



In dedication of the Honorable Joan B. Johnson 1933-2019



#### Dear Friends of Long Island Head Start,

As Long Island Head Start enters its 53rd program year in September 2019, we take much pride in knowing that our Head Start and Early Head Start programs on Long Island have not only improved the quality of life for low-income families, but that we have also given thousands of disadvantaged infants, toddlers, and preschoolers an opportunity to thrive by making their best beginning a Head Start!

The support of the community is essential in achieving our mission to provide a quality early childhood education to children and to assist families in reaching self-sufficiency to live a successful life on Long Island.

Thank you again to all of the state and local county officials, community partners, and supporters who have made the past 53 years possible for Head Start children and families.



Tenesca Joseph Terrence D. Goode Chair, Board of Directors



Debrah A. Garcia
CEO/Executive Director

The mission of Long Island Head Start is to provide a comprehensive learning environment to children respectful of their cultures and to assist families in reaching self-sufficiency through the combined efforts of parents, community, and staff.

## ABOUT US

L.I. Child and Family Development Services, Inc. dba Long Island Head Start (LIHS) is a private not-for-profit federal program that serves children ages birth to five from families that have incomes below the federal poverty level. LIHS promotes school readiness by enhancing their cognitive, social, and emotional development. LIHS also provides Early Head Start, which serves infants, toddlers, pregnant women and their families.

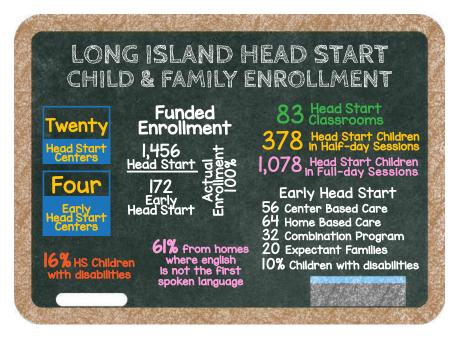
Head Start programs provide a learning environment that supports children's growth in language and literacy, cognition and general knowledge, physical development and health, social and emotional development, and approaches to learning. Comprehensive services are provided to enrolled children and their families, which include health and nutrition, social, and other services determined to be necessary by family

needs assessments, in addition to education and cognitive development services. Head Start services are designed to be responsive to each child and family's ethnic, cultural, and linguistic heritage.

Head Start emphasizes the role of parents as their child's first and most important teacher. Head Start programs build relationships with families that support family well-being and positive parent-child relationships, families as learners and lifeling educators, family engagement in transitions, family connections to peers and community, families as advocates and leaders.

Long Island Head Start (LIHS) works in collaboration with community agencies to provide needed services and makes extensive use of volunteers, including the Board of Directors, the Parent Policy Council, and other community members. Parents are key volunteers in each of the centers and regularly assist in defining and carrying out policies and programs.

The first LIHS program in Suffolk County began as a summer program in 1966 and provided children from low-income families



with an enhanced pre-school experience designed to give them an equal opportunity for success in the public school system. These Head Start programs were considered pilot projects; however they were so successful, both locally and nationally, that funding was appropriated for full-year programs. By 1968, full-year programs were located in twelve target areas throughout Suffolk County.

Throughout the 1970's and 1980's enrollment continually increased, reaching about 900 families by the mid 1980's. With increased funding, LIHS began expanding its enrollment and number of sites. In 1999, LIHS was awarded the first Early Head Start grant on Long Island to provide services to infants/toddlers and expectant mothers. LIHS now operates 4 Early Head Start centers in addition to 20 Head Start centers.

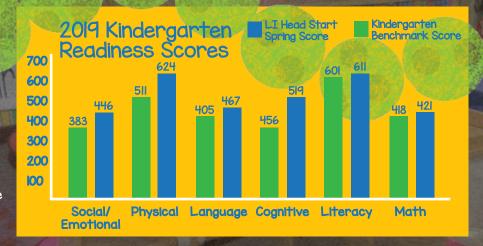
Today Long Island Head Start serves over 2,000 infants, toddlers, and preschoolers and their families in 24 licensed Head Start and Early Head Start centers throughout Suffolk County.

