Loudoun County Public Schools
2016-17 School Year

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Superintendent

Cynthia Ambrose
Assistant Superintendent for Instruction*

Dr. W. Michael Martin
Director of Elementary Education

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As of January 2017

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* Dr. Ashley Ellis is the new Assistant Superintendent for Instruction as of July 1, 2017
A Message from
Dr. Karin Spencer,
Head Start Supervisor*

This is the ninth edition of the Loudoun County Public Schools Head Start Annual Report, which provides an overview of our program and highlights achievements.

Our program began in 1994 and now we celebrate the completion of our 23rd year of service to children and families. This year was one of many changes as the new Head Start Performance Standards were issued at the beginning of the school year. The members of the program worked diligently to ensure policies and procedures were updated to reflect the new changes and to ensure we are meeting the needs of our Head Start families.

The Head Start Policy Council and Loudoun County Public Schools continue to provide us with guidance, a strong financial system and the support of an exemplary group of people within the school community. We are fortunate to have dedicated, talented and passionate members of our Head Start staff, who implement the program and its array of services with consistent, measurable success.

For more information, please visit us on the web at www.lcps.org/HeadStart and like LCPS Head Start Program on Facebook.

* Alexis Duffin supervised the program during the 2016 – 17 School Year
Created in 1965, Head Start is the most successful, longest-running national school readiness program in the United States. We serve low-income preschool children and give support to their families.

Head Start is a comprehensive program which promotes school readiness for low-income children. The program enhances children’s cognitive, social, and emotional development in a learning environment that supports their growth in language, literacy, mathematics, science, social and emotional functioning, creative arts, physical skills, and approaches to learning. This goal is achieved through providing comprehensive health, educational, nutritional, social, and other services to children and their families in a school, community and home partnership.

In the spirit of cooperation and collaboration with Head Start families, Head Start staff, Loudoun County Public Schools, and community partners, we encourage children and families and each other to be:

- Healthy
- Happy
- Self-confident
- Socially well-adjusted
- Curious
- Creative
- Self-sufficient and independent individuals, who are optimistic about life’s possibilities.
In 2016-2017 Loudoun County Public Schools Head Start had a variety of family involvement activities including:

❖ American Education Week Campaign to Read to Your Children
❖ Classroom Field Trips
❖ Enrollment Conferences
❖ Family Meetings about: Parenting, Healthy Eating, Family Budgeting, Kindergarten Transition and Summer Activities
❖ Head Start Orientations
❖ Home Visits
❖ Loudoun Literacy Council Family Literacy Night
❖ Monthly Policy Council Meetings
❖ Parent/Teacher Conferences
❖ Program Self-Assessment
❖ Resource Fair and Donation Day in collaboration with community agencies
❖ Wolf Trap Institute for Early Learning Through the Arts

➢ Number of fathers/father figures who were engaged in the following activities:
  Family assessment: 14
  Family goal setting: 13
  Involvement in Home Visits, Parent/Teacher Conferences, etc.: 16
  Policy Council: 1
  Parenting education workshops: 11

➢ Current or former Head Start parents who volunteered for the program: 139
Loudoun County Public Schools Head Start Program uses the Child Observation Record (COR) and the Phonological Awareness Literacy Screening (PALS™) as the child assessment system. LCPS Head Start uses the information gathered through this child assessment system along with information gathered at Home Visits and Parent/Teacher Conferences to individualize instruction. Parents are informed of their child’s progress using results from these assessment tools as a guide.

**PALS™ (Phonological Awareness Literacy Screening)**

Scores for the five 4 year-old classes administered in the fall, winter and spring of 2016-17 School Year:

Seventy seven children were screened in the fall, winter and spring. Gains were achieved in all areas of phonological skills.
Goals and Accomplishments Achieved

In collaboration with Head Start parents and Loudoun County community members, the Head Start staff selects goals each spring to focus on for the upcoming school year. Following is a list of goals and accomplishments from 2016-2017:

- Head Start Social Work staff provided assistance to meet the basic needs of Head Start families. Following is a graph of some of the most common services that families received:

<table>
<thead>
<tr>
<th>Area of Assistance</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Job Assistance</td>
<td>4</td>
</tr>
<tr>
<td>Mental Health Support</td>
<td>5</td>
</tr>
<tr>
<td>English Language Learner Training</td>
<td>10</td>
</tr>
<tr>
<td>Parenting Education</td>
<td>30</td>
</tr>
<tr>
<td>Financial Education</td>
<td>37</td>
</tr>
<tr>
<td>Food, Clothing &amp; Household Items</td>
<td>68</td>
</tr>
</tbody>
</table>
• The Head Start Health/Nutrition Coordinator provided assistance to meet the health and nutrition needs of Head Start families:

  29 families received assistance for health insurance, vision/hearing/doctor or dentist referrals.

