

# Our Thanks

## Individuals

Curtis Adams  
Al Allender  
Sharon Anderson  
Robert Atwell  
Mark Bennett  
John Booth  
Keith Burley  
Luanna Cahill  
Julie Chester  
Nicholas Clark  
Jean Coe  
Jack Dearth  
Robert Denzer  
Michael Durbin  
Michele Engelbach  
Thomas Foster  
John Fowler, DDS  
Wendi Fowler  
Thomas Glibert, DDS  
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Stefanie Hayes  
Cindy Higgs  
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Tom Lepley  
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Timm Mackley  
Sherri Patterson  
Tami Ruhl, RD  
Scott Sharpes  
Virgil Shipley  
Sanford Siegel  
Helen Sims  
Mike Wheeler  
Bruce White  
Kathy White  
Gary Wolford

## Businesses

Alfred Nickles Bakery, Inc.  
American Electric Power  
American Legion of Danville

In appreciation to **Community Supporters** that help Knox County Head Start strive to offer quality Head Start and child care programs to the community and to nearly 496 children and their families annually.

### ***Our heartfelt thanks....***

to the individuals, businesses, and organizations who have contributed cash, goods, and talents in support of our children and their families.



Ariel Corporation Volunteers  
Centerburg Community Clipper  
Centerburg Fire Department  
Community Foundation of  
Mt Vernon & Knox County  
Country Colors Greenhouse  
Dale's Cardinal Market  
Danville American Legion  
Danville Family Dental  
Donato's Pizza  
Energy Cooperative Operation  
Round Up Foundation, Inc.  
First-Knox National Bank  
Gordon Foods  
InfoLink Technologies  
Interchurch Social Services  
Kiwanis Club of Mount Vernon  
Knox County Art League  
Knox County Citizen  
Knox County Head Start Staff  
Knox County Head Start Parents  
Lakeholm Church of the Nazarene  
Lanning's Foods  
Loving Guidance, Inc.  
Miller True Value  
Mount Vernon Fire Department  
Mount Vernon News  
Nickles Bakery  
Ohio Distinguished Young  
Women Scholarship Program  
Ross Premier Motors

Sanctuary Community Action  
Sew Special Network  
Smithhisler Foods  
Walmart Foundation of  
Walmart Super Store  
  
**Partner Agencies**  
Alcohol & Drug Freedom Center  
Behavioral Healthcare Partners  
of Central Ohio  
Centerburg Schools  
Central Ohio Technical College  
Community Foundation of  
Mt. Vernon and Knox County  
Corporation for Ohio Appalachian  
Development  
Danville Schools  
East Knox Schools  
Fredericktown Schools  
Gambier Pythian Sisters  
Harcourt Parish  
Interchurch Social Services  
Kenyon College  
Brown Family Environmental  
Center  
Canterbury  
Circle K  
Delta Kappa Epsilon Fraternity  
Men's Lacrosse  
Men's Basketball  
PEAS

Pre-Orientation  
Student Affairs Day of Service  
Women's Basketball  
Women's Swimming  
Women's Volleyball  
Knox Community Hospital  
Knox County Board of  
Developmental Disabilities  
Knox County Career Center  
Knox County Department of Job &  
Family Services  
Knox County Educational Service  
Center  
Knox County Family and Children  
First Council  
Knox County Health Department  
Knox County Juvenile Courts  
Mount Vernon City Schools  
Mount Vernon Nazarene  
University  
Mount Vernon Seventh-Day  
Adventist School  
New Directions  
Ohio Children's Trust Fund  
Public Libraries of Mount Vernon  
and Knox County  
United Way of Knox County  
Village of Gambier

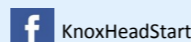


United Way  
of Knox County



All artwork by Head Start  
preschool students

Knox County Head Start, Inc.  
11700 Upper Gilchrist Rd, Suite B  
PO Box 1225, Mt Vernon, OH 43050  
740-397-1344 [knoxheadstart.org](http://knoxheadstart.org)



## Volunteer Services at Knox County Head Start

The Corporation for Ohio Appalachian Development Foster Grandparent Program continued to support KCHS with 5 volunteers providing 2,267 hours of valuable service in KCHS classrooms this past year. These volunteers make a positive difference in the lives of children while increasing their own self-esteem.

