

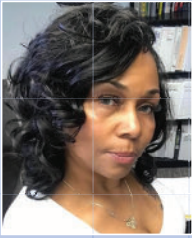
# ANNUAL REPORT

2024



Head Start

## Action for a Better Community



*Sharon Minigan*  
*VP of Early*  
*Childhood*  
*Services*

# A SPECIAL NOTE OF THANKS

(ABC) Head Start works with families to ensure that children receive a fair opportunity early experiences serve as the foundation for eliminating and preventing early childhood health and developmental concerns and sets children and their parents on a path for healthy, social and emotional growth. Together, we thank parents, community partners, and ABC at a quality education. Strengthening the parents' role as the first teacher, supports the research that shows the earliest years of a child's life are the most significant opportunity for brain development. Children's Head Start staff for ensuring all children under our care receive an excellent opportunity to set the standard for a quality learning journey.

## REVIEW OF LAST YEAR

### **ABC Head Start 2023–2024 School Year Review**

The ongoing challenges posed by the remnants of COVID–19 have tested our program's adaptability and commitment to quality service delivery. Despite these hurdles, ABC Head Start has made significant strides, as evidenced by the following accomplishments:

**Staff Recruitment and Retention:** Implemented hiring, retention, and attendance incentives to attract and maintain high–quality staff, ensuring continuity of services.

**Return to Pre–COVID  
Performance Levels:** Achieved significant recovery in areas previously

affected by resource delays, enhancing the health and well–being of children and families.

**Service Innovation:** Built on existing partnerships to offer innovative solutions, such as on–site dental exams, ensuring comprehensive support for children and families.

**Community Commitment:** Maintained a robust and high–quality early childhood program that continues to serve the Rochester community with excellence.

We remain deeply committed to supporting the families we serve and appreciate your ongoing support in achieving these goals.







## MISSION STATEMENT

Head Start promotes the school readiness of young children from low[1]income families by enhancing their cognitive, social, and emotional development.

## THE COMMUNITY ACTION PROMISE

Community Action changes people’s lives, embodies the spirit of hope, improves communities, and makes America a better place to live. We care about the entire community, and we are dedicated to helping people help themselves and each other.

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## HEAD START HISTORY

In January of 1964, President Lyndon B. Johnson declared The War on Poverty in his State of the Union speech. Shortly thereafter, Sargent Shriver took the lead in assembling a panel of experts to develop a comprehensive child development program that would help communities meet the needs of disadvantaged preschool children. Among these experts were Dr. Robert Cooke, a pediatrician at John Hopkins University, and Dr. Edward Zigler, a professor of psychology and director of the Child Study Center at Yale University.

Part of the government's thinking on poverty was influenced by new research on the effects of poverty, as well as on the impacts of education. This research indicated an obligation to help disadvantaged groups, compensating for inequality in social or economic conditions. Head Start was designed to help break the cycle of poverty, providing preschool children

of low-income families with a comprehensive program to meet their emotional, social, health, nutritional and psychological needs. A key tenet of the program established that it be culturally responsive to the communities served, and that the communities have an investment in its success through the contribution of volunteer hours and other donations as nonfederal share.



In the summers of 1965 and 1966, the Office of Economic Opportunity launched an eight-week Project Head Start. In 1969, under the Nixon administration, Head Start was transferred from the Office of Economic Opportunity to the Office of Child Development in the U.S. Department of Health, Education, and Welfare. Dr. Edward Zigler, who had served on the planning committee to launch Project Head Start, was appointed Director of the Office of Child Development. In 1977, under the Carter administration, Head Start began bilingual and bicultural programs in about 21 states. Seven years later, in October 1984 under the Reagan administration, Head Start's grant budget exceeded \$1

billion. In September of 1995, under the Clinton administration, the first Early Head Start grants were given and in October of 1998, Head Start was reauthorized to expand to full-day and full-year services.

Head Start was most recently reauthorized again in 2007, under the George W. Bush administration, with several provisions to strengthen Head Start quality. These include alignment of Head Start school readiness goals with state early learning standards, higher qualifications for the Head Start teaching workforce, State Advisory Councils on Early Care and Education in every state, and increased program monitoring, including a review of child outcomes and annual financial audits. The Head Start training and

technical assistance system was redesigned to support programs through six National Centers and a state-based system to ensure success.

