Health and Human Services

Iowa Department of Health And Human Services

CHILD CARE CENTER ANNUAL EVALUATION

Name of Center: English Head Start

Provider No.: 28745

Address: 1224 18th St, Sioux City, IA, 51104

County: Woodbury

Director's Name: Rachael Ostermyer

On-Site Supervisor: Holly Schultz

Phone Number: 7122930554

E-Mail: rostermyer@caasiouxland.org

HHS Visit Date: 10/02/2025

Licensing Period: 11/01/2024 to 11/01/2027

Fire Inspection:

Date Inspected: 06/22/2025

Comments:

Report Visit Type:

- [ ] PTO
- [X] Licensing Visit
- [ ] Drop In
- [ ] Administrative Change

License Type:

- [X] Full
- [ ] Provisional

Quality initiative:

Quality Rating: 3

- [ ] Accrediation

Program Duration:

- [X] Year-Round
- [ ] School Year
- [ ] Summer Only

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Program Population Served:

- [ ] Infant(0-<24 Months)
- [X] Toddler
- [X] PreSchool
- [ ] School Age
- [ ] All Ages

LICENSE CAPACITY	Infants	2 Years	Preschool	School-Aged	Capacity
General	8	8	44		60
Summer					0

1. Basic Overview

I completed an unannounced visit on 10/02/25. I was able to speak with on-site supervisor Holly Schultz. Holly has several years' experience working in the HeadStart program.
English Head Start consists of two program areas: Early Head Start (EHS) and Head Start. The Head Start program operates Monday through Thursday from 8:30 a.m. to 3:30 p.m., and on Fridays from 8:30 a.m. to 1:30 p.m. during the school year. Early Head Start operates year-round, closing for two weeks in August. EHS classrooms remain open until 3:30 p.m. on Fridays. This site includes four classrooms: two EHS rooms serving children ages six weeks to two years, and two Head Start rooms—one for three-year-olds and one for four- and five-year-olds. Their enrollment is 49. There were 46 children present at the time of my visit. The building always remains secure. A buzzer system is located at the main entrance, allowing staff to monitor visitors and grant access as needed.

All areas of the program were observed. These areas observed consisted of classroom observations and activities, nutritional practices, health and safety practices, field trip and transportation practices, and administrative review. There were enough toys and equipment available for the number of children in attendance. A daily schedule of activities was posted. The classroom environment was rich and engaging, with displays featuring colors, shapes, the five senses, a globe, a picture schedule, a job chart, children's artwork, and the alphabet.

Staff were observed assisting children with a variety of activities, engaging in conversation with them throughout the visit, leading activities, reminding children of classroom rules, participating in activities, sitting with children during meals, and reading stories. Staff demonstrated positive and supportive interactions with the children. An activity was observed in which children used popsicle sticks to create various shapes with guidance and support from their teachers. This activity encouraged creativity, promoted shape recognition, and helped develop fine motor and problem-solving skills. The program utilizes the High Scope Curriculum, a research-based approach that promotes active, hands-on learning and encourages children to make choices and solve problems through meaningful experiences, along with Conscious Discipline, a comprehensive social-emotional framework that fosters safety, connection, and self-regulation for both children and staff.

The center has two kitchens, one on the upper level and another on the lower level. Lunch is obtained through the Sioux City Community School. Head Start provides snacks and breakfast for the children. Refrigerators are clean and kept at the appropriate temperature. Good food storage practices were observed. The center follows the CACFP guidelines for nutrition. Menus were posted. The program provides toothbrushing opportunities for children after breakfast and lunch. Tables are sanitized prior to children eating
Medication is stored in a lock box or out of reach of the children. Center follows proper guidelines for administering medication. First aid kit is sufficient to treat minor injuries. Fire/tornado drills are documented each month. Annual heating inspection needs to be completed. Radon testing has not been completed and if done, results were not at the center nor in the licensing book. Center has a functioning carbon monoxide detector. Fire/tornado drills were up to date.

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A large fenced-in playground is located next to the building. The playground has updated part of the playground and changed from shredded rubber for cushioning to turf. The program has a large grassy area as well. The playground does have shade. The playground would benefit from the addition of more play equipment to enhance children's outdoor experiences and physical development opportunities. Monthly playground inspections were missing for September.

The center does not transport children.

The goal remains to locate the Early Head Start (EHS) program on the same floor.

2. Identify Observed Strengths of the program

The center's staff is actively engaged with the children in their care, providing guidance, support, and meaningful interactions.

The center sends a monthly newsletter to keep parents informed about program activities and holds parent-teacher conferences twice a year to discuss each child's progress and areas for growth.

The center collaborates with a local high school, where students engage in community projects such as cleaning and maintaining the playground.

I observed good sanitary procedures in place for both staff and children.

They are IQ4K certified at level 3.

3. Identify the aspects that fall below the standard

109.11(4)b: Record of monthly inspections of outdoor recreation area and equipment shall be kept.

109.11(8)b: Centers at ground level that use basement area as program space, or have a basement beneath program space: Testing and plan for remedy of radon is conducted.

109.11(8)c: All centers: Annual inspection prior to heating season of all fuel-burning appliances to reduce risk of carbon monoxide poisoning and shall install one carbon monoxide detector on each floor that conforms to UL Standard 2034.

4. Any corrective action plans, provisional license, and safety plans-steps to get into compliance

5. Special Notes/Recommendations

Program will email consultant by 12/31/25 confirming that all aspects that fall below standards have been corrected.

Please keep HHS licensing book updated. Please enter all employees' information including CPR/First Aid and mandatory reporting into IPOWER.

A full license is recommended at this time.

At least one visit will be made to the center during the next year.

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Date: 10/07/2025

HHS Licensing Consultant: Leann Steinhauer

Non-compliance with any of the mandated regulatory requirements listed above may lead to the cancellation or revocation of your Child Care License. Please take steps necessary to completely address each of the violations noted above.

Child Care Resource and Referral is an excellent resource for providers to access training options and support in your area. You can reach Child Care Resource and Referral at **https://iowaccrr.org**.