A MESSAGE FROM

CHARISSE ROSARIO
HEAD START SUPERVISOR

Loudoun County Public Schools Head Start program began in 1994. We are proud of our 24 years of service to children and 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.

This 2017-2018 Annual Report provides an overview of our program and highlights achievements.

For more information, please visit us on the web at www.lcps.org/HeadStart.

LOUDOUN COUNTY PUBLIC SCHOOLS
2017–18 SCHOOL YEAR

Dr. Eric Williams, Superintendent
Dr. Ashley Ellis, Assistant Superintendent for Instruction
Dr. W. Michael Martin, Director of Elementary Education

MEMBERS OF THE SCHOOL BOARD
AS OF JANUARY 2018

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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
- Socially well-adjusted
- Happy
- Self-confident
- Curious
- Creative
- Self-sufficient and independent individuals, who are optimistic about life’s possibilities.
During the 2017-2018 School Year, 105 children from 105 families were served. 60% of enrolled children lived in a single-parent family.

86% of children were newly enrolled while 14% were returning students who attended the program in 2016-2017 as 3-year-olds.

**Enrollment by Age**

- 82% 4 years old
- 18% 3 years old

**Type of Eligibility**

- 66% Income Eligible Based on 100% of Federal Poverty Line
- 22% Categorically Eligible (Homeless)
- 6% Categorically Eligible (Public Assistance such as TANF, SSI)
- 6% Over Income but within 200% of Federal Poverty Line

**Parent(s)/Guardian(s) Highest Level of Education**

- 7% Advanced Degree or Baccalaureate Degree
- 17% Associate Degree, Vocational School, or Some College
- 45% High School Graduate or GED
- 31% Less than High School Graduate

**Parent(s)/Guardian(s) Employment**

- **One-Parent Families**
  - 54% Employed
  - 46% Unemployed/Retired, or Disabled
- **Two-Parent Families**
  - 18% Both Parents Employed
  - 75% One Parent Employed
  - 7% Both Parents Unemployed/Retired, or Disabled
Primary Language in Child’s Home

- 30% English
- 60% Spanish
- 8% Middle Eastern/South Asian
- 1% European & Slavic
- 1% African

Race/Ethnicity of Children

- 2% Asian
- 4% Biracial/Multi-racial
- 11% Black or African American
- 68% Hispanic of any race
- 15% White
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 all of the six class sites.

**Head Start Applicants:** 322

Over-Income, Under-Age Applicants: 204

**Income-Eligible Waiting List:** 65

Head Start Eligible Applicants Referred to the State and Locally Funded STEP Program: 71

Head Start Eligible Applicants enrolled in the STEP Program: 61

- **100%** Average monthly enrollment
- **69%** of eligible applicants enrolled (166 out of 241 Head Start eligible students enrolled in the Head Start and STEP program)
Meeting the Needs of the Whole Child

The Head Start Mental Health Coordinator and the Health and Nutrition Coordinator work collaboratively to connect parents with resources in the community. They continue to build partnerships with local agencies that can provide assistance to those with a chronic illness.

Head Start staff assist families with making health appointments, providing transportation to appointments and attending appointments with families if necessary.

Health Services

95% of enrolled children had health insurance by the end of the year

100% of the newly enrolled children received Speech/Language, Vision, Developmental, Hearing, Dental, Nutritional, Behavioral/Mental Health & Physical Screenings:

- 12 Students were referred and received treatment for vision concerns
- 3 Students were referred and received treatment for asthma

Mental Health Services

25 Children for whom the Mental Health Coordinator consulted with program staff about their behavior/mental health

6 Children for whom the Mental Health Coordinator consulted with the parent(s) about their child’s behavior/mental health

24 Children for whom the Mental Health Coordinator provided an individual mental health Assessment

3 Children for whom the Mental Health Coordinator facilitated a referral for mental health services

Disabilities Services

17 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:

- 8 Speech or language impairment
- 2 Autism
- 7 Non-categorical/developmental delay
Meeting the Needs of the Head Start Families