The statute also included a provision that regulations be promulgated to move programs from an indefinite project period to a five-year grant cycle. Programs would be required to demonstrate they are of high quality or a competitive grant opportunity would be made available within the community. In 2009, under the Obama administration, the

American Reinvestment and Recovery Act added more than 64,000 slots for Early Head Start and Head Start programs.

*Head Start has served more than 30 million children since 1965, growing from an eight-week demonstration project to include full day/year services and many program options*

Head Start has served more than 30 million children since 1965, growing from an eight-week demonstration project to include full day/year services and many program options. Currently, Head Start is administered by the Administration for Children and Families (ACF) in the Department of Health and Human Services. Head Start programs serve children from birth to age 5 and pregnant women in urban and rural areas in all 50 states, the District of Columbia, Puerto Rico and the U.S. territories, including American Indian, Alaska Native, and Migrant and Seasonal communities.







# HEAD START (HS) AND EARLY HEAD START (EHS)

## A B O U T U S

**Action for a Better Community, Inc., (ABC) Head Start (HS) & Early Head Start (EHS)** is a federally funded program for Monroe County that promotes the school readiness of children ages birth to five from low-income families by enhancing their cognitive, social, and emotional development. HS serves preschool-age children, and EHS offers services to infants, toddlers, and pregnant women.

ABC HS & EHS, in partnership with Ibero American Action League, provides comprehensive services to enrolled children and their families. These services include health, nutrition, social, and other services determined to be necessary through a family assessment, education and cognitive development services. HS and EHS services are designed to be responsive to each child and family’s ethnic, cultural, and linguistic heritage.

ABC HS & EHS emphasizes the role of parents as their child’s first and most important teacher. HS and EHS programs build relationships with families that support:

- Family well-being and positive parent-child relationships.
- Families as learners and lifelong educators.
- Family engagement as children transition across developmental and educational milestones.
- Family engagement in transitions.
- Family connections to peers and community; and
- Families as advocates and leaders.



1,000,000

Over a million children are served by Head Start programs yearly, including children in every U.S. state and territory and American Indian/Alaska Native communities. Since 1965, nearly 30 million low-income children and their families have received these comprehensive services to increase their school readiness.



# KEY ELEMENTS OF THE HEAD START PROGRAM PHILOSOPHY

## Comprehensive child development services.

To develop fully and to achieve social competence, children and their families need a comprehensive, interdisciplinary approach to early childhood development and health services, as well as family and community partnerships. Home and school are linked, what happens in one affects the other. Head Start uses a two– generation approach, working with the children, school and parents to help families create a lasting change.

## Parent involvement.

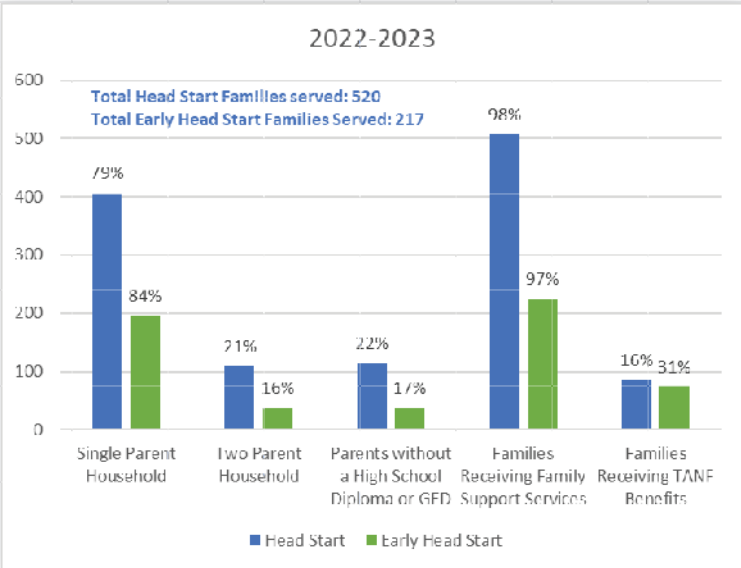
Parents are encouraged to become involved in all aspects of the Head Start program, including shared governance in policy and program decisions that respond to their interests and needs. Additionally, Head Start programs work in close partnership with parents and other family members to develop and utilize their strengths to support their child’s, growth and their personal family goals.

The overall philosophy of the program is to enhance the cognitive and emotional development in children of low income families



## Community partnerships and community–based services.

ABC Head Start Services are designed to meet the needs specific to families in our community.