Two individuals served by the Knox County Board of Developmental Disabilities assist as aides in child care classrooms. The individuals are helpful and have an opportunity to gain skills, increase their independence, and be more active members of the community.



Three youth from the Knox County Ohio Means Jobs Summer Youth Program worked for the Agency during the summer of 2014. This program is a collaboration between KCDJFS/Opportunity Knox and is designed to assist local youth with paid employment opportunities. The youth worked as "interns" between 30 and 40 hours in a variety of roles at the centers.



Kenyon College athletic teams spent many hours washing/waxing buses and leading sports clinics, Delta Kappa Epsilon sponsors the annual Shawn Kelly Memorial Holiday Party for Head Start children and families, and many students volunteer in classrooms.



# Knox County Head Start, Inc. 2013-2014 Annual Report



A National Head Start Center of Excellence

[www.knoxheadstart.org](http://www.knoxheadstart.org)

## Our Mission

**Committed to the future of Knox County and its changing and diverse needs, Knox County Head Start works in partnership with the community to provide quality preschool, child care, and family services. Our purpose is to engage children, families, and staff in reaching their full potential.**







*Together with parents and families, KCHS employees open doors for children's success in school and in life.*



"Programs targeting children from disadvantaged families have the greatest economic and social returns."

-Dr. James Heckman,  
Nobel Laureate Economist,  
"Exceptional Returns"

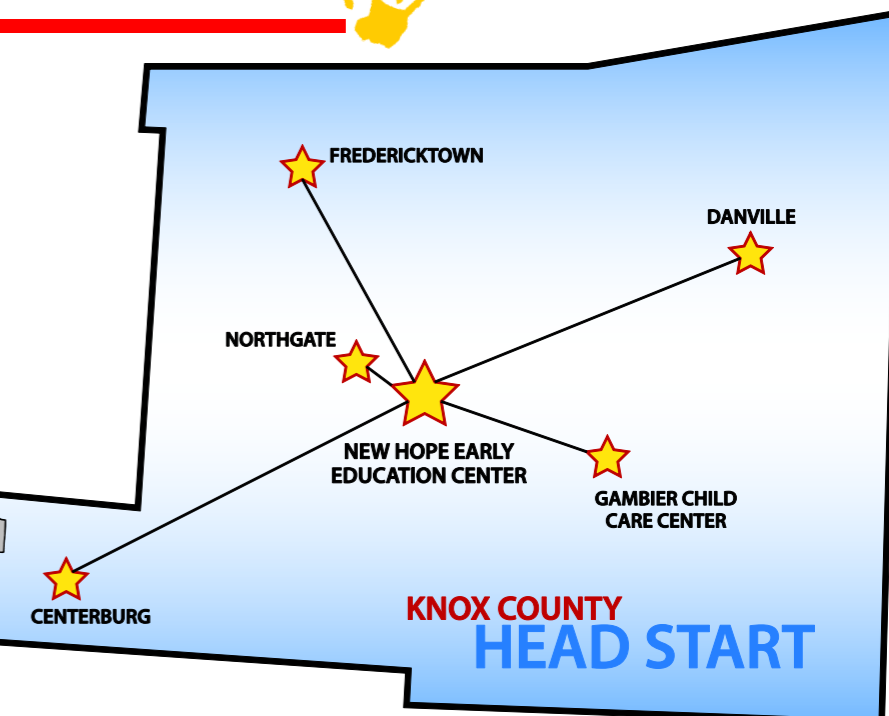
## Guiding Values

- We value families, fathers, mothers, and primary caregivers as the first and most important teachers and advocates for their children.
- We strive to make a difference through the education, care, and support of our children, families, and staff by:
  -  Committing to provide quality services
  -  Hiring, training, and retaining competent staff
  -  Providing opportunities for personal and professional growth
  -  Developing and nurturing personal and professional, trusting relationships built on honesty and open communication
  -  Acknowledging and seeking diversity through our program design
  -  Creating and maintaining healthy and productive community partnerships

To learn more about Head Start visit "Head Start Early Childhood Learning and Knowledge Center" at [www.eclkc.ohs.acf.hhs.gov](http://www.eclkc.ohs.acf.hhs.gov) and search for "Leading the Way for Families, Children and Communities" video.

