate spring 2019 data. The Early Head Start child outcomes data is based on the Parents As Teachers Developmental Milestones.

School Readiness Goals	Head Start	Early Head Start
<b>Literacy:</b>		
Phonological awareness	85%	69%
Knowledge of the alphabet	83%	69%
<b>Social Emotional Development</b>		
Children will form and maintain positive relationships with adults and children	95%	80%
Participates cooperatively in group settings	90%	69%
<b>Physical Development and Health:</b>		
Balancing skills	98%	68%
Gross motor manipulation	98%	68%
<b>Language:</b>		
Uses language to express thoughts and needs	87%	64%
Uses appropriate conversational and other communication skills	85%	69%
<b>Cognitive and General Knowledge:</b>		
Number concepts and operations	74%	68%
Spatial relationships	80%	69%
<b>Approaches to Learning:</b>		
Positive approach to learning	92%	98%
Remembers and connects experiences	88%	98%

## Financial Statement:

### 2019 Financial Statement for Head Start Services:

	Total Programs	Head Start	Early Head Start	Pre-K Bedford	Pre-K Tussey
Grants/Federal Share:	\$3,253,844	\$1,991,078	\$996,404	\$177,945	\$88,417
Federal Food Program Funds	\$71,568	\$63,931		\$3,136	\$4,501
Non-Federal Share:	\$769,862	\$575,092	\$194,770		
Other Program Income:	\$30,937	\$24,587	\$6,350		
<b>TOTAL FUNDING:</b>	<b>\$4,126,211</b>	<b>\$2,654,688</b>	<b>\$1,197,524</b>	<b>\$181,081</b>	<b>\$92,918</b>
<b>2019 EXPENSES</b>					
Salary:	\$1,527,219	\$893,733	\$475,595	\$111,684	\$46,207
Fringe Benefits:	\$457,517	\$281,219	\$145,086	\$21,012	\$10,200
Travel:	\$149,977	\$131,743	\$12,989	\$1,132	\$4,113
Occupancy:	\$181,581	\$116,883	\$54,398	\$6,110	\$4,190
Communications:	\$39,042	\$23,428	\$12,553	\$327	\$2,734
Program Funded Capital:	\$200,470	\$109,606	\$90,864		
Program Supplies/Services:	\$725,358	\$460,871	\$206,400	\$36,455	\$21,632
Contract Services:	\$78,610	\$53,436	\$16,970	\$4,361	\$3,843
Non-Federal Share:	\$769,862	\$575,092	\$194,770		
<b>Total Program Expenses:</b>	<b>\$4,129,636</b>	<b>\$2,646,011</b>	<b>\$1,209,625</b>	<b>\$181,081</b>	<b>\$92,919</b>
<b>Proposed 2019 Funding:</b>	<b>\$3,307,732</b>	<b>\$1,991,078</b>	<b>\$996,404</b>	<b>\$232,750</b>	<b>\$87,500</b>



“A well-educated mind will always have more questions than answers.”

– **Helen Keller**

“We were told about the Head Start Program by our friends. We signed up, and my daughter got into the classroom last year and my two boys were in the Early Head Start Program. Head Start is a great program. My daughter learned to write her name, her ABCs, numbers, and shapes. My boys are learning a lot from the parent child educators. I am thankful for the Head Start Program.”

– **Abigail McClain, Head Start & Early Head Start Program**





“I have had many teachers/educators for my children since I first signed up for Head Start when my daughter was born in 2008. Her teacher was Miss Jamey Clark, then as I had more children, I met more wonderful teachers: Miss Misty, Miss Mone’ Miss Sarah, Miss Carrie, Miss Laurel, Miss Katie, and Miss Autumn. I have learned something special from each one of them and they all have taught me something about parenting, teaching my children, or just giving me resources to help with any need I had. That is something you don’t find in a typical daycare environment. Each teacher will always hold a special place in my heart for all they have done for my children and I.

When I first enrolled my child in Head Start, my mother had just passed away, and here I was, 21 years old, a mother—without a mother, and I wasn’t sure what to expect while raising my daughter. Head Start gave me that education and resources so that I could parent her properly and taught me things I never would’ve learned elsewhere. I was taught what to expect at certain ages and how to handle that in a positive manner. If I needed testing for further resources, Head Start found them for me. I am forever grateful to the Head Start Program for how much I’ve learned and for what I am still learning from them. I am a mother of 5, and still learning new things for my daughter Charleigh from Miss Autumn.

This program goes above and beyond to help parents, grandparents, and guardians learn new ways to teach your child/children new things and to give you help/resources when/if needed. This program helps so many families.”

- Rebecca McLaughlin, Early Head Start Parent



“Real education should consist of drawing the goodness and the best out of our own students. What better books can there be than the book of humanity.” – **Cesar Chavez**





## ADMINISTRATIVE SUPPORT OFFICE

998 Logan Blvd.  
 Altoona, PA 16602  
 814.696.4500 • 800.400.2285 • [www.alsm.org](http://www.alsm.org)

## OUR MISSION

*To Serve People Through A Ministry Of Love, Compassion,  
 And Mercy In The Name Of Our Lord, Jesus Christ*

### • Children's Services

814.624.3200 or toll free  
 877.ALSM.KID (877.257.6543)  
*Serving Bedford, Cambria, & Fulton Counties*

### • The Oaks at Pleasant Gap

814.359.2782  
*Personal Care At Schreffler Manor  
 Independent Living Cottages & Court Apartments*

### • Lutheran Commons at Berlin Pike

814.443.4440  
*Senior Rental Assistance Housing in Somerset  
 County*

### • The Lutheran Home at Hollidaysburg

814.696.4527  
 – Health Care Center  
 – Independent Living Cottages at Blairmont &  
 Hickory Commons & Hillcrest Apartments



*Serving Eight Pennsylvania Counties:  
 Bedford, Blair, Cambria, Centre, Clearfield, Fulton,  
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 – Personal Care  
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