DEMOGRAPHICS

PARENT FAMILY & COMMUNITY ENGAGEMENT

Program Service Demographics	Head Start	Early Head Start
Funded Enrollment EHS includes services to 72 Home-Based children/pregnant women.	859	254
Total Children Served 100% of the HS & EHS children served were income-eligible for program services.	480	242
Families Served	373	192
Pregnant Women Served Early Head Start Only	0	22
Average Monthly Enrollment  As a percentage of funded enrollment	64%	100%



### The Parent–Staff Partnership: A Foundation for Success

The partnership between parents and ABC Head Start staff is essential to fostering children’s current and future success and readiness for school. Together, parents and staff share a labor of love, working to:

- Promote shared practices and values in teaching, mentoring, modeling, and guiding.
- Build relationships centered on bonding, nurturing, and communication.
- Strengthen coping skills, problem–solving, and emotional resilience.

### Building Positive Relationships

When programs establish positive and trusting relationships with parents and family members, families are more likely to actively engage in their child’s development and learning. These relationships focus on family–defined goals, supported by program leadership, staff, and community partners.

### A Two–Generational Approach

Goal–directed relationships are a hallmark of Head Start/Early Head Start, emphasizing the unique two–generational approach that benefits both children and their families. This approach thrives in environments where intentional efforts are made to promote parent and family engagement.

### Parent and Family Engagement in Learning

ABC Head Start & Early Head Start is dedicated to fostering active parent engagement in children’s development and learning. Research highlights the benefits of engaged parents:



#### **Literacy Gains:**

Children show increased literacy skills when supported in home learning environments.



#### **Improved Social Interactions:**

Positive peer relationships develop more easily.



#### **Reduced Behavior Challenges:**

Children exhibit fewer behavioral issues and enhanced emotional regulation.



#### **Motivation and Persistence**

Supportive environments cultivate perseverance and a love for learning.

*For the youngest children, daily parent–child reading supports cognitive development and early vocabulary gains. This creates a “snowball effect,” leading to accelerated reading and vocabulary growth.*

CLASS

The Classroom Assessment Scoring System (CLASS) is an observation instrument that assesses the quality of teacher–child interactions preschool classrooms. CLASS includes three domains or categories of teacher–child interactions that support children’s learning and development: Emotional Support, Classroom Organization, and Instructional Support. Within each domain are dimensions that capture more specific details about teachers’ interactions with children.

The CLASS® dimensions are based on developmental theory and research suggesting that interactions between children and adults are the primary way of supporting children’s development and learning, and that effective, engaging interactions and

environments form the foundation for all learning in early childhood classrooms.

Below, are the program’s CLASS scores compared to the grantee–level median domain scores for 2019–2020 (19–20 score) Fewer CLASS observations were completed by the Office of Head Start in 2020 and 2021 due to the impact of COVID–19. ABC Head Start did not complete CLASS observations in our classrooms during the 2023–2024 school year. The Office of Head Start is beginning their CLASS observations again for programs and ABC will conduct observations for each classroom during the school year 2024–2025.



Domain	National	ABC Head Start
Emotional Support	6.03	6.54 (19–20 score)
Classroom Management	5.78	5.92 (19–20 score)
Instructional Support	2.94	4.01 (19–20 score)





# OPPORTUNITIES FOR PARENT LEADERSHIP

ABC provides parents with numerous opportunities to strengthen their leadership roles within the program and the broader community. By fostering a collaborative environment, ABC empowers families to become active participants in their children’s education and advocates for lifelong success.



PARENT	FAMILY	COMMUNITY ENGAGEMENT ACTIVITIES
<p>Reviewed Child Observation Records results to ensure children are achieving growth expectations</p> <p>Participated in the program’s annual planning session to develop goals</p> <p>Reviewed the program Information Report to determine the program success/improvement opportunities</p> <p>Worked with staff to develop the programs operating budget</p> <p>Participated in the Parent &amp; Prom night with children</p>	<p>Participated in Self-Assessment process to identify opportunities for improvement</p> <p>Conducted monthly parent &amp; Policy Council Meetings</p> <p>Participated in the Triennially Head Start &amp; Early Head Start Federal Monitoring Review</p> <p>Volunteering in centers</p> <p>Implemented a parent staff together day</p>	<p>Approved submission of grant applications and budget amendments</p> <p>Participated in the development of the staff retention/hiring policy</p> <p>Participated in the enhancement of the Head Start Parent Handbook &amp; Training Guide</p> <p>Reviewed and approved Early Head Start Curriculum</p> <p>Developed training to support &amp; enhance healthy relationships</p>

# SCHOOL READINESS

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ABC follows the HighScope curriculum. The HighScope Preschool Curriculum clearly identifies eight content areas: Approaches to Learning; Social and Emotional; Mathematics; Science and Technology; Language, Literacy, and Communication; Social Studies; Creative Arts; and Physical Development and Health. In each of the content areas, the curriculum provides a domain-specific book that identifies children’s developmental progressions and ways to scaffold children’s development and learning.