## Did You Know?

- Knox County Head Start was founded in 1965 as Kokosing Day Care Centers, Inc.
- We are the **largest single provider of early care and education services** in Knox County with **90%** of children qualifying as low-income. Over **266 children** were served in Head Start preschool and **105 children and 11 pregnant moms** in Early Head Start in 2013-2014
- Largest child care provider** since 1998 in full-day programs for **138 children in three centers** (Fredericktown, Gambier & Mount Vernon)
- Operating **8 bus routes**, traveling **285 miles** per day, exceeding **36,493 miles** annually, transporting **176 children**.
- 185 volunteers** provided **1,914 hours** of service



# Our Children

## Head Start Monthly Enrollment



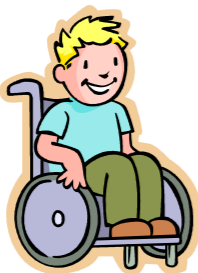
Average monthly enrollment for Knox County Head Start was 100% of funded enrollment, translating to **216 Head Start preschool children** and **66 Early Head Start pregnant moms, infants and toddlers** served each month at KCHS!

According to a 2012-2013 census of preschool-age children in Knox County, approximately 482 were Head Start eligible. The census indicated 437 of these children attended a preschool while an estimated 45 were not enrolled in any preschool.

We know that **fathers are important** in the lives of children. This year, **214 Head Start and EHS fathers or father figures** participated in family or classroom events.

## Services to Children with Identified Disabilities

Knox County Head Start collaborates with partner agencies, including the **Help Me Grow** program and **Early Intervention** with the **Knox County Board of Developmental Disabilities**, and with two local education agencies, **Knox County Education-**



**al Service Center** and **Mount Vernon City Schools**, to provide special education services to children with disabilities. Many children were able to receive special services for their individual, identified disabilities. In 2013-2014, services to Knox County Head Start children with identified disabilities included:

- **42 (15.8%) children in Head Start** received special education services under an Individualized Education Plan (IEP),
- **19 children** entered the school year with an IEP and 23 of the 40 children referred for evaluation qualified for an IEP.
- **14 infants & toddlers** received services under an Individualized Family Service Plan (IFSP).

## Number of Children Served by KCHS August 1, 2013 - July 31, 2014

Head Start 266  
Early Head Start 105  
EHS Pregnant Moms 11  
Child Care 114  
496

Over **119,277** breakfasts, lunches, snacks, and dinners were served to children and their families!

# Our Financials

## Local 2013-2014 Grants Included:

**The United Way of Knox County** provided significant funding for Head Start and Early Head Start programs and parent trainings. This funding is an important part of the required 25% local match of federal funding.



**The Ohio Children's Trust Fund**, operating through the **Knox County Family and Children First Council**, supported parent training for Knox County parents of elementary school age children.

The **Harcourt Parish Episcopal Church 2013 Rummage Sale** provided funding for food for monthly Family Events at the six centers.



**Kenyon College** and the **Delta Kappa Epsilon Fraternity** hosted the 23rd Annual Shawn Kelly Memorial Holiday Party for Head Start children and their families in Gund Commons. on December 4 & 5, 2013. The Fraternity also made a generous donation.



The **Gambier Chapter of Pythian Sisters** made a generous donation to the Agency.



**Walmart Foundation** provided funding for parent events.

2014-2015 Federal Head Start Budgets Total Budgets: \$3,309,356			
	Head Start Preschool	Early Head Start	Center of Excellence
Salaries	\$1,046,736	\$521,422	\$104,135
Fringes	304,346	170,921	31,174
Supplies	38,734	30,267	3,695
Space	68,261	24,011	5,777
Food Supplies	16,900	11,000	0
Contracts	36,971	15,001	8,742
Training & Travel	33,008	29,654	30,763
Bus Operations	17,000	2,000	0
Other	62,274	18,979	15,714
In-Kind Funds (Local Match)	406,057	205,814	50,000
Total Budgets	\$2,030,287	\$1,029,069	\$250,000

