



Bedford County Early Head Start
Bedford/Fulton County Head Start

2016-2017 ANNUAL REPORT



Operated by:



ALLEGHENY LUTHERAN
SOCIAL MINISTRIES

We Touch Lives

A Message From The President/CEO and Board Chair

Greetings!

You will surely agree that we humans have a tremendous need for companionship. It is a very precious and expensive commodity because it can be bought only with the one thing that always seems scarce: time. Georgia O’Keeffe, the American artist, wrote in a letter to a friend, “To see a flower takes time, just like to have a friend takes time.”

Our Early Head Start/ Head Start program continues to serve the needs of parents and children through services and opportunities to foster development in a variety of areas: learning readiness, transition to public school, health/nutrition, mental health, parent involvement, and social interaction. In so doing, we partner with school districts and other community programs so that our services to parents and children are as comprehensive as possible.

Our staff and our partners spend time with our parents and children and provide them with the support and companionship they need to thrive in their households and our communities. And, yes, providing that companionship takes time. However, it is time freely given.

Allegheny Lutheran Social Ministries (ALSM) is blessed to have Early Head Start/Head Start as part of our organization because we believe the mission of Early Head Start/Head Start enables our communities to be good places to live and to grow.

In service,



Patricia W. Savage, President/CEO



The Rev. John Miller, Chair of the Board

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.

“Children must be taught how to think, not what to think.”

Margaret Mead

“My daughter is shy and can be stubborn when it comes to learning. Since joining Head Start, she has come out of her shell and really enjoys playing with the other children and making friends. She has also learned so much and grown in confidence with her learning. She now recognizes most of her letters and can write many of them. She also loves books and pretends to read to her brothers. My daughter also learned to count to seventeen. She will tell us stories with detailed characters. She has learned so much since joining headstart and shows a love for learning.”

- Kia, Head Start Parent

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 teacher has really been there for me. My children and grandchildren all love Head Start. Riding the bus is a joy to all of them. Thank you for all you do. It has helped every one of my children.”

- Sherry, Head Start Parent

“Your Safe Haven, Inc. has worked with Head Start for twenty years. During this time, Your Safe Haven has presented numerous educational programs to Head Start students on how to keep safe. It has been a pleasure working with Head Start, and meeting and presenting educational programs to the wonderful students in Head Start's program. We look forward to another twenty years.”

- Mark Klingner, Your Safe Haven

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

Since we have been in this program, I have learned a lot of techniques and skills to not only help my children with their behaviors but also in bettering myself as a parent, to be patient and helpful and to be more open with my opinions and ideas. This program is very beneficial and a great learning experience not only for my child but also for myself. My child is two and is counting and knows some ABC's and he is learning exceptionally fast. Keep up the great work.

- Alecia, Head Start Parent

Head Start

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.

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

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 Involvement: Recognizes parents as the primary educator of their child and the most important influence on their child's lives, parental involvement is encouraged at all levels

Social Services: Provides a wide range of education and training opportunities and referral and support services to meet identified family needs
Bedford/Fulton Head Start provided services to 194 children. Bedford Early Head Start provided services to 99 children.



2016-2017

Bedford/Fulton County Head Start

Indicators

- 194 children received Head Start services (funded enrollment is 173).
- The average monthly enrollment was at or above 100%.
- 185 families received Head Start services.
- 85% of children received a dental exam; of those, 23% needed treatment and 53% have received treatment. 93.2% have a dental home.
- 82% of the children were up-to-date with immunizations. 78% were up-to-date for Early and Periodic Screening, Diagnostic and Treatment. (EPSDT)
- 100% of the children have a medical home.
- More than 17% of all children enrolled were identified as having a disability.
- Our program was at full enrollment each of the operating months.
- 100% of the children were eligible for Head Start services.
- Nearly 86% of all children enrolled were low-income and/or categorically eligible, including 2% in foster care. 4% were over income, 4% received public assistance cash benefits and 3% were homeless.

Transition

During the 2016-2017 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*. Children and parents made picture frames and Kissing Hand necklaces. Parents received information and handouts on preparing their children for kindergarten. They received a list of children's books to read with their children over the summer, as well as information on P.L. 94-142 and advocating for their children. All parents in the program received additional handouts to assist them in preparing their children both for preschool and kindergarten.