The curriculum supports intentional planning and implementation for: environments, adult child interactions, a consistent yet flexible daily routine, active learning experiences, and child observation and assessment.

The HighScope approach is based on research that shows that children learn by doing. Children learn and

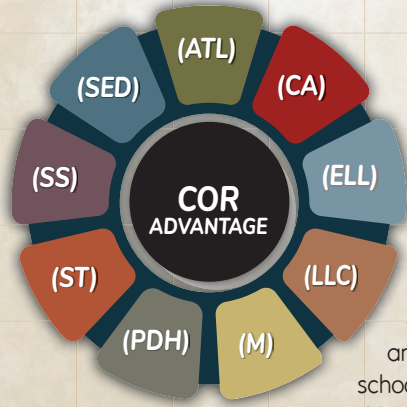
recall more information if they discover facts and answers for themselves.

Active learning is at the center of the HighScope Curriculum. It’s the foundation of young children gaining knowledge through their natural play and interactions with the environment, events, and other people.

The HighScope Preschool Curriculum emphasizes the role of the teacher as an observer. It provides guidance on how to observe children as well as strategies for taking anecdotal notes, discussing observations with others, and using the information to plan for and scaffold children’s learning. The Child Observation Record is used to assess each child’s development with 58 Key Developmental Indicators to measure their progress.







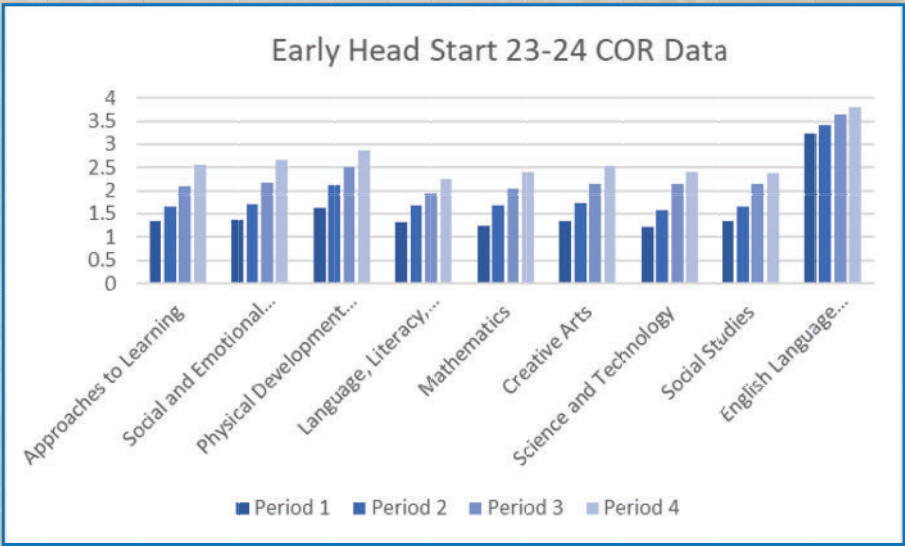
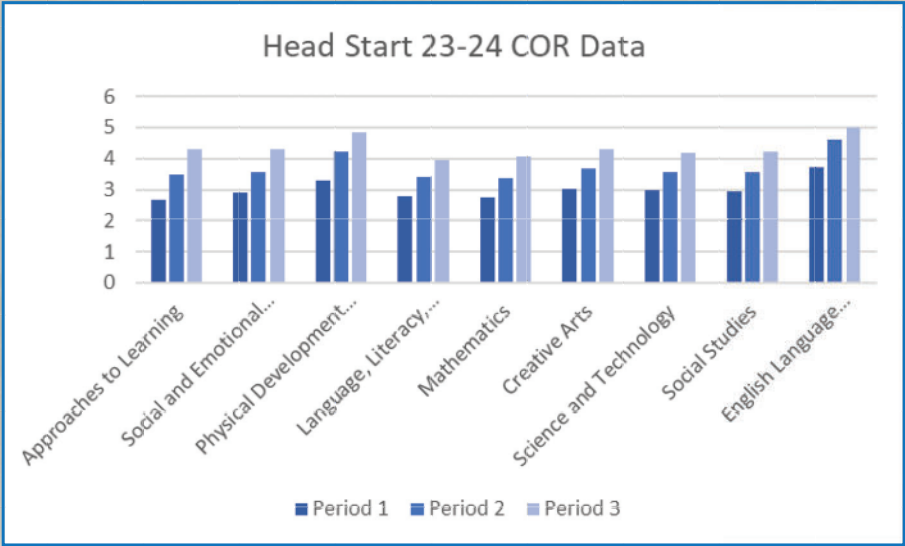
School readiness means children are ready for school, families are ready to support their children’s learning, and schools are ready for children. Head Start views school readiness as children having the skills, knowledge, and attitudes necessary for success in school and for later learning and life. Physical, cognitive, social, and emotional development are all essential requirements of school readiness.