  54 families received Health Education information.

• The Head Start Health/Nutrition Coordinator provided educational literature for staff and families regarding childhood obesity, healthy eating habits and promoting better health. The Health/Nutrition Coordinator also provided health lessons in the classrooms for the students (hand washing, dental health, and cold care).

*Children learn about importance of hand washing*

*Water Bottles in Classroom – an Initiative of Health Department*
• Our financial focus supported balanced books and covering as much payroll as possible with grant funds. Financial needs were carefully assessed throughout the grant period by making regular budget projections, reviews and modifications when necessary.

• The following program goals were achieved in Year-3 of our 5-Year Strategic Plan for Program Goals:

❖ **Parents will improve their social-emotional parenting skills:**
  - 55% Families attended at least one family meeting:
  - 51% Families who requested assistance with parenting education reported an improvement in their social-emotional parenting skills

❖ **Head Start will obtain Backpack Buddies for all Head Start students:**
  Head Start expanded the program to three additional schools in 2016-2017 to serve all six schools.

❖ **Head Start will implement a data-driven system to help drive program decisions and improve staff effectiveness:**
  - Formatted C+ Income Details module, provided training and began implementing it with enrollees for 2017-2018
  - Implemented procedure and provided training to use C+ as an online application platform
  - Implemented C+ texting feature as a method of contacting families

❖ **Families will increase their knowledge about financial literacy:**
  Apple Federal Credit Union continued to provide financial literacy classes to Head Start families in each classroom. Thirty six percent of families who requested assistance with financial education reported an improvement in their financial literacy

“If You Give A Pig A Pancake” - Pancake and Pajama Day
• Head Start staff increased families’ awareness of available community resources that can meet their needs through a community resource fair and individual referrals. Eleven community agencies attended and provided resources to 25 families. Head Start staff continued to nurture past partnerships and created new ones with Blue Ridge Area Food Bank, InCourage Martial Arts and Loudoun Soccer.

• Head Start staff continued collaboration with LCPS Early Childhood Special Education (ECSE) through meetings and regular communication to meet the learning goals of children with Individualized Education Plans (IEP).

• The Head Start Education Coordinator provided trainings to increase Education Staff knowledge regarding teacher-child interaction.

• Head Start staff continued to solicit more family volunteers throughout the school year to improve the home-school connection.

• Head Start Education Staff worked towards achieving the following School Readiness goals set for 2016-17. Gains were achieved in all areas.

  ❖ Approaches to Learning:
    o *Children to maintain focus and sustain attention with minimal adult support*

  ❖ Social & Emotional Development, Relationships with Adults, other children and emotional functioning:
    o *Children to engage in and maintain positive relationships and interactions with adults*
    o *Children to engage in prosocial and cooperative behavior with adults.*
    o *Children to engage in and maintain positive interactions and relationships with other children*
    o *Children to engage in cooperative play with other children.*
    o *Children to express a broad range of emotions and recognize the emotions in selves and others*
    o *Children to express care and concern toward others*

  ❖ Language and Literacy, Phonological Awareness, Print and Alphabet Knowledge:
    o *Children to demonstrate awareness that spoken language is composed of smaller segments of sound*
    o *Children to identify letters of the alphabet and produce correct sounds associated with letters*
Language and Communication, Attending and Understanding, Communication and Speaking
  o *Children to attend to communication and language from others*
  o *Children to use increasingly complex language in conversation with others*

Mathematics Development, Counting and Cardinality:
  o *Children to know number names and the count sequence*

Scientific Reasoning and Problem Solving
  o *Children to ask a question, gather information, and make predictions*

Scientific Reasoning and Inquiry:
  o *Children to observe and describe observable phenomena (objects, materials, organisms and events)*

