

2015

Annual Report for Orange County Head Start and Early Head Start

Greetings!

Looking back at 2015, it was a year to take pride in the program's partnerships and collaborations with the federal Office of Head Start, with community child care centers, with our school districts, with local government and with other community organizations and leaders who share the vision to provide opportunities for Orange County children and families to succeed in school and in life!

One of these collaborations is with the Family Success Alliance, a coalition of more than 25 Orange County agencies, aiming to partner with low-income families from the time their children are born to the time they head off to college or a career. Staff and parents have participated in focus meetings and working groups to identify needs and service gaps such as affordable child care, accessible transportation, and affordable housing. We increased our efforts to provide support by collaborating with community agencies to offer parent literacy classes, financial counseling and parenting programs, some offered on-site at the Fairview Child and Family Center!

It is also great to reflect on what we have accomplished this past year after receiving an Early Head Start-Child Care Partnership (EHS-CC) expansion award. This was part of a national effort with the Federal Office of Head Start and Office of Child Care to increase access and improve the quality of early care and education for more infants and toddlers and their families across the country. In 2015, we have been excited to move full steam ahead with implementing two new Early Head Start-community child care partnerships in our county — KidScope Early Learning Center and Horizons Child Development Center. This

brings our total community child care partnerships to four — Chapel Hill Day Care has been an EHS-CC partner since 2010 and Spanish for Fun Academy since 2014. We are proud to work with these wonderful community partners!

With Warm Regards,

Angela Wilcox

Angela Wilcox
Orange County Head Start/Early Head Start
919-490-5577 Ext. 247



2015 at a Glance

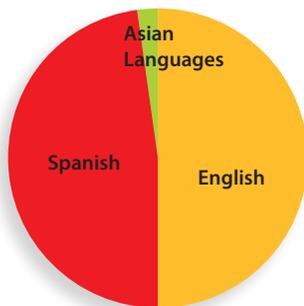
Orange County Head Start

- Available to 80 income-eligible three and four-year-olds living in the Orange County School District in North Carolina;
- Services provided 10 months per school year calendar at no cost, to meet the health, educational, nutritional, social, developmental, and mental health needs of participants;
- Service delivery models:
 - 4 – 5 year-olds are served in Pre-K classrooms located in (3) elementary schools in the Orange County School District.
 - 3 – 4 year-olds are served at the Fairview Child and Family Center in Hillsborough.
 - There is at least one bilingual, (Spanish-English) staff person in each classroom.

Enrollment by age:

| | |
|---|-----------|
| Three-year-olds | 29 |
| Four-year-olds | 61 |
| Total served including dropped/moved | 90 |

Head Start Primary Languages



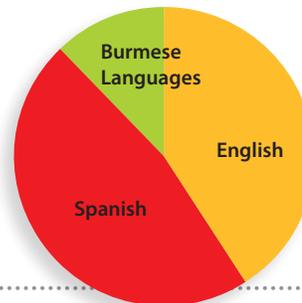
Orange County Early Head Start

- Available to 133 income-eligible pregnant women, infants and toddlers to age three in Orange County, North Carolina;
- Services provided year round at no cost, to meet the health, educational, nutritional, social, developmental and mental health needs of participants;
- The program provides these service delivery models:
 - Weekly home visitations focused on parent education and child development, with group meetings twice monthly;
 - Full-day, full year early education and child care provided for child care subsidy eligible families at our Fairview Center in Hillsborough and at child care partners Chapel Hill Day Care and Spanish for Fun Academy in Chapel Hill;
 - Six-hour day, full year education and child care provided for eligible parents at Fairview Child and Family Center in Hillsborough, and at our new partner KidScope Early Learning Center when it opened in October.

Enrollment by age:

| | |
|---|------------|
| Under one year of age | 48 |
| One-year-olds | 54 |
| Two-year-olds | 68 |
| Pregnant women | 4 |
| Total served including dropped/moved | 174 |

Early Head Start Primary Languages



Federal Monitoring Results As a result of the 2013 on-site monitoring review by the Office of Head Start, the Orange County Head Start and Early Head Start program was determined to be in compliance with all applicable Head Start Performance Standards, laws, regulations, and policy requirements.