Through the HighScope curriculum and the Key Developmental Indicators, teacher assess children throughout the year. There are three periods during the year when reports are completed and prepared for families to share their child’s growth in the areas of:

- Approaches to Learning **(ATL)**
- Creative Arts **(CA)**
- English Language Learning **(ELL)**
- Language, Literacy, and Communication **(LLC)**
- Mathematics **(M)**
- Physical Development and Self–Help Skills **(PDH)**
- Science and Technology **(ST)**
- Social Studies **(SS)**
- Social and Emotional Development **(SED)**



# HEAD START AND EARLY HEAD START COR DATA GRAPHS



For the 2023–2024 school year, COR data was collected from September 2023 through June 2024 for both Head Start and Early Head Start.



## HEALTH SERVICES OVERVIEW

Head Start programs provide a range of health services to children and families, including:




**Health Screenings** – Yearly assessments covering vision, hearing, dental health, and overall physical development.

**Immunizations** – Ensuring all children are up to date with their vaccinations in accordance with CDC guidelines.

**Mental Health Services** – Providing access to counseling and support services to address emotional and behavioral challenges.

Health Outcome	Early Head Start	Head Start
Children with Health Insurance	90%	99%
Up to date on Immunizations	90%	99%
Connected to Dental Home	85%	86%

While we have made significant strides, challenges remain, particularly in engaging families facing barriers to accessing health services such a provider shortages and long wait lists. Moving forward, we aim to:

-  Increase community partnerships and collaborations
-  Foster greater involvement from families in health programming. Continuously evaluate and adapt our services based on feedback from families and health professionals.
-  The Head Start health services program continues to demonstrate a substantial impact on the well-being of children and their families. By prioritizing health and well-being, we are laying the foundation for future success in education and lifelong health.



*We will continue to assess our health services, identify areas for improvement, and ensure that every child has access to the comprehensive health care they need to thrive.*

## COMPREHENSIVE HEALTH SERVICES AT ABC HEAD START/EARLY HEAD START

At ABC Head Start/Early Head Start, we provide a holistic approach to child health and wellness by ensuring that families have access to essential healthcare services and resources. Through strong community partnerships and a family-centered model, we support the physical, mental, and emotional well-being of every child in our program.

### Key Health Services Provided

Our health services encompass a wide range of support, including:



#### Connecting Families to Healthcare Resources

- Assisting families in locating funding sources for medical and dental care
- Partnering with local Medicaid and State Children's Health Insurance Program (SCHIP) agencies to determine eligibility for medical assistance
- Helping families establish a medical and dental home for ongoing care



#### Preventative and Pediatric Healthcare

- Providing well-childcare education and promoting health literacy among families
- Following preventative pediatric healthcare guidelines as recommended by the American Academy of Pediatrics
- Conducting intensive health monitoring to ensure early identification and intervention for health concerns



#### Health Education and Family Support

- Offering health promotion activities that include training on child health, nutrition, and development
- Integrating education and literacy into health services to support whole-child development
- Implementing a family-centered approach that empowers parents as primary caregivers and health advocates



#### Culturally Competent and Inclusive Care

- Ensuring that health services are culturally competent, accessible, and tailored to meet the diverse needs of our families
- Tracking and monitoring health services to ensure continuous care and improved outcomes for all children



#### A Commitment to Lifelong Well-Being

- By combining direct services with education and advocacy, ABC Head Start/Early Head Start ensures that children and families receive the support they need to lead healthy lives. Our comprehensive health services not only address immediate medical needs but also lay the foundation for lifelong wellness and academic success.