Perceptual, Motor, and Physical Development regarding Gross Motor, Health, Safety, and Nutrition:
  o *Children to demonstrate control, strength, and coordination of large muscles*
  o *Children to develop knowledge and skills that help promote nutritious food choices and eating habits*

Perceptual, Motor, and Physical Development regarding Fine Motor:
  o *Children to demonstrate increasing control, strength, and coordination of small muscles*

*Nature Walk*  
*Counting Legos*
Preparation for Kindergarten

The LPCS Head Start program uses the HighScope® curriculum to teach developmentally appropriate academic and social skills to prepare children for success in the kindergarten classroom. In addition to teaching parents about kindergarten preparation in a Family Meeting, Head Start also prepares children by providing a field trip in the spring to a kindergarten classroom where they participate in activities. Families are invited to attend a kindergarten orientation at the school their child will attend in the fall.
Children and Families Served

Children served: 109
Newly enrolled 94
Returning students 15
3 year-olds: 18
4 year-olds: 91

Families Served: 106
Two-Parent Families: 49
Single-Parent families: 57

Families Experiencing Homelessness: 15
Children in Foster Care: 2

### Employment of Two-Parent Families

- Both parent/guardian employed: 8
- One parent/guardian employed: 41
- Both parent/guardian unemployed/retired, or disabled: 0

### Employment of One-Parent Families

- The parent/guardian employed: 36
- The parent/guardian unemployed/retired, or disabled: 21
Parent(s)/Guardian(s) Highest Education
Total of 106 Families

- An advanced degree or baccalaureate degree: 26
- An associate degree, vocational school, or some college: 15
- A high school graduate or GED: 46
- Less than high school graduate: 19

Primary Languages

- English: 34
- Spanish: 51
- Middle Eastern/South Asian Languages: 22
- European & Slavic Languages: 1
- East Asian Languages: 1
The number of children potentially eligible for Head Start services continues to grow annually. The program operates at full enrollment with an active waiting list of children ready to fill vacancies at any of the six class sites.

Head Start Applicants: 338

Over-Income, Under-Age Applicants: 128

Income-Eligible Waiting List: 65

Head Start Eligible Applicants Referred to the State and Locally Funded STEP Program: 19

Head Start Eligible Applicants enrolled in the STEP Program: 17

100% Average monthly enrollment

65% of eligible applicants enrolled (126 out of 193 Head Start eligible students enrolled in the Head Start and STEP program)
Meeting the Needs of the Whole Child

Health Services:

90% of enrolled children had health insurance by the end of the year
100% of the newly enrolled children received the following screenings:
   Speech/Language, Vision, Developmental, Hearing, Dental, Nutritional, Behavioral/Mental Health & Physical.

11 Students were referred and received treatment for vision concerns
3 Students were referred and received treatment for hearing difficulties
11 Students were referred and received treatment for Asthma

Mental Health Services:

39 children for whom the Mental Health coordinator consulted with program staff about their behavior/mental health
18 children for whom the Mental Health coordinator consulted with the parent(s) about their child’s behavior/mental health
2 children for whom the Mental Health coordinator provided an individual mental health Assessment
5 children for whom the Mental Health coordinator facilitated a referral for mental health services

The Head Start Mental Health Coordinator and the Health and Nutrition Coordinator work collaboratively to connect parents with resources in the community who can provide assistance. Head Start staff assist families with making health appointments, providing transportation to appointments and attending appointments with families if necessary. The Health and Nutrition Coordinator and the Mental Health Coordinator continue to build partnerships with local agencies that can provide assistance to those with a chronic illness.

Disabilities Services:

11 children enrolled in the program were determined to require special education and related services. They were found eligible for services based on the following disability categories:
   Speech or language impairment: 4
   Autism: 1
   Non-categorical/developmental delay: 6
The LCPS Head Start operates with public and local funds. The federal grant money (public funds) for PY 24 (Program Year) provided us with $871,366 and local funds provided us with $615,993.

The total operating budget available for the Fiscal Year 17 was $1,487,359 with 95% of the budget covering salaries and fringe benefits and 5% covering the operating expenses.

The County of Loudoun’s Comprehensive Annual Financial Report and Audit of Federal Awards Programs for FY17 can be found on Loudoun Government’s website (www.Loudoun.gov) > Government > Departments and Agencies > Finance and Procurement > Controller's Office >
The goal of the Community Assessment is to identify the needs and resources of Loudoun County, Virginia and those of Head Start eligible families and children living in this community.