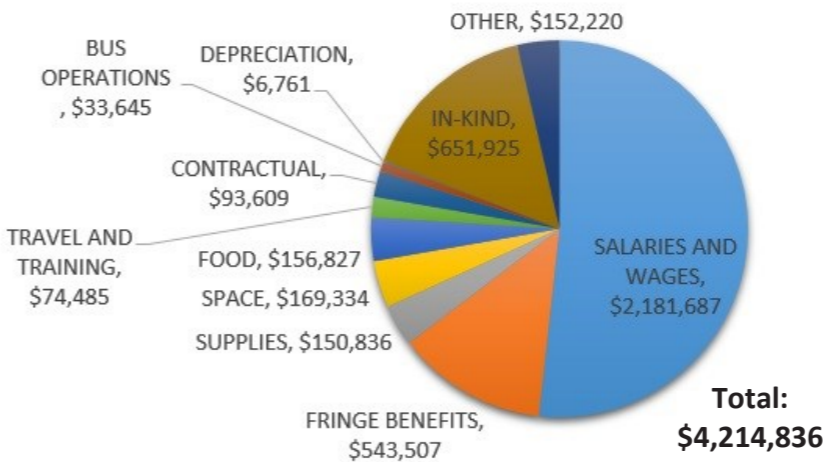
Knox County Head Start and our local community benefit from federal funding to support Head Start (HS) preschool services to 216 children and families and Early Head Start (EHS) services for 66 pregnant mothers, infants, toddlers, and their families. (Funding is based on available slots; the actual number of children and pregnant moms served in HS/EHS programs last year was 371). We were thankful that the 2014-2015 budget includes a restoration of last year's 5.27% decrease due to Federal sequestration cuts in all federal Head Start funding.

KCHS completed the fourth year of the five-year National Head Start Center of Excellence grant, funded from September 30, 2013, to

the larger Head Start and early education community.

The United Way grant operates on a calendar year providing support for Head Start and Early Head Start programs including partial funding for a Child Mental Health Consultant; a Health Services Specialist to support required medical, dental, vision and physical development screenings/follow up and parent education; transportation; food services, and support for a third person in village classrooms in Centerburg, Danville, and Fredericktown. The United Way grant also funds 16 parent training sessions annually.

## 2013-2014 Expenses



\*Other expenses include: volunteer costs, parent services, accounting and legal services, publications/advertising/printing, training and staff development (including college coursework), and insurances (bonding, directors' and officers' liability, and general liability).

## Child Health Services

are designed to ensure children receive age-appropriate screenings, follow up for health and dental concerns when needed, and are healthy and ready for success in school.



### Medical Screenings (Physicals)

- **371 (100%)** children (EHS & Preschool-Age) received an annual physical and all medical screenings, including hearing, vision, lead, and hemoglobin
- **35 (9%)** children needed medical follow-up
- **35 (100%)** children received medical follow-up

### Immunization Services (EHS & Preschool Age)

- **367 (99%)** children are categorized as up-to-date on their required immunizations
- **4 (1%)** children are categorized as in-progress, having received all possible shots for their age group
- **6 children** meet Ohio's guidelines for exemption from immunization



### Dental Services (Infants not included)

- **331 (99% preschoolers)** children received a dental exam
- **45** children needed follow-up
- **33 (73%)** children received follow-up



## Mental Health Services



KCHS' Child Mental Health Coordinator partners with Behavioral Health Partners of Central Ohio to provide *Jump Start* services for children exhibiting ongoing, challenging behaviors at home and/or in the classroom. Our goal is to provide effective interventions at as early an age as possible.

- **59 parents** were provided with consultations about their child's behavioral or mental health.
- **8 children** received mental health services from outside organizations.



### Developmental Screenings

- **371 (100%)** children received developmental screenings
- **26** children were referred for further Evaluation (15 HS & 11 in EHS)
- **42** children in Head Start preschool received disability services on an IEP
- **14 Early Head Start infants/toddlers** received disability services on an IFSP



Advanced Degrees

KCHS teachers continue to exceed the Head Start 2007 standards in terms of number of degreed teachers. Brenda Nicholls obtained her BA in Early Childhood Education in January 2014, bringing to 18 the number of employees that have received college or advanced degrees over the past seven years. All 13 Head Start teachers hold a degree.