## NUTRITION SERVICES AT ABC HEAD START/ EARLY HEAD START

At ABC Head Start/Early Head Start, we prioritize nutrition as a key component of children’s health and development. By providing balanced meals and snacks that meet USDA standards, we aim to instill lifelong healthy eating habits while respecting cultural preferences and individual dietary needs.

### Key Aspects of Our Nutrition Program

-  **USDA Compliance:** Meals follow Child and Adult Care Food Program (CACFP) guidelines, ensuring they are nutrient-rich and low in unhealthy fats, sugar, and salt.
-  **Age-Appropriate Meal Patterns:** Portion sizes and food selections are tailored to meet the developmental needs of each child.
-  **Family-Style Meals:** Meals are served family-style in each classroom, allowing children to develop social skills, practice self-serving, and learn about portion control in a supportive environment.
-  **Family Engagement:** Staff work closely with families to provide nutrition education, discuss healthy eating practices, and address dietary concerns.
-  **Cultural Considerations:** Menus incorporate diverse foods to encourage children to explore and enjoy new flavors.
-  **Integrated Nutrition Education:** Lessons on food groups and healthy choices are woven into daily activities, incorporating MyPlate.gov guidelines to help children and families understand balanced nutrition.
-  **Dedicated Nutrition Staff:** Many programs have a nutrition coordinator to oversee meal planning and provide expert guidance to families. By integrating nutrition into our comprehensive services, ABC Head Start/Early Head Start ensures that children receive the nourishment they need to thrive, both in the classroom and beyond.



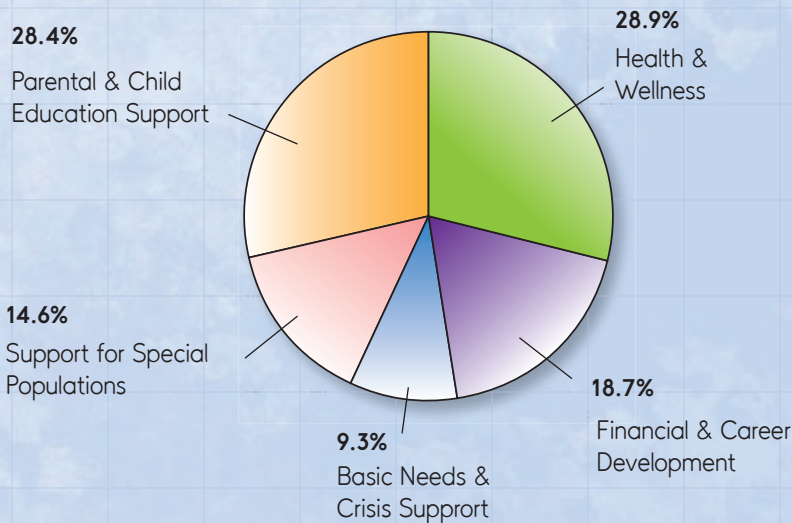
## SERVICES FOR PARENTS

### ABC Head Start’s Comprehensive Support for Parents

ABC Head Start is committed to empowering families by offering a holistic range of support services designed to enhance parents’ well-being and their children’s success. Through a structured and compassionate approach, ABC Head Start provides critical resources in the following areas:

- 
**1. Basic Needs & Crisis Support (9.3%)**  
 Families facing urgent challenges such as food insecurity, homelessness, or unstable housing receive emergency intervention services and housing assistance to help them regain stability.
- 
**2. Financial & Career Development (18.7%)**  
 ABC Head Start equips parents with financial literacy programs and career development resources, including job training enrollment support and financial education, fostering long-term economic independence.
- 
**3. Health & Wellness (28.9%)**  
 Health education plays a significant role in ABC Head Start’s mission, covering preventative medical care, oral health, nutrition, substance misuse prevention, postpartum care, and tobacco awareness to ensure parents have the knowledge needed for a healthy family life.
- 
**4. Parental & Child Education Support (28.4%)**  
 Parents are deeply involved in their child’s educational journey, receiving parenting curriculum, child development progress discussions, early education transition support, relationship/marriage education, and even ESL training to strengthen their role as primary caregivers and educators.
- 
**5. Support for Special Populations (14.6%)**  
 Understanding the unique struggles of some families, ABC Head Start also provides assistance to families of incarcerated individuals, ensuring that children in these situations receive the stability and resources they need.