## KINDERGARTEN

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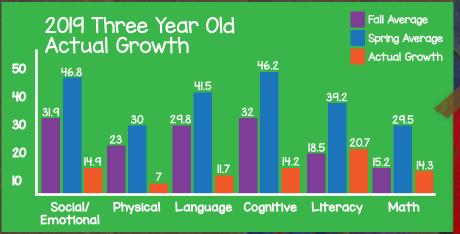
READINESS

LIHS children are well prepared for Kindergarten. They have surpassed the Kindergarten Readiness Benchmark scores in all areas of development & learning. They are ready to take on new learning challenges in Kindergarten and have developed the skills they need to be successful in school and in life.



Our three-year-old children have worked hard all year. They grew in all areas of development & learning. They were very busy developing their social skills by making friends, managing their feelings, and learning to be independent. As they developed their self-confidence, they began to try new things, experiment and take risks, all of which helps them to develop their cognitive & academic skills. They made significant gains in their literacy skills this year and this includes our dual language learnersl





## EDUCATION GRANTS

LIHS was able to collaborate with SUNY Stony Brook to provide the children with a curriculum enhancing experience. The Stony Brook Orchestra Petting Zoo visited several LIHS centers to provide the children with a hands-on opportunity to see, touch, listen and play orchestra instruments from around the world. The Stony Brook Musicians provided the children with an engaging learning experience exploring different instrument families—the names of the instruments, what materials are used to make the instruments and how they work. They played each instrument for the children and discussed how they sound. Then the children were able to try the instruments for themselves getting a hands—on experience with real instruments. For most of our children this was the first time they had seen, heard and touched real instruments.

LIHS partnered with United We Om. Through playful movement, song and dance the children and staff have experienced firsthand the benefits of yoga. The children imitate animals and express themselves in a non-competitive, non-judgmental nurturing environment which promotes self-expression and imagination. Yoga has enhanced their physical flexibility, balance and coordination, focus and concentration and strengthened the mind-body connection for them. The classroom(s) has a sense of peace and calmness and the children are self-aware of how breathing can help them in challenging situations. This program has helped the children build confidence. The children have shared yoga at home with their siblings, parents and staff who have developed their own daily practice as well.

The children of LIHS and their families worked with artists from all over the world in a collaborative creative environment at the Watermill Center. Artists with various disciplines were able to share joy and passion through art, music and dance. The children attended workshops that integrated the arts and they were inspired to be creative as they expressed their emotions as emerging artists.

LIHS continues to develop strong working

partnerships with local school districts to bring Universal Pre-Kindergarten to our children and families. We continue our long-standing partnership with Central Islip School District working together to develop a program that received high scores on the New York State Pre-Kindergarten Program Quality Assurance Protocol. LIHS continues to collaborate with the William Floyd School District, the Riverhead School District and the South Country School District to provide UPK

#### S S S S S

### **WELLNESS**

Mental Health Referrals were received and followed up on in the 2018-2019 program year.

services in those communities.

- 100% of HS children receive a Physical exam
- 89% received a dental exam
- 100% are age appropriately immunized
  - of HS and EHS children need to have rescue medications on-site for chronic conditions such as asthma, severe allergies or seizures
- 100% of Expectant Women received Prenatal care
- 100% of EHS children have access to medical care on a continuous basis.

## COMMUNITY PARTNERSHIPS FOR LIHS WELLNESS

Nursing Students from Molloy College and Stony Brook University assisted staff in the Fall and Spring with various screenings including hearing and vision, blood pressure, heights and weights (to help us monitor the BMI of the children) as well as providing training sessions on various health topics for staff, parents and children.

Nutrition Professionals from Novick Brothers and Shapitinutritionists presented trainings to the LIHS staff are parents during parent meetings, In-Service trainings are throughout the school year.