Family Development Credential (FDC)

The Agency’s Family & Community Engagement Coordinator, FDC certified trainer, facilitated the completion of 90 hours of class work with 10 KCHS teachers, EHS Home Educators and Family Services Workers from September 2013 through June 2014. All 10 staff completed the class work and adviser meetings utilizing the text *Empowerment Skills for Family Workers* and submitted comprehensive portfolios of completed exercises and reflections after passing a standardized written exam. The Family Development Credential (FDC) from the University of Connecticut Center for the Study of Culture, Health & Human Development was received in October 2014. The FDC is an interdisciplinary training, providing applied skill development as a foundation of strength-based practices valuing families and the community as essential resources. The National Head Start Association’s ultimate goal of the program is to contribute to a family service delivery system focused on empowerment rather than crisis intervention.



2013-2014  
POLICY COUNCIL

**Centerburg Representative**  
Karressa Knight

**Danville Representative**  
Beth Cochran, Treasurer

**Fredericktown Representatives**  
Tina Cockrell

**Gambier Representative**  
Alyssa Adrian

**New Hope EEC Representatives**  
Jenette Varney  
Patricia Dawson, Secretary  
Michael Kovacs

**Northgate Representatives**  
Macey Doyon

**Home Base Representatives**  
Kathi Griffith

**Community Representatives**  
Stephanie Gore, Chairperson  
Ashley Kester, Vice Chairperson  
Gary Phalen

**Board of Directors Representative**  
Barbara Wortman

93 TOTAL EMPLOYEES

Benefited Positions

- 17 Early Head Start—Full-Time
- 24 Head Start—Part-Time (School Yr)
- 16 Head Start/Child Care
- 28 Head Start/EHS/Child Care

Non-Benefited Positions

- 3 Part-Time Employees
- 5 Substitutes

CLASS Domain Areas	KCHS Domains Summary Spring 2014	Domains Summary National Mean FY’2013	KCHS Domains Federal Review Dec. 2012
Emotional Support	6.24	5.99	6.14
Classroom Organization	5.9	5.63	5.51
Instructional Support	3.88	2.72	3.46

Classroom Assessment Scoring System

KCHS observes and assesses preschool teacher performance twice a year, in particular assessing the quality of teacher-child interactions. Our Teacher Mentor, funded by the Head Start Center of Excellence Grant, has continued to provide mentoring in support of high quality learning environment the past four years in which purposeful interactions with children support kindergarten readiness. Assessors completed the Classroom Assessment Scoring System (CLASS) to illustrate growth in teacher performance. Scores range from 1-7, with 7 being the highest score. CLASS looks at 10 dimensions, including language modeling, positive climate, teacher support, productivity and concept development. The purple chart on the upper right includes KCHS average teacher CLASS scores from Spring 2014, the national mean summary from National Mean 2012-2013 scores, and the Federal Review scores for KCHS from December, 2012. The chart shows for Spring 2014 positive growth for KCHS preschool teachers in all domain areas from the Federal Review averages in December 2012 and scores exceed the 2013 National Mean scores for 2012-2013.

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2013-2014 BOARD OF DIRECTORS

**Mark Kohlman**  
*Chairperson*

Chief Business Officer  
Kenyon College

**Noel Alden, Attorney**  
*Vice-Chairperson*  
Zelkowitz, Barry & Cullers

**Todd Hawkins**  
Financial Advisor, Certified Financial Planner  
First-Knox National Bank

**John Morgan**  
Elementary Principal  
Centerburg Local Schools

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Vice President, Finance  
Knox Community Hospital

**Valerie Price**

Director, Business Operations  
Coyne Graphic Finishing

**Ashley Rhodes**  
Preschool Field Supervisor  
Ashland University

**Ellen Robinson**  
Adviser (Knox Campus)  
Central Ohio Technical College

**Kelly Welker**  
Area Supervisor  
McDonald’s

**Barbara Wortman**  
Librarian (Retired)

**Stephanie Gore**  
Policy Council Representative



Partnering with United Way of Knox County’s Imagination Library

The United Way of Knox County, in partnership with Dolly Parton’s Imagination Library Foundation, AMVETS Ladies Auxiliary Post 95, Ariel Corporation, Ariel Foundation, Central Ohio Technical College, Community Foundation of Mount Vernon & Knox County, The Energy Cooperative, First-Knox National Bank, Kenyon College, Kiwanis Club of Mount Vernon, Knox County Board of Developmental Disabilities, McDonald’s, Mount Vernon Nazarene University, Mount Vernon Rotary Foundation, and Psi Iota Xi Sorority, continues to provide a literacy program wherein each child in Knox County up to age five is eligible to receive a FREE age-appropriate book delivered to his/her home each month (up to 60 books over 5 years).