Early Head Start-Child Care Partnerships

For 2015, we served 8 infants and toddlers in 3 classrooms at our continuing child care partner site, Chapel Hill Day Care Center, and 8 toddlers in a Spanish immersion classroom at our newer partner Spanish for Fun Academy. These centers serve a diverse group of children and families by blending EHS, private pay tuition and other subsidies. Children enrolled in EHS partner sites are placed in classrooms that meet or exceed EHS and state licensing requirements for high quality care. Teachers receive ongoing support, monitoring and training from Early Head Start specialists, their Center Director as well as other community programs. Children benefit from the opportunity to learn alongside their peers from the community; families benefit from full day child care in the highest quality settings *plus* the comprehensive services EHS provides; and our partners value the diversity and the resources that Early Head Start brings to their centers.



Mental Health

Children and families enrolled in OCHS/EHS have access to mental health support and consultation at no cost. Services from early childhood mental health providers in the community are recommended and coordinated for children who need further assessment and intervention. Mental health professionals who specialize in working with young children provide parent education, assessment, home visits, school visits, classroom observations and staff training.

Teachers and home visitors are trained to teach and promote pro-social and problem-solving skills to all children and to implement individualized plans to support children with challenging behaviors. Classroom and playgroup environments are designed to offer opportunities for children to develop and practice social skills and to learn to identify and manage their emotions. Parents are supported in understanding their children's needs and using effective strategies to prevent and respond to challenging behaviors.

Health



OCHS/EHS staff assess the health, medical, nutrition, and dental health needs of enrolled children and engage families in addressing those needs. Staff is committed to making sure that enrolled families are aware of community resources and that barriers to accessing services are identified and addressed. Staff assist families in establishing medical and dental homes for their children. Health screenings are provided for children to help identify any treatment needs. Although our primary goal is to promote children's overall health through prevention, when children's health concerns are identified we collaborate with medical professionals and families to ensure that health needs are addressed. For children in center-based care, nutritional services include providing two-thirds of the child's daily nutritional requirements. All OCHS/EHS sponsored events where snacks or meals are provided model good nutrition while embracing the cultural traditions of families served. Parents receive training and counseling in acquiring, preparing and providing nutritious food for their family on a tight budget. Parent education is provided on a variety of topics based on needs identified through health, nutrition and physical activity screenings. This parent education is offered one on one in the family's home or in a group setting. Health and nutrition are seen as an integral part of Orange County Head Start/Early Head Start's mission, and is integrated in to many aspects of the program.

Parents are the Heart of OCHS/EHS!

In Head Start and Early Head Start, parents are viewed as the child's first and most important teachers and it is our mission to strengthen and support that role. Parent engagement in all aspects of the program is extremely important and strongly encouraged. Parents have opportunities for participation and shared decision-making in every area of the program. Each family is assigned either a Bilingual Home Visitor or Family Specialist who focuses on: building a strong and healthy partnership with each family they serve, assessing family strengths and needs, helping families identify and reach family goals and supporting families in accessing needed services and resources. Staff are trained to use the Strengthening Families framework and Motivational Interviewing strategies to engage, coach and build adult capacities. Parents are encouraged to actively participate in the governance of the OCHS/EHS program through membership in the Policy Council. Currently, parents compose 90% of policy council membership.

- There are Parent Committees representing each HS and EHS option: EHS — home based, EHS — center based and Head Start classrooms.
- Parents are members of the program's Health Services Advisory Committee.
- Center-based parents are encouraged to participate in quarterly parent-teacher conferences, observe or volunteer in their children's classroom, attend parent education meetings and meet with their Family Specialist at least monthly and set and reach family goals.
- Home-based parents meet weekly with their home visitor and are encouraged to participate in biweekly parent-child playgroups.
- Parent/child classroom activities are held on a regular basis offering more opportunities for parents to engage in their child's education experience and work as partners with their child's teachers.



■ There is a special emphasis on engaging fathers' participation throughout the program.

Over the past year, parent education topics presented to groups of parents have included:

- Understanding the OCHS/EHS curricula
- Positive techniques for managing child behavior,
- Promoting literacy at home
- Providing healthy meals on a tight budget
- Proper use of car seats
- Shopping healthy
- The importance of physical activity
- Understanding domestic violence
- Family planning
- What parents can do to have their children under three ready for school
- Stress management, and
- Helping your child make a smooth transition to kindergarten.

We are committed to working with parents and partnering with them to support the healthy development of the child and family.