Long Island Cares and Island Harvest provided assistance with food drop off at the sites with food pantries several times per year.

The Child Care Council of Nassau received a grant Eat Well Play Hard allowing a registered Dietitian to conduct a number of workshops for staff, parents and children at different Head Start centers.

WIC representatives visited various centers to provide information on the program and assist families with the enrollment process.

The Lions Club provided Specialized Vision screenings as at several Head Start Centers.

Master Gardeners from Slow Food of the East End assisted centers to precite edible gardens to inspire and encourage individuals to make nutritious changes on the East End of Long Island. Eating food that is good clean and fair for all celebrating diversity of people, place and culture.

Fidelis and United Health Care visited the centers to assist families with their health care needs.

The Health and Disabilities Advisory Committee consisted of various local health professionals and agencies providing guidance and assistance with health related topics affecting the Head Start and Early Head Start community.

## STAFF ADVANCEMENT & PROFESSIONAL DEVELOPMENT

LIHS provides support for professional development through tuition stipend incentives, professional development for Family Advocates to obtain their FDC credentials, and regional and national conferences for professional development and continuing education for employees, policy council, and board members.

The teaching staff participated in several professional development opportunities that focused on challenging behaviors of children. These opportunities provided teaching staff with a working knowledge of the how and why of the behaviors, influencing factors that contribute to behavior and strategies to work with these children and their families.

LIHS sent a team to the I am Moving, I am Learning (IMIL) Regional training session to gain the skills and knowledge to present this content to the rest of the staff. This program is an effort to reduce obesity in young children, develop healthy eating, and exercise habits early in life.

The coaching program continues to provide on-going, intensive skill development and practice to education staff. In the 2018–19 school year, 98 teaching staff participated in the coaching program. They developed goals to enhance their teaching practices and worked with their coach and/or TLC group to develop their skill and reach their goal. The coaching program leads to better child outcomes. When a teacher develops her skills for teaching a child is better able to learn and grow.

The Education & Transition Manager completed the Protective Factors Training of Trainers and is now I of 32 certified trainers in New York State.

The Agency continues to hire qualified teaching staff that have received the appropriate training and experience to meet the needs of our program and communities. LIHS has hired many college graduates that completed their student teaching in our Head Start centers; ensuring they have the right experience and strengthening our partnerships with our local colleges.

### PARENT INVOLVEMENT

The Parent Involvement Department strives on implementing learning opportunities for families that enhance parent's knowledge on different topics. The activities began with the Parent Orientations providing all attendees with important program information while adhering to performance standards. Classroom orientations were also conducted providing parents with a detailed breakdown of their child's daily routine. The Parent Committees at the centers provide every parent of an enrolled child with the opportunity to assist in the development of activities that address their interests and needs and that supports the educational and healthy development of their children. Other opportunities were Dads Take Your Child to School Day, Program Governance training, Parent Institute, PAVE, Abriendo Puertas/Opening Doors Parent Curriculum and The Nurturing Fathers Program were made available for all parents.

"Dad Take Your Child to School Day" was held on September 18th. Center staff welcomed parents and planned various activities for fathers and other significant males who participated in this effort encouraging father involvement in the classrooms from the beginning of the program year. Fidelis Care partnered with the agency for this event by setting up informational tables at centers and provided participants with backpacks and school supplies.

The Program Governance training was scheduled and conducted for all center parent committee newly elected officers, policy council, board of director members, staff and Early Head Start Child Care Partnerships partners. The training was provided adhering to performance standards.

The Parent Aide Volunteer in Education Program was offered twice during this program year. Participants familiarized themselves with the Head Start Program mission and philosophy. The PAVE program is conducted with the assistance of the Content Area staff who specialize in the different topics being presented throughout the week.

The Abriendo Puertas/Opening Doors parent training was also offered twice during the program year. Both classes celebrated their achievements at the end with a recognition ceremony. Participants have been working on their goals and the staff will keep track of their accomplishments and provide any needed assistance.