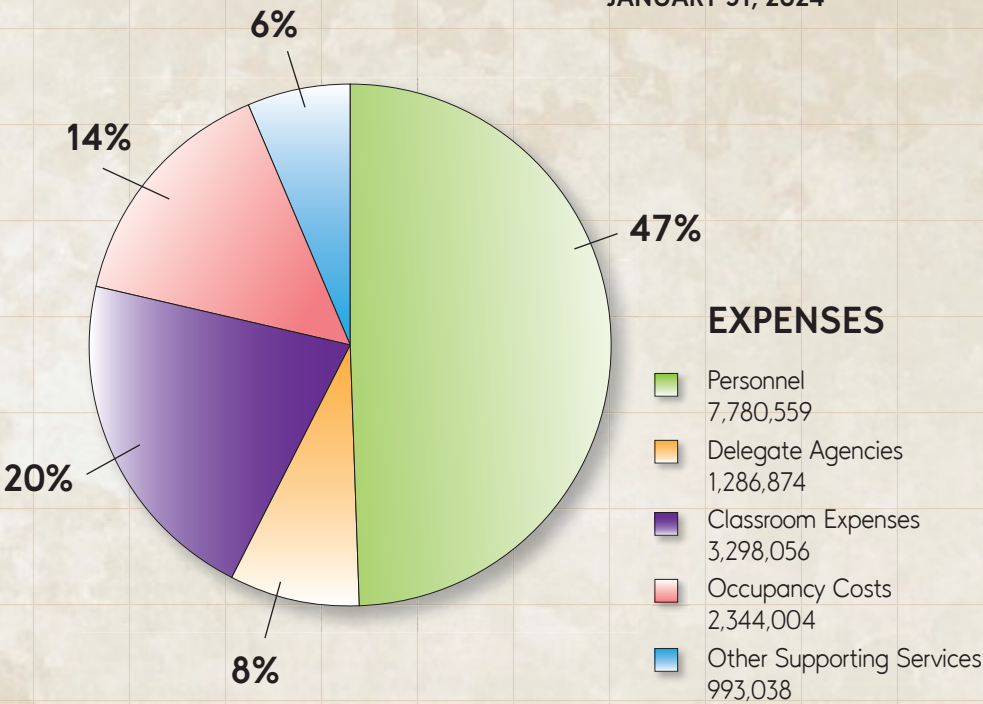
Through these services, ABC Head Start empowers parents, fosters family self-sufficiency, and ensures positive outcomes for children in early childhood education programs.





FINANCE REPORT

FINANCIAL REPORT  
(UNAUDITED)  
Early Childhood Services:  
FEBRUARY 1, 2023 TO  
JANUARY 31, 2024



EXPENSES

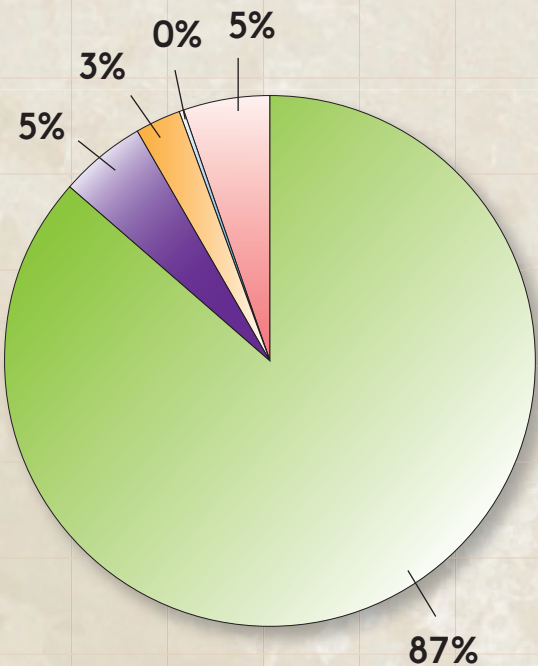
- Personnel  
7,780,559
- Delegate Agencies  
1,286,874
- Classroom Expenses  
3,298,056
- Occupancy Costs  
2,344,004
- Other Supporting Services  
993,038

Total Expenses  
\$16,572,856

REVENUE

- Head Start and Early Head Start  
\$14,419,396
- Community support—volunteers, donated goods, and services  
\$870,325
- Child and Adult Care Food Program  
\$465,905
- Covid-19 ARPA Funds  
\$33,507
- Universal Pre-K/EPK  
\$850,737

Total Revenue  
\$16,572,856



Head Start and Early Head Start are funded by HHS. The annual audit for fiscal year ending 9/30/23 is on file at ABC and is available upon request. The fiscal report is based on unaudited figures.