New in 2015—

OCHS/EHS Begins Expansion with New Child Care Partners

As announced in this report, at the end of 2014 OCHS/EHS was awarded an expansion grant to serve 31 new children in a new collaborative partnership designed to bring EHS quality and resources to children in child care through a unique model of layering EHS and Child Care funds. Already experienced in the partnership model of providing EHS services, our program was able to mold this new grant into an opportunity to support the opening of two new child care centers in the area whose missions already aligned closely to ours — KidSCOPE Early Learning Center (a developmental day program that opened in fall 2015), and Horizons Child Development Center (a center that serves the children of women enrolled in the UNC Horizons residential substance abuse program for pregnant and parenting mothers.) These new partners, both experienced and committed to offering quality child care and to serving high-needs families, benefited from the availability of start-up funding through the EHS expansion grant. They received their new licenses and began enrolling EHS children by the end of 2015. EHS will have filled a total of 31 slots — 23 at Horizons and 8 at KidSCOPE — by the close of the startup phase of the grant in July 2016.

Being Part of the Orange County Head Start Team: A Teacher's Perspective

One of the best things about being a part of the Orange County Head Start (OCHS) team is watching the children grow and learn. In the early years of life a child will grow and learn new skills by leaps and bounds! They quickly absorb new skills, take on challenges, ask questions and seek answers about the world around them with eagerness and enthusiasm for gaining new knowledge

In our Head Start 3 and 4 year old classrooms, the teachers and children learn together! We teachers follow the children's lead which keeps them interested and engaged in their learning. Teachers observe, engage and listen to the children, taking note of children's questions and conversations, documenting their observations and using them not only to plan the curriculum but also to and share insights with parents about the children's growth. The children in our classrooms continually explore and investigate while building relationships and learning valuable skills that will prepare them for success in school and life.

Being a part of OCHS is a satisfying and rewarding experience. We enjoy not only watching children grow and learn, but also working with families to support and encourage them as their child's first and most important teachers. Teachers and families work together to create goals each quarter based on the strengths and needs documented for each child. Through this collaborative partnership, we aim to help each child be successful at home, in school and in their community.

Partnerships and collaborations are the backbone of the program. These partnerships and collaborative networks exist between teachers and parents; between our program and the Orange County School System, the NC Pre-K Program, and our colleagues from other disciplines and community agencies. We work together to support one another and to enhance opportunities and learning for children and their families.

-Christy Washburne, Senior Head Start Teacher and OCHS/EHS Teacher since 2004

Fairview Child & Family Center (FCFC)

Located in a Hillsborough neighborhood FCFC is the only center fully owned and operated by OCHS/EHS. The center has and continues to provide high quality early childhood education for 46 children, ages birth to three, in 6 EHS classrooms, and 28 three to four years olds in 2 Head Start classrooms. Fairview Center is constantly changing and growing as are the children and families we work with each year. Our focus in 2015 was several community partnerships. SHAPE NC through the Orange Co. Partnership for Young Children assisted the center with assessing and making improvement in 5 areas around children's health; nutrition, breast-feeding/infant feeding, physical activity and outdoor play. The center also continues its partnership with Book Harvest, an organization that provides books to children and families through the school. Building 'D's conference room continues to be used by community groups and organizations as a meeting space. The program's dedication to engaging families in our shared mission to prepare children for success in school and life drives the center's ongoing efforts to adapt, improve, and change. The efforts are rewarded by a continually growing positive reputation as a center that families want their children to attend.

Children with Disabilities

Orange County Head Start/Early Head Start is committed to serving and promoting the successful inclusion of all children. We value the uniqueness of each child and family and believe that early intervention is critical to helping a child reach their full potential. We are federally mandated to reserve at least 10% of our enrollment slots for children with IEP's and IFSP's. OCHS/EHS facilitates and coordinates special services for enrolled children including speech/language therapy, occupational therapy, mental health services, physical therapy, and special education services.

We work with families as they navigate the special education process, empowering and educating them so that they can advocate for their child now and long after the child leaves our program. For children who do not qualify for services through the Children's Developmental Services Agency (CDSA) or the school system, OCHS/EHS has built relationships with the community, and formed a network of local private therapy providers to whom we refer children who need further evaluation and/or services. Our staff also works closely with bilingual home visitors and teachers to help them modify and plan for everyday activities to meet the needs of children with special needs. We value every child and strive to provide them with the best early start possible.