KCHS’ staff make referrals, with parent permission, as soon as possible after entrance into KCHS. United Way identified **240 referrals** from KCHS providing **2,714 books** to KCHS children in 2014. KCHS believes participation in the Imagination Library has improved literacy development, with **94%** of KCHS pre-kindergarteners meeting or exceeding developmental expectations, according to the final 2013-14 assessments.

Knox County Children  
received approximately  
19,227 books in 2014



Preparing Children for Success in Kindergarten

Knox County Head Start’s (KCHS) classrooms implement The Creative Curriculum for Preschool;® The Creative Curriculum for Infants, Toddlers, and Two’s;® the Conscious Discipline® philosophy of “brain smart” classroom management; and Handwriting Without Tears: Get Set for School focused on handwriting and fine motor skills, on mathematics, and on literacy. Teachers use The Creative Curriculum’s® Objectives for Development and Learning to track individual child progress and to plan lessons for large and small groups as well as individualized activities specific to the child’s developmental level. These objectives are aligned with Ohio Early Learning & Development Standards.

KCHS promotes overall wellness, including dental health, good nutrition, and the importance of movement and exercise with the *Be Choosy Dental* curriculum and *I Am Moving I Am Learning* programs. Teachers and Family Service workers implement the *Help Me Smile* curriculum with parents. All parents receive health, nutrition and physical activity flyers monthly—*Get Moving Today Monthly Activity Calendar*, *Color Me Healthy NEWS*, and *Nutrition Nuggets*. In October 2014, United Way provided each family with a copy of *The Tooth Book by Dr. Seuss*.

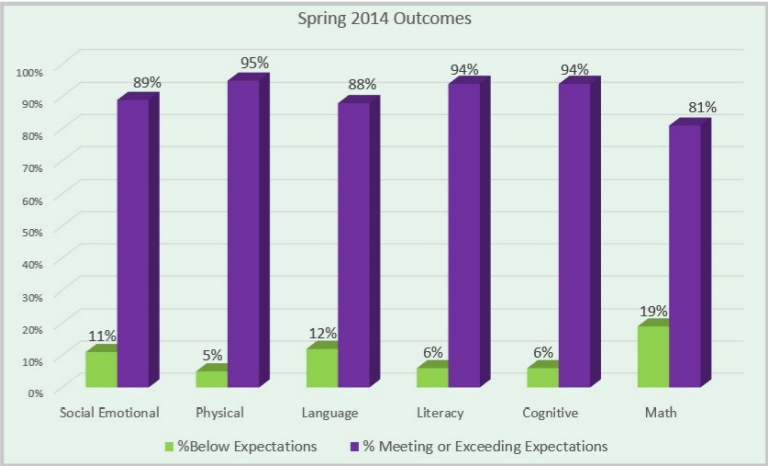
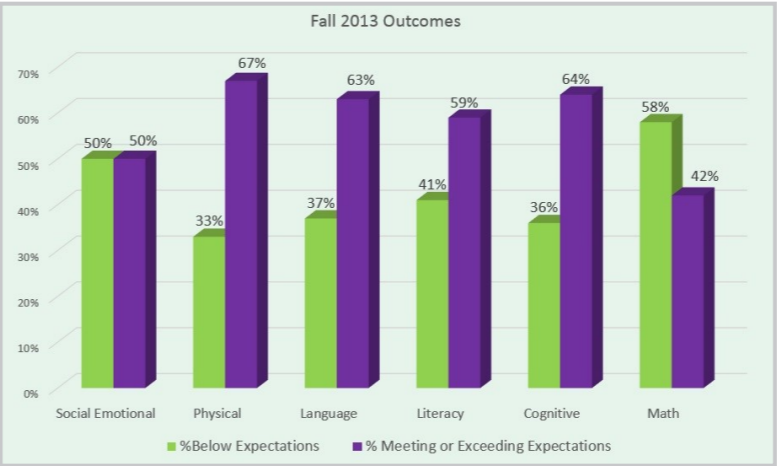
As shown in the chart below (left), initial assessments in Teaching Strategies GOLD in Fall 2013 showed a significant percentage of Head Start prekindergarten children entering the school year performing *below* widely held expectations, most significantly in Math (58%). By the end of the school year, in Spring 2014, children improved in math with 19% below expectations, as shown in the chart below (right). KCHS is concerned with school readiness and with children's progress in math, language, and social-