The results from this assessment are used to determine program goals, possible expansion, and to make informed decisions about program plans and service delivery.

This assessment was conducted by LCPS Head Start staff in collaboration with the LCPS Head Start Policy Council, LCPS Head Start Parent Committees and community representatives from various public and private groups that provide services for children and families in Loudoun County.

Loudoun County is characterized by relative affluence with the highest median household income in the nation. This figure is more than double the national average, and more than five times the 2016-2017 Head Start eligibility criteria for a family of four.

The Virginia Department of Education reported an estimate of 592 four-year-olds who will be considered “at-risk” in Loudoun County (eligible for free or reduced lunch) for the 2017-2018 school year. LCPS Head Start will serve approximately 85 four-year-olds and STEP, a local preschool program that operates with both local funding and state Virginia Preschool Initiative (VPI) funding, will serve approximately 300 four-year-olds during this time period. This would leave an estimated 207 “at-risk” four-year-olds without federally or publicly funded preschool opportunities in Loudoun County during the 2017-2018 school year.

Using the data reported in the Community Assessment, the following issues emerged as the most common education, health and social service needs of Head Start eligible children and their families:

- **Basic Needs**
  Living in a very affluent county can limit access to basic needs like food, clothing and housing. The high cost of living makes finding affordable housing a challenge. Food and clothing prices are also inflated by the overall wealth in the community. An average of 73.8% of Head Start families received assistance with accessing services to provide these basic needs.

- **Language Barriers**
  Loudoun County’s growth in diversity over the past decade has led to the need for human service agencies to accommodate individuals who
speak many different languages. An average of 67.7% of Head Start families speak English as a second language and 58.1% speak limited or no English. An average of 41.3% of Head Start families received assistance with translation or interpretation, and 26.8% of families requested information about English language classes.

- **Parenting Support**
  An average of 57.4% of Head Start families received assistance with parenting. Head Start families face a number of parenting challenges including: being a single parent (often due to death, divorce or abandonment), being a teenage parent, and being a working parent. An average of 51.9% of the parents or guardians with children enrolled in Head Start are single parents, and 27.5% began parenting as teenagers. Families most often requested assistance in improving their parenting skills; help with discipline and in communicating better with their children.

- **Health Education Assistance**
  An average of 7.6% of Head Start families did not have health insurance at the time of entry into the program. An average of 53.7% of Head Start families requested assistance with health education topics including: prenatal care, adult and child weight control/obesity, preparing nutritious meals and research on specific health topics (allergies, asthma, etc.). Further, an average of 40.5% of Head Start families requested assistance with health issues. Families most often requested assistance with finding a doctor or dentist, and applying for health insurance.

- **Job Assistance**
  As of June 2017, the unemployment rate in Loudoun County was 3.2%. Loudoun’s unemployment rate is 0.7% lower than the average unemployment rate in the Commonwealth of Virginia (which was 3.9%), and 1.1% lower than the national unemployment rate (which was 4.3%). The average number of Head Start families in which neither parent/guardian was employed is high at 18.2%. This three-year average is much higher than the Virginia or National unemployment rate. Further, an average of 24.4% of Head Start families requested employment assistance.

- **Low School Achievement/Adult Education**
  An average of 21.7% of Head Start families requested help accessing adult education such as GED classes, college classes, and vocational classes.
- **Financial Assistance**
  Since low family income is a requirement for program participation, it is not surprising that financial assistance emerged as a common need amongst Head Start families. Types of assistance most often requested included: help getting out of debt/credit counseling, financial counseling/budgeting, assistance in paying for medical bills, assistance in paying for child care, assistance for the holidays (food baskets, clothing, toys/gifts), assistance in paying for utility bills/rent, and assistance in paying for basic needs (food, clothing, housing). An average of 44.3% of Head Start families received assistance with financial issues.

- **Chronically Ill Family Member**
  An average of 25.0% of Head start families reported having a chronically ill family member (the majority of which are a chronically ill parent). The type of illnesses include mental health concerns (depression, anxiety, ADHD) and medical concerns (cancer, diabetes, arthritis, high blood pressure, sleep apnea, seizure disorder).