Every child leaving Head Start and entering kindergarten received the book *Miss Bindergarten Gets Ready for Kindergarten*, a pencil box filled with pencils, note paper, glue sticks, bookmarks and a primary lined notebook. 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 as they see fit.

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.

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 to promote learning and assess children's progress.
- 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.

Parent Engagement Highlights 2016 - 2017

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 put to use for parents who volunteer to participate. Sub-committees review program budgets, policies/procedures and program planning.
- **Classroom Volunteer:** 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.
- 27% 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).
- 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.
- I Am Moving, I Am Learning gets parents involved in increasing the time their children spend doing physical activities. It encourages adults to be role models for being active while promoting healthy nutrition choices every day.

Many other opportunities that were planned by parent committees included a field trip touring Weis Markets 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.

Two "Family Night" events were scheduled in the evening to allow participation for working parents. These eventful evenings include 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 family well-being in parent engagement we set goals to increase parent and community engagement in supporting program requirements and participating in program activities in a systemic approach that is embedded in the work of all staff members, management systems and leadership priorities. Some of our goal areas include:

1. Increased home visit completion rates through effective tracking and reporting.
2. Increased focus on family and community volunteer efforts to increase in-kind donation tools.
3. Increased use of technology to meet family communication needs.
4. Improvement of meeting facilities to ensure that environments are inviting to families.



Early Head Start and Head Start have been amazing to have my children be a part of. It has helped my children grow in many ways, learning shapes, letters, spelling their name, to using their manners and learning to be in a school setting. I have always been grateful to be a part of a great community of parents, teachers, and community representatives.

- Amanda, Early Head Start/Head Start Parent

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.

Tussey Mountain School District

Tussey Mountain School District has been a partner since 1999, when preschool services for four year olds in the district were provided through a collaborative effort. Head Start and the district provide preschool services to children.

United Way of Bedford County

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

Your Safe Haven

Provides education to families around preventing sexual abuse.

Northern Bedford County NorthNorthern 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 benefitting from the comprehensive services provided by Head Start.

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.

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 benefitting from the comprehensive services provided by Head Start.

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.

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.

Fulton County Partnership

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

Central Fulton School District

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

Cumberland Union Rescue Mission

54 low income families received food baskets from the Rescue Mission in December 2016. This helped to feed more than 267 family members of children enrolled in the Head Start/Early Head Start program during the holiday season.

LOVE INC. of Bedford County

38 families and 114 enrolled children received Easter Baskets through Love INC. in 2017.

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.

Early Intervention of Bedford & Somerset County MH/MR

Early Head Start is a reliable participant in the Bedford County LICC and has been for many years. Representatives from Early Head Start actively collaborate with the other LICC members to participate in ChildFind activities, community fairs and events to increase Bedford 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 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.

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. In addition, we jointly participate in each other's family nights throughout each program year by providing activities and resources to families. 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.

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.

Early Head Start services are available throughout Bedford County.

2016-2017

Bedford County Early Head Start

Indicators

- 99 children and pregnant women received Early Head Start services.
- The average monthly enrollment was at or above 100%.
- 45% of children are up-to-date on a schedule of Periodic Screening, Diagnostic and Treatment (EPSDT) Schedule, also known as "Every Parent Should Do This." This is largely due to:
 - The recent retirement of the only 2 local pediatricians resulted in one office combining both patient bases. This left the town of Everett with no provider. The new office does not tolerate no-shows, dismissing a child from the practice with warning following 3 no-shows.
 - Many EHS parents faced crisis situations; however they did take children for sick visits.
- 91.4% of Early Head Start children were up-to-date with immunizations and 70.2% received a dental exam. 94% have a dental home.
- 13.5% of all children enrolled were identified as having a disability.
- Our program was at full enrollment each of the operating months.
- 99% of all children enrolled were low-income and/or categorically eligible including the 6% homeless, 5% receiving public assistance cash benefits and 1% in foster care. 1% of the children were over-income.
- 81 families received Early Head Start services.



“ Due to this program my daughter is now getting services she needs for her disability. Great support in a major situation right now, that I would not be able to get through without them.