The first Nurturing Father's Program class was offered and finalized with four participants who completed the program. The Nurturing Fathers Program is an evidence-based training course designed to teach parenting and nurturing skills to men. Each class provides proven, effective skills for healthy family relationships and child development. Graduates expressed interest in becoming facilitators of this curriculum.

The Parent Involvement staff continues to work on initiatives to enhance the number of community volunteers and partnerships. Fidelis Care NY has been a long-standing partner of the agency. Liga De Justicia adopted twenty families for the holiday event in which parents were afforded the opportunity to shop for gifts for their children while the children were kept busy with a puppet show and pictures with Santa.

Policy Council members planned and attended various events throughout the program year such as the Legislative Luncheon, the New York State Head Start Association Annual Professional Development Conference, the 3rd Annual Family Fun and Picnic Day and the Annual Gala.

Our agency thrives on delivering the best services possible to children and their families while engaging them as partners. When parents feel engaged, they become leaders, they become the voice for our children, our staff, our families, and our communities. Dedicating the time to educate and engage families provides a solid foundation to grow as individuals, with the outcome of a positive influence in their children's life.

## EARLY HEAD START

In the 2018–2019 program year, Long Island Early Head Start had four (4) Family Educators complete their Home Visitor CDA Credential. At-risk families may face obstacles such as language barriers, geographic and social isolation, and poverty. Home visitors create a comfortable and predictable environment; recognize unique family circumstances and tailor services to meet their individual needs; and connect families to the kinds of help that can make a real difference in a child's health, development, and ability to learn. In order to complete their CDA Credential the Family Educators had to complete 120 hours of formal early childhood education training, covering the growth and development of children ages birth to 5 years old, worked 480 hours in a Home Visitor program, complete a CDA Professional Portfolio, and then schedule a CDA Verification Visit with a Specialist1

This is the second year that the Early Head Start Family Educators have participated in TLC (Together Learning and Collaborating) Group Coaching to improve their skills during home visits and socializations. All Family Educators had a formal observation by the EHS Service Manager using the HOVRS (Home Visiting Rating Scale). The results indicate that the Family Educators scored high in the areas of Child Engagement, Home Visitors Relationship with the Family, Parent Engagement, and Home Visitors Responsiveness to the Family.

In the 2018-2019 program year, the EHS Service Manager continued to use the Classroom Assessment Scoring System (CLASS) for the Infant and Toddler classrooms. This observation tool measures teacher/child interactions that promote the children's development and learning. The EHS Service Manager also utilizes The Creative Curriculum Fidelity Assessment Tool to ensure that all teachers are using the curriculum to its fidelity. Coaching plans and professional development plans are developed from CLASS and Fidelity Assessment scores.



This year the Early Head Start program serviced twenty-nine (29) expectant mothers, many were under the age of 21. Our EHS program formed a new collaboration with Soundview Pregnancy Services in Centereach, NY. Soundview Pregnancy Services provides free medical services such as pregnancy tests and ultrasounds as well as resources and referrals for support. Both agencies will refer Expectant Mothers to each other.

The Early Head Start program had nineteen (19) children diagnosed with a disability. Twelve (12) children entered the program with an IFSP (Individualized Family Service Plan) and seven (7) were evaluated and diagnosed after they started the program. These seven (7) children were referred to the Suffolk Department Health for formal evaluations after the Early Head Start teachers and Family Educators screened the children using the Brigance Early Head Start Screen III screening tool and through their observations.