- **Mental Health Assistance**: 
  An average of 24.4% of Head Start families received assistance with mental health resources. Types of assistance included: direct assistance with social-emotional development and behavioral concerns, connection with area mental health agencies for individual adult counseling, family counseling, in-home counseling, comprehensive child mental health assessments, and connection with local support groups.

- **Child Care Assistance**
  An average of 9.3% of Head Start eligible families received a Department of Family Services child care subsidy (which are available to all income eligible children in the county) and an average of 16.0% participated in Head Start Wrap Around Day Care (which is available through DFS to income eligible families during the time they have a child enrolled in Head Start). This partnership with DFS provides Head Start eligible families with full-working-day and/or full-calendar-year services which can enable them to work or attend school. An average of 17.5% of Head Start families requested assistance with child care services.
From 3/13/2017 to 3/14/2017, the Administration for Children and Families (ACF) conducted an ERSEA (Eligibility, Recruitment, Selection, Enrollment, and Attendance) review event for the Loudoun County Public Schools Head Start program. No area of noncompliance was found during the course of the review and accordingly, no corrective action was required.
We continued to have strong partnerships with community partners who supported the Head Start program, students and their families in Loudoun County.

Anthem HealthKeepers Plus;
Apple Federal Union Credit
Ashburn Area Running Club
AutoNation Toyota Leesburg
Blue Ridge Area Food Bank
Blue Ridge Speech and Hearing
The Book Bags Book Club
The Bosse, McDougall and Ortmann Families
EPL Archives; Falcons Landing Retirement Community
Family & Consumer Sciences Teachers and Students of Dominion, Rock Ridge, Tuscarora and Woodgrove High Schools
Good Shepherd Alliance, Inc.
HealthWorks for Northern Virginia
InCourage Martial Arts; INTotal Health
Key Club at Tuscarora High School
Lions Club; LINK Inc.
Loudoun Abused Women’s Shelter & The Nurturing Program
Loudoun County Public Schools Administration Building Staff, Assistive Technology Staff, ChildFind Staff and Science Instructional Supervisor
Loudoun Cares; Loudoun County Fire and Rescue
Loudoun County Health Department
Loudoun County Mental Health (LCMH)
Loudoun Literacy Council; Loudoun Pediatric Dentistry
Loudoun Soccer
Loudoun Valley Church of the Nazarene Faith Group
National Counseling Group, Inc.
Parent Liaison at WHS
Red Knights Motorcycle Club
Rhythm Street Dance Center
St. Theresa Catholic Church
Student Ambassadors at Cedar Lane Elementary School
Telos Corporation; Walmart in Sterling
Wolf Trap Institute for Early Learning Through the Arts
Testimonies from End of the Year Family Questionnaire

“"It has been a wonderful experience for both my daughters! I have seen them grow so much throughout the year! Thank you for everything!”

“"Every day my daughter came home excited about what she had learned. I liked how the program helped with her social skills and took away her anxiety about school and making friends.”

“"What I liked the most, was when my granddaughter used phrases to express her feelings when she was frustrated. I enjoyed all the experiences she shared with

Be a Balloon!
Children practice calming techniques.

“I absolutely enjoyed all of the lessons taught at the Family Meetings. I tried to implement them in the good of all my children.”

“My daughter learned to be more independent, to make friends and relate to others.”

“I’ve seen a lot of improvement in my child’s conversational skills. He learned how to interact with adults and other children.”
We Love Our Volunteers!

The number of persons providing volunteer services to the program: 214
Of these, the number who are current or former Head Start Parents: 139

Volunteer Readers from the Falcons Landing Community

Loudoun Literacy Council Coordinator Reads to Children
Four of the Head Start classrooms are located within high schools in collaboration with the LCPS Family and Consumer Sciences (FACS) program for high school students interested in pursuing a career in early childhood education or child care. These programs offer unique benefits to the Head Start students as well as the high school students.

**Craft Time!**
*High School Students at Dominion and Rock Ridge High Schools*

**Going on a nature walk with high school students at Tuscarora High School**
Children listened to The Three Little Pigs and used puppets and props to retell the story. They also used materials in the classroom to build a house for a little pig.

Young scientists observe and identify bugs, worms, and snails that live in pond water.

Mrs. Ortmann from the Audubon Naturalist Society came to led us on a fall walk. We used our eyes, ears, and hands to learn more about fall. Children heard birds, watched geese fly, and looked at the brightly colored leaves.