- Johanna, Head Start Parent ”

Early Head Start/Head Start and School Readiness

Our program uses the online Teaching Strategies Gold Assessment Tool 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 (2016-2017)

The following chart contains our program's school readiness goals and the percentage of our children who met or exceeded the goals for the 2016-2017 school year.

School Readiness Goals	Head Start	Early Head Start
Literacy:		
Phonological awareness	94%	75%
Knowledge of the alphabet	85%	91%
Social Emotional Development		
Children will form and maintain positive relationships with adults and children	95%	92%
Participates cooperatively in group settings	91%	83%
Physical Development and Health:		
Balancing skills	95%	91%
Gross motor manipulation	99%	83%
Language:		
Uses language to express thoughts and needs	93%	81%
Uses appropriate conversational and other communication skills	89%	89%
Cognitive and General Knowledge:		
Number concepts and operations	85%	69%
Spatial relationships	89%	86%
Approaches to Learning:		
Positive approach to learning	92%	98%
Remembers and connects experiences	94%	98%

Financial Statement

	Total Programs	Head Start	Early Head Start	Pre-K Counts
2016 FUNDING				
Grants/Federal Share	\$2,622,079	\$1,632,011	\$885,972	\$104,096
Federal Food Program Funds	\$48,551	\$48,551		
Non Federal Share	\$631,106	\$460,505	\$170,601	
Other Program Income	\$21,715	\$21,297	\$418	
Total Funding	\$3,323,451	\$2,162,364	\$1,056,991	\$104,096
2016 EXPENSES				
Salary	\$1,342,962	\$815,019	\$479,510	\$48,433
Fringe Benefits	\$450,697	\$286,336	\$153,687	\$10,674
Travel	\$99,683	\$84,615	\$13,310	\$1,758
Occupancy	\$140,402	\$86,594	\$51,783	\$2,025
Communications	\$42,595	\$22,697	\$19,898	
Program Supplies/Services	\$600,272	\$393,003	\$166,574	\$40,695
Contract Services	\$7,988	\$5,849	\$1,628	\$511
Non Federal Share	\$631,106	\$460,505	\$170,601	
Program Funded Capital	\$7,746	\$7,746		
Total Program Expenses	\$3,323,451	\$2,162,364	\$1,056,991	\$104,096
Proposed 2016 Funding	\$2,628,520	\$1,638,452	\$885,972	\$104,096

*Based on 2016 audit



“Anyone who does anything to help a child in his life is a hero to me.”
 - Fred Rogers

“We must teach our children to dream with their eyes open.”

-Harry Edwards



Head Start and Northern Bedford work hand-in-hand to provide quality preschool to our youngest students. By working closely with these students and families, the Head Start staff have provided the necessary foundation for future academic and social success. Without this resource in our district, we would struggle to meet the diverse needs of all of our preschool students.

- Trevor Replogle

**Northern Bedford County Elementary School
Principal**

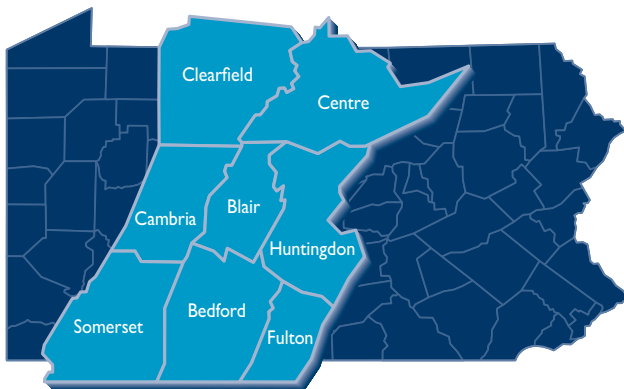


Since my daughter has started the Early Head Start program she has had more chances to interact with children around her own age. EHS has given my child so much more experience with other children and so many new learning experiences. Since starting at the program, she has grown and learned so much like how to interact with adults that are not family. My teacher has also been helping me to learn more and grow as a parent too. This program has truly changed our lives for the better. So, thank you.

- Nicole, Early Head Start Parent

ALLEGHENY LUTHERAN SOCIAL MINISTRIES

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Serving Eight Pennsylvania Counties:
Bedford, Blair, Cambria, Centre, Clearfield, Fulton,
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We Touch Lives

ADMINISTRATIVE SUPPORT OFFICE

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OUR MISSION

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

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