The Head Start Family Services Professionals provided assistance to meet the basic needs of Head Start families. Below are 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>Food, Clothing &amp; Household Items</td>
<td>92</td>
</tr>
<tr>
<td>Parenting Education</td>
<td>56</td>
</tr>
<tr>
<td>Financial Education</td>
<td>18</td>
</tr>
<tr>
<td>Mental Health Support</td>
<td>17</td>
</tr>
<tr>
<td>Job Assistance</td>
<td>12</td>
</tr>
<tr>
<td>English Language Learner Training</td>
<td>11</td>
</tr>
</tbody>
</table>

The Head Start Health/Nutrition Coordinator provided assistance to meet the health and nutrition needs of Head Start families:

- **23** families received assistance for health insurance, vision/hearing/doctor or dentist referrals
- **36** families received Health Education information
The 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)**

Eighty-four children were screened in the fall, winter and spring of 2017-18 School Year. Gains were achieved in all areas of phonological skills.
School Readiness Goals

Head Start Education Staff worked towards achieving the following School Readiness goals set for 2017-18 in correlation with Kindergarten Standards of Learning for VA and Virginia Foundation Blocks for Early Learning. Gains were achieved in all areas.

Approaches to Learning:
- Children to maintain focus and sustain attention with minimal adult support

Social & Emotional Development, Relationships with Adults, other children and emotional functioning:
- Children to engage in prosocial and cooperative behavior with adults
- Children to engage in and maintain positive interactions and relationships with other children
- Children to express care and concern toward others

Language and Literacy, Phonological Awareness, Print and Alphabet Knowledge:
- Children to demonstrate awareness that spoken language is composed of smaller segments of sound
- Children to identify letters of the alphabet and produce correct sounds associated with letters

Language and Communication, Attending and Understanding, Communication and Speaking
- Children to attend to communication and language from others
- Children to use increasingly complex language in conversation with others

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

Scientific Reasoning and Problem Solving
- Children to ask a question, gather information, and make predictions
- Child plans and conducts investigations and experiments
- Child analyzes results, draws conclusions, and communicates results

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

Perceptual, Motor, and Physical Development regarding Gross Motor, Health, Safety, and Nutrition:
- Children to demonstrate control, strength, and coordination of large muscles

Perceptual, Motor, and Physical Development regarding Fine Motor:
- Children to demonstrate increasing control, strength, and coordination of small muscles
The LCPS Head Start Program operates with public and local funds. The federal grant money (public funds) for PY 25 (Program Year) provided $893,638 which includes $22,272 of a Supplemental Cost of Living Adjustment granted to the program in April. Local funds provided $601,379.

The total operating budget available for the Fiscal Year 18 was $1,495,017 with 95% of the budget covering salaries and fringe benefits and 5% covering the operating expenses.

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 2017-2018 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. Each year, LCPS Head Start serves 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 left an estimated 207 “at-risk” four-year-olds without federally or publicly funded preschool opportunities in Loudoun County for the 2017-2018 school year.

The following table illustrates family needs that were addressed by Head Start staff during the past three school years for 100 students each year:

<table>
<thead>
<tr>
<th>Needs Addressed Throughout the Year</th>
<th>Percentage of Families</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2015-16</td>
</tr>
<tr>
<td>Food/Clothing/Household</td>
<td>69.8%</td>
</tr>
<tr>
<td>Parenting Education</td>
<td>66.7%</td>
</tr>
<tr>
<td>Translation Assistance</td>
<td>44.8%</td>
</tr>
<tr>
<td>Health Education (prenatal)</td>
<td>59.4%</td>
</tr>
<tr>
<td>Financial Literacy/Assistance</td>
<td>42.7%</td>
</tr>
<tr>
<td>ELL Training</td>
<td>29.2%</td>
</tr>
<tr>
<td>Vision/Hearing/Dr. Referral/Health Insurance Assistance</td>
<td>33.3%</td>
</tr>
<tr>
<td>Adult Education</td>
<td>27.1%</td>
</tr>
<tr>
<td>Mental Health Services</td>
<td>24.0%</td>
</tr>
<tr>
<td>Job Assistance</td>
<td>21.9%</td>
</tr>
<tr>
<td>Child Care Assistance</td>
<td>13.5%</td>
</tr>
</tbody>
</table>
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 74.9% 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 69.6% of Head Start families speak English as a second language and 61.1% speak limited or no English. An average of 51.7% of Head Start families received assistance with translation or interpretation, and 33.6% of families requested information about English language classes.