### Early Head Start-Child Care Partnerships Program (EHS-CCP)

The Early Head Start Child Care Partnerships Program (EHS-CCP) is funded for 98 infants and toddlers. Our EHS-CCP Partners have not changed in the 2018-2019 Program Year. The EHS-CCP has three (3) Group Family Day Care program; Alicia's Day Care, located in Shirley, New Beginnings Day Care and Small Blessings Day Care, both are located in Brentwood. There are twenty (20) children enrolled at these Partner Sites. The EHS-CCP Program has five (5) center-based child care centers; Alternatives for Children, located in Dix Hills, Bay Shore Day Care and Preschool, located in Bay Shore, Marks of Excellence located in Amityville, Story Book Hollow Children's Academy and Wuneechanunk Shinnecock Preschool located on the Shinnecock Indian Reservation. There are eleven (II) classrooms that serve 78 eight children. Each of the partners provides a minimum of ten (10) hours of service, for a minimum of 1,380 hours per year, forty-eight (48) weeks per year, recognizing that families who are working, and in job training, require a full day of care. Parenting teens also require full-day services in order to graduate from high school in a timely fashion, secure internships and part-time jobs, and pursue higher education. The EHS-CCP program provides "wrap-around services" for early and late drop off and pick up times. This was intentionally designed to enhance the quality of child care for infants and toddlers by integrating the additional resources and services for a seamless full-day and full-year of comprehensive services.

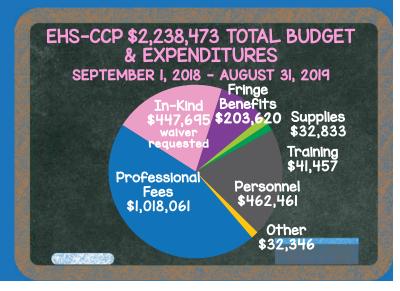
In the 2018–2019 program year the EHS-CCP program served 152 children. Over 59 children transitioned into our Partner's preschool classrooms or to a Head Start Center. Our Family Service Workers helped over 73 families obtain a Suffolk County Day Care Subsidy for child care. The EHS-CCP program provided child care to eighty (80) full time working parents and to twenty (20) parents who are either in a job training program or who have gone back to school.

The EHS-CCP program had twelve (12) children diagnosed with a disability. These infants and toddlers were referred to the Suffolk Department of Health for formal evaluations after the EHS-CCP Teachers and Infant/Toddler Service Workers

screened the children using the Brigance Early Head Start Screen III screening tool and through their observations.

This year the EHS-CCP program signed a five (5) year Affiliation Agreement with Hunter Business School. The students enrolled in the Nursing Program will complete their Pediatric Internship with the EHS-CCP program. They will measure the children for their heights and weights by using a digital baby scale, measuring mats and a wall stadiometer. The students use the PlusOptix vision-screening device for vision screenings and the portable Diagnostic OAE Hearing system and take blood pressures for children over the age of three (3) and older in Family Day Care. All screenings, with parental consent, is provided to all enrolled children two times a year, in September and again in April.

The EHS-CCP Program is now also collaborating with Dental Smiles for Kids, which is a pediatric dental office. The Dental Hygienist provided oral health education to staff, parents and the children at all the EHS-CCP Partners in May of 2019. The Dental Hygienist also provide a puppet show for the toddlers on how to brush their teethl Parents are provided information to understand that when their child has healthy teeth, they are better able to eat, speak and focus on learning.



## FUNDING

Long Island Head Start's primary funding is obtained from the Department of Health and Human Services. The agency also receives funds from the State of New York Department of Health, Child and Adult Care Food Program and local school districts Universal Pre-Kindergarten Program(s). As a Grantee LIHS is obligated to monitor what costs are allowable, and how the costs are to be determined and documented which are reported to the funding sources. All revenues are recorded on an accrual basis and reports are submitted quarterly, senilannually, annually, and final.

The agency is audited every year and the audit conducted complies with all government auditing standards and

#### NON-FEDERAL MATCH/ IN-KIND CONTRIBUTIONS

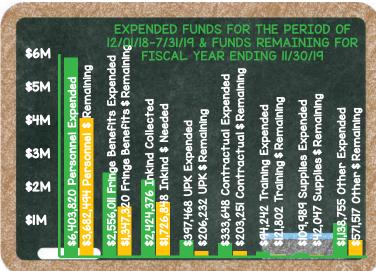
Long Island Head Start must raise 20% (\$4 million) of the annual budget in order to match federal funding each year. This 20% in-kind is raised through volunteer services, monetary contributions, partnerships, and program donations.