emotional development, particularly for children who have been exposed to trauma in their early years. To build the foundation for math, the Agency provided teachers *High Five Mathematize* training. KCHS worked with OC-CRA to provide Ohio Early Learning & Development Standards training for preschool teachers focused on the domains of language, literacy, and math, and Early Head Start teachers on the physical well-being, motor development, and cognitive domains.

In October 2013, a Teaching Strategies Specialist provided teacher training on *intentional observation and assessment* practices. All KCHS preschool teachers have completed professional development and testing in the Teaching Strategies GOLD assessment system to achieve inter-rater reliability, ensuring that child observation and assessment reporting is reliable. New teachers achieve inter-rater reliability within six months of service

KCHS held kindergarten transition meetings with parents and teachers and invited kindergarten teachers and principals. During the meetings, parents are provided information on the kindergarten registration process and they receive a folder with resources to extend learning into the summer. Also, KCHS provides children with a summer activity folder with scissors, crayons, writing paper, an informational letter from the Child Development Coordinator and resources with suggested daily activities.

To provide a baseline of children’s kindergarten readiness for kindergarten teachers, in May 2014, a kindergarten readiness checklist was completed on 128 KCHS children transitioning to kindergarten with the child’s checklist forwarded to the child’s elementary school.



# A Center of Excellence

As one of the ten original National Head Start Center of Excellence programs, Knox County Head Start continues to expand Conscious Discipline® training to the local community, the larger Head Start community in Ohio, as well as nationally, during this fourth year of the five-year program.

The grant provides for enhancing KCHS' classrooms and service delivery, as well as for enhancing the transitions of Head Start children from preschool to kindergarten, through increased

opportunities to communicate effective strategies between kindergarten and Head Start teachers, as well as through the partnership with the Mount Vernon City Schools and our staff in assisting with kindergarten camps.

Five KCHS educators attended a week-long Conscious Discipline® training in Orlando, Florida, in June 2014. KCHS staff provided trainings at the Ohio Head Start Social Worker Conference and the June Leadership Confer-

ence, the National Head Start Conference in Long Beach, CA, and the Region V Head Start Leadership Conference in Chicago.

The Agency hosted a *Parents As Teachers* three-day training in June 2014 for 5 KCHS EHS Home Educators and Coordinators and 26 staff from early childhood programs in Ohio at Kenyon College. The training lays the foundation to home visitation with an early childhood system.



## INDEPENDENT AUDITOR'S REPORT

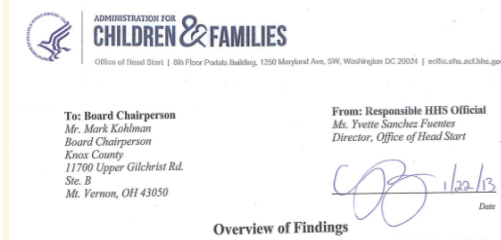
In a letter dated November 14, 2014, to the Board of Directors, Laura MacDonald, CPA, wrote that she has audited the Agency's financial statements for year ended July 31, 2014. The audit was conducted for the purpose of forming an opinion on the financial statements of Knox County Head Start, Inc. taken as a whole. The audit was conducted in accordance with standards generally accepted in the U.S. and the standards applicable to financial audits contained in *Government Auditing Standards* issued by the U.S. Comptroller General. In her opinion, except for the effects of the matter described in the *Basis for Qualified Opinion* paragraph, the financial statements referred to above present fairly, in all material respects, the financial position of KCHS as of July 31, 2014 and the changes in its net assets and its cash flows for the year then ended in accordance with accounting principles generally accepted in the U.S. The auditor identified no "significant deficiencies in internal control reported for major federal programs," nor "any findings related to major programs under Section 510(a) of OMB Circular A-133." KCHS is identified as a low-risk auditee. The Board approved the final audit document on November 19, 2014.