## COMMUNITY PARTNERS

- |  |   |  |
|--|---|--|
| <ul style="list-style-type: none"><li>• Advocacy Center</li><li>• American Red Cross</li><li>• Anthony Jordan Health Center</li><li>• Better Days Ahead</li><li>• Bivona Child Advocacy Center</li><li>• Catholic Family Center</li><li>• Child Care Council</li><li>• Child Outcomes, Planning &amp; Assessment</li><li>• Children’s Institute</li><li>• City of Rochester</li><li>• Common Ground Health</li><li>• Consumer Credit Counseling</li><li>• Democrat &amp; Chronicle</li><li>• Department of Health &amp; Human Services</li><li>• Department of Public Health</li><li>• Early Intervention</li><li>• Eastman Dental</li><li>• Elliott Landsman Corporation</li><li>• Every Parent Influences Children</li><li>• Excellus</li><li>• Fidelis Care</li><li>• First Books</li><li>• Foodlink</li><li>• Golisano Children’s Hospital</li></ul> | <ul style="list-style-type: none"><li>• Greater Rochester Health Foundation</li><li>• Head Start &amp; Early Head Start Parents</li><li>• Heading Home Housing Council</li><li>• Homeless Services Network</li><li>• Hyatt Regency Hotel</li><li>• Jacobstein</li><li>• Jordan Health Center</li><li>• M &amp; T Bank</li><li>• Mental Health Association of Rochester</li><li>• Monroe Community College</li><li>• Nancy Coughlin</li><li>• Nazareth College</li><li>• New York State Office of Children &amp; Family Services</li><li>• Parent University (RCSD)</li><li>• Pediatric Links</li><li>• Perinata Network</li><li>• Policy Council Community Representatives</li><li>• Roberts Wesleyan College</li><li>• Rochester City School District</li><li>• Rochester Early Childhood Assessment</li></ul> | <ul style="list-style-type: none"><li>Partnership</li><li>• Rochester Education Opportunity Center</li><li>• Rochester Hearing &amp; Speech</li><li>• Rochester Museum &amp; Science Center</li><li>• Rochester Primary Care Network</li><li>• Rochester Public Library</li><li>• Seneca Park Zoo</li><li>• Small Smiles</li><li>• Smile Mobile</li><li>• Society for the Protection and Care of Children</li><li>• St. John Fisher College</li><li>• State of New York Car Seat Safety Program</li><li>• Strong Behavior Health</li><li>• Strong National Museum of Play</li><li>• United Way of Rochester</li><li>• University of Rochester</li><li>• Volunteers of America</li><li>• Wade Norwood (FLHSA)</li><li>• WDKX</li><li>• Westside Health Service</li><li>• YMCA</li></ul> |
|--|---|--|

## LOCATIONS

### Clifford Avenue Center

Head Start  
1772 Clifford Avenue  
Rochester, N.Y. 14609  
(585) 482-8914  
9:00am – 3:30pm

### North Street Center

Head Start & Early Head Start  
700 North Street  
Rochester, N.Y. 14605  
(585) 454-2332  
8:00am – 2:30pm

### Administrative Offices

400 West Avenue  
Rochester, N.Y. 14611  
(585) 325-5116  
8:00am – 4:30pm

### Hart Street Center

Head Start & Early Head Start  
30 Hart Street  
Rochester, N.Y. 14605  
(585) 254-0093  
9:00am – 3:30pm

### Joseph Avenue Center

Head Start & Early Head Start  
251 Joseph Avenue  
Rochester, N.Y. 14605  
(585) 417-3720  
8:00am – 2:30pm

### Jefferson Avenue Center

Head Start  
640 Jefferson Avenue  
Rochester, N.Y. 14611  
(585) 436-0362  
8:00am – 2:30pm

### Home-Based

Early Head Start  
400 West Avenue  
Rochester, N.Y. 14611  
(585) 325-5116  
8:00am – 4:30pm