- **Parenting Support**
  An average of 55.3% of Head Start families received assistance with parenting. Head Start families face a number of parenting challenges including: being a single, being a teenage parent, and being a working parent. An average of 55.6% of the parents or guardians with children enrolled in Head Start are single parents, and 26.3% began parenting as teenagers. Families most often requested assistance in improving their parenting skills, help with discipline and communicating better with their children.

- **Health Education Assistance**
  An average of 10.2% of Head Start families did not have health insurance at the time of entry into the program. An average of 50.0% 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 28.7% 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.

- **Low School Achievement/Adult Education**
  An average of 47.5% of Head Start families include a parent or guardian who did not complete a high school education. An average of 20.2% 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, assistance in paying for utility bills/rent, and assistance in paying for basic needs. An average of 35.3% of Head Start families received assistance with financial issues.

Mental Health Assistance:
An average of 19.1% 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.

Job Assistance
As of June 2018, the unemployment rate in Loudoun County was 2.7%. Loudoun’s unemployment rate is 0.5% lower than the average unemployment rate in the Commonwealth of Virginia (which was 3.2%), and 1.4% lower than the national unemployment rate (which was 4.2%). The average number of Head Start families in which neither parent/guardian was employed is high at 21.4%. This three-year average is much higher than the Virginia or National unemployment rate. An average of 17.1% of Head Start families requested employment assistance.

Child Care Assistance
An average of 6.0% of Head Start eligible families received a Department of Family Services child care subsidy (which is available to all income eligible children in the county) and an average of 16.7% 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 10.3% of Head Start families requested assistance with child care services.
Family Engagement

In 2017-2018 LCPS 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 Connection Classes covering topics 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

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.: 37
- Policy Council/Policy Committees: 18
- Parenting Education Workshops: 1
Partners, Supporters and Volunteers

We had 284 individuals providing volunteer services to the program. 113 of these volunteers were current or former Head Start Parents.

We continued to have strong partnerships with community agencies who supported the Head Start program, students and their families in Loudoun County.

- Anthem HealthKeepers Plus
- Apple Federal Union Credit
- Ashburn Area Running Club
- 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
- INTotal Health
- Key Club at Tuscarora High School
- Lions Club; Link Inc
- Loudoun Abused Women’s Shelter
- Loudoun Cares
- Loudoun County Public Schools Administration Building Staff, Assistive Technology Staff, ChildFind Staff
- Science Instructional Supervisor
- Loudoun County Fire and Rescue
- Loudoun County Health Department
- Loudoun County Mental Health (LCMH)
- Loudoun Literacy Council
- Loudoun Pediatric Dentistry
- Loudoun Valley Church of the Nazarene Faith Group
- Nando’s PERi-PERi
- 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
Four of the Head Start classrooms are located within high schools. The collaboration with the LCPS Family and Consumer Sciences (FACS) program for high school students who are interested in pursuing a career in early childhood education or child care offers unique benefits to the Head Start students as well as the high school students.

*Craft Time! High School Students at Rock Ridge High School*

LCPS Head Start Program has been fortunate to work in partnership with the Wolf Trap Institute for Early Learning through the Arts for over twenty years. Wolf Trap residencies helped children improve their abilities to use movement/dance to express ideas, experiences, feelings and images; to increase their interest in stories and books; and increase their participation in performing arts. With the help of a Wolf Trap Artist versed in science and math standards, as well as engineering principles, young children also increased skills related to math and science such as numbers and number sense and patterns.

*Wolf Trap Artists at Sugarland Elementary School*
Head LCPS Head Start Program in partnership with The Audubon Naturalist Society (ANS), continued a program of Schoolyard Nature Experiences for Early Learners in 2017-2018 school year

- to improve students’ observation and classification skills and to increase students’ science content knowledge of aquatic life cycles and food webs
- to promote student connections to nature, build their science vocabulary and develop science process skills
- to foster student cognitive development using the schoolyard as a science learning laboratory.
Loudoun County Public Schools
Head Start Program

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