implementation of the Conscious Discipline philosophy, for which the program was awarded a Center of Excellence designation in 2010." Her letter further identifies the collaboration with Kenyon College's Delta Kappa Epsilon fraternity in providing an annual Christmas event for Head Start and Early Head Start children and families which included food, activities and holiday giving at Kenyon College's Gund Commons, Conscious Parenting trainings and Conscious Discipline® trainings within the community as strengths. "The grantee's use of Conscious Discipline improved Human Resources management; promoted a positive approach to employee training, performance management, and discipline; and ultimately reduced employee turnover." Other areas identified as strengths include the partnership with Behavioral Health Partners and the referrals provided by staff to United Way of Knox County's *Dolly Parton Imagination Library*.



## Summer Camp

School agers enjoyed ten weeks of summer camp at the Gambier Child Care Center with 35 children participating in 940 units of camp. The camp schedule included a variety of weekly themes and field trips to Honey Run Waterfall, Velvet Ice Cream, Sky Zone, and The Columbus Zoo. The campers also participated in various service projects and exercised with Eastern Star Retirement Center residents.



From 12/9/2012 to 12/14/2012, the Administration for Children and Families (ACF) conducted an on-site monitoring review of the Knox County Head Start and Early Head Start programs. The Director, Office of Head Start, wrote, "Based on the information gathered during the review, it was determined that your Head Start and Early Head Start programs are in compliance with all applicable Head Start Program Performance Standards, laws, regulations, and policy requirements. *Accordingly, no corrective action is required at this time.*" The following Areas of Strength were identified by the Federal Review team: "Management Systems in the area of community partnerships, which directly benefited children and families, as well as in the

# Our Families

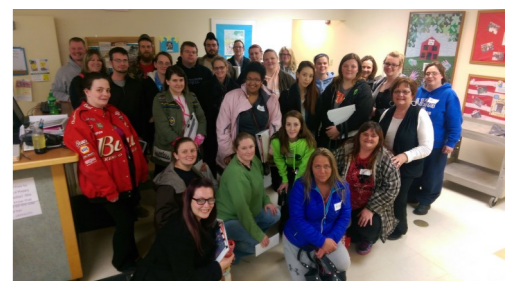
## Working With Our Families

### Partnerships

- **322** families were served in Head Start and Early Head Start
- **262** families (81%) participated in a family goal setting process, which resulted in an individualized family partnership agreement
- **14** families qualified due to homelessness, with **12** families eventually acquiring housing
- **147** families received WIC services

### Referrals

- **232** families (70% of families served) received more than **629** referrals for community supports
- **194** families (58% of families served) were documented to have received at least one of the 533 services provided



## A recent class of Conscious Parenting graduates with teacher Renee Sutherland.



## Nurturing Potential through Conscious Discipline®

KCHS' implementation of the Conscious Discipline® (CD®) philosophy provides a comprehensive and holistic approach to child and family mental health, improves classroom management, and gives staff and parents tools to promote healthy behaviors. KCHS' approach to CD® begins at the leadership and service-area levels. It is incorporated into classrooms and transportation operations and guides mental health services and parenting trainings.

KCHS embraced CD® in response to the repeated results of community assessments, self-assessments, and employee and parent surveys identifying a critical need for supports for behavioral and classroom management.

A central tenet of the CD® philosophy revolves around adults taking responsibility for their own behavior—learning to discipline themselves first and their children second. This helps adults to best model appropriate behavior for children and to be the person they want the child to be.

Teachers and support staff are trained to intentionally create classroom safety, to develop rituals and structures for creating a school family, and to increase the use of movement and music to encourage healthy brain development in young children.

## Conscious Parenting Training

Head Start Parent Training Units	191
Community Parent Training Units	38
Child Care Units Provided	194
Meal Units Served	544
Children under Attendees' Care	66

## Conscious Couples/Birth-3 Training

Head Start Parent Training Units	48
Community Parent Training Units	29
Child Care Units Provided	62
Meal Units Served	176
Children under Attendees' Care	122