2018-2019 HEAD START & EARLY HEAD START TOTAL BUDGET 2017-2018 HEAD START \$22,587,330 **& EARLY HEAD START** TOTAL BUDGET \$22,476,238 Dept Health & Human Services Dept Health \$16,604,896 & Human Services In-kind/ \$16,319,859 In-kind/ Other Upk Non-Federal \$711,950 \$187,511 **USDA** Match \$1,161,000 ÙSDA Requirement UPK \$4,079,966 \$1,176,952 \$670,210

requirements under the Uniform Administrative Requirements, Cost Principles, Audit Requirements for Health and Human Service Awards, and Single Audit. The audit includes an examination and review of our internal controls. LIHS financial statements are open to the public upon request. Every three years the Agency is audited by the Federal Government Audit Team for compliance with all the federal regulations such as major contracts, purchase of equipment, Davis Bacon regulations, Consultants standard procedures, payroll summary, etc.

## ALTERNATE FUNDING SOURCES

The agency continues to aggressively pursue alternate funding sources to enhance the quality of its programs. To date the agency has received grant awards from local legislators, private foundations, New York State Funds for the School District integrated by the Universal Pre-K Program(s), member items and private businesses totaling approximately \$899,461.



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Lina Ortiz, Patchogue HS Center

LaNea Overton, Islip EHS Center

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### HEAD START & EARLY HEAD START CENTERS

Amityville HS Center 48 Cedar Road Amityville, NY 11701 Phone (631) 842–8484

Amityville HS Center @ MOE 455 Albany Avenue Amityville, NY 11701 Phone (631) 842-8484

Bay Area HS Center 161 Margin Drive Shirley, NY 11967 Phone (631) 395–4853

Bay Shore HS Center 107 E. Main Street Bay Shore, NY 11706 Phone (631) 666-4985

Bellport HS Center 189 North Dunton Avenue East Patchogue, NY 11772 Phone (631) 286-0579 Brentwood HS Center 177 Wicks Road Brentwood, NY 11717 Phone (631) 951–3043

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Huntington HS Center @ DDI 25 Little Plains Road Huntington, NY 11743 Phone (631) 266-4428

North Fork HS Center 1850 Main Bayview Road Southold, NY 11971 Phone (631) 765–5684 Patchogue HS Center 20 Church Street Patchogue, NY 11772 Phone (631) 654-5010

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Southampton HS Center 27I Flanders Road Riverhead, NY 11901 Phone (631) 369–7730

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Huntington EHS Center 159 Railroad Street Huntington Station, NY 11746 Phone (631) 421-5058

Islip EHS Center NY Tech / Telsa Hall 300 Carleton Avenue Central Islip, NY 11722 Phone (631) 968–1960

Patchogue EHS Center 10 Church Street Patchogue, NY 11772 Phone (631) 207-5712

#### EARLY HEAD START CHILD CARE PARTNERSHIPS CENTERS

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ernatives for Children South Service Road Dix Hills, NY 11746 (631) 271-0777 Bay Shore Day Care 107 East Main Street Bay Shore NY 1706 (631) 697-4326

Marks of Excellence 455 Albany Avenue Amityville, NY 11701 (631) 789–0800 New Beginnings Day Care 132 Hilltop Drive Brentwood, NY 11717 (631) 305–9337

> Small Blessings 347 Wicks Road Brentwood NY 11717 (631) 236-5793

Story Book Hollow 38 Adirondack Drive Selden, NY 11784 (631) 698-5900

Wuneechanunk Shinnecock Preschool PO Box 5006 100 Church Street Southampton, NY 11969 (631) 318-4853

