

<u>CHDEV-6 Health Safety and Nutrition in ECE</u>
<u>Section 51255 OER Spring 2018</u>
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Course Description: Health, Safety and Nutrition in Early Childhood Education

This course covers an introduction to the laws, regulations, standards, policies and procedures and early childhood curriculum related to child health, safety and nutrition. Topics include prevention, detection, and management of communicable disease; medical issues associated with disabilities and chronic illness; physical health; mental health and safety for both children and adults; collaboration with families and health professionals. Integration of the concepts discussed into planning and program development for children ages 0 to 5 will be emphasized.

COURSE OUTCOMES

Upon completion of this course, students will be able to:

- A. Assess strategies to maximize the mental and physical health of children and adults in group care and early intervention settings in accordance with culturally, linguistically and developmentally appropriate practice.
- B. Identify health, safety, and environmental risks in early care and education settings.
- C. Analyze the nutritional needs of children at various ages and evaluate the relationship between healthy development and nutrition.
- D. Demonstrate knowledge of health and safety standards for infants and young children in group care and early intervention settings.
- E. Identify characteristics of high quality early