School Readiness

Since 2012, OCHS/EHS has framed its approach to educational services and outcomes in the context of our 23 school readiness goals that cross the five domains of children's development. A "School Readiness" committee meets throughout the year to evaluate the program's available data related to our school readiness goals, to plan for program activities, staff training, and policy and procedure shifts that might improve our outcomes, and to continually review and improve our assessment methods. As summarized below, available data from the Teaching Strategies GOLD ongoing assessment system used in all center-based classrooms and from the PAT Developmental Milestones assessments used in the home-based option, indicates that our program and the children enrolled are overwhelmingly making progress in their development and particularly in the goals our program has prioritized.

Highlights of our school readiness findings for the 2014-2015 program year included:

- More than 50% of all the HS children showed growth in all areas of development in the 2014-2015 school year.
- All 5 Head Start classrooms scores exceeded the national averages in the domains of Emo-



“I enjoyed the parent conversation and sharing techniques for how to deal with kids not listening and I learned that everyone has the same problems, not just me!”

— A Head Start parent after a parent event

tional Support and Instruction Support when we performed CLASS assessments in the Head Start classrooms in spring 2015.

- A minimum of 84% of EHS children have showed growth in at least one area of development from the beginning to the end of the program year.
- In the Home-Based Early Head Start data, there were gains in the number of children achieving at least 70% of their developmental milestones in four out of five domains.

The Home-based Option for Early Head Start

The primary goal of the Home-Based option is to promote the role of the parent as their child's first and most important teacher. These parents do not need center-based care but are often isolated as stay-at-home moms raising young children.

Each child is assigned a bilingual home visitor who is responsible for providing developmental, health, nutrition and mental health screenings, assessing family needs and coaching the parents in developing capacities in parenting and life skills. During weekly, 90 minute home visits, at least one of the parents is always present.

The home visitors are bilingual and are trained to provide parent education and case management and to facilitate parent-child activities in the family's heritage language. The parent-child activities are designed to promote healthy parent-child interaction while enhancing the parent's ability to offer developmentally-appropriate and fun learning experiences as part of their daily routines.

The EHS Home-Based option offers biweekly parent-child playgroups for enrolled families. At playgroups, parents and children participate in activities designed to promote socialization for children and adults. Singing, rhymes and finger play, dancing, exercise, making simple art projects or share individual skills with the rest of the group are examples of activities that parents do with their children during the two hour playgroups. Some of the playgroups are organized so that the families are able to visit fun, educational venues in the community. The Museum of Life and Science in Durham, Spence's Farm and the KIDZU Children Museum are examples of places that were enjoyed by the families in our program in 2015. Playgroups are an important part of our focus on preparing children for pre-school and beyond.



Financial Report

Early Head Start

| Line Items | 2015 Actual | 2016 Budget |
|--|--------------------|--------------------|
| Personnel Expenses | \$ 1,357,095 | \$ 1,524,024 |
| Contract services and Professional fees | 153,125 | 429,884 |
| Materials | 86,488 | 26,750 |
| Travel | 22,921 | 20,000 |
| Communications | 14,943 | 15,100 |
| Repairs/Maintenance | 55,538 | 42,000 |
| Professional Development | 56,796 | 55,866 |
| Occupancy | 50,430 | 48,511 |
| Facility | 15,491 | 0 |
| Other | 14,286 | 12,700 |
| <i>(printing, family support, personnel expenses and dues & subscriptions)</i> | | |
| Indirect Costs | 149,250 | 137,721 |
| | \$1,976,363 | \$2,312,556 |

Other funding sources with 2015 actuals **\$123,735**
Child & Adult Care food program (\$39,750), Subsidy (\$83,535), and private contributions (\$450)

Head Start

| Line Items | 2015 Actual | 2016 Budget |
|--|------------------|------------------|
| Personnel Expenses | \$ 743,196 | \$ 753,675 |
| Contract services and Professional fees | 5,000 | 6,702 |
| Materials | 11,435 | 8,530 |
| Travel | 7,759 | 10,000 |
| Communications | (1,913) | 5,850 |
| Repairs/Maintenance | 26,958 | 22,300 |
| Professional Development | 14,348 | 13,036 |
| Occupancy | 23,643 | 24,302 |
| Other | 7,353 | 7,750 |
| <i>(printing, family support, personnel expenses and dues & subscriptions)</i> | | |
| Indirect Costs | 82,197 | 67,831 |
| | \$919,976 | \$919,976 |

Other funding sources with 2015 actuals **\$251,834**
NC Pre-K-K (\$225,128) and Child & Adult Care food program (\$26,500), and private contributions (\$206)

For a copy of the CHTOP, Inc. audit report for the fiscal year ending 6/30/15, please call 919-490-5577, extension 251. (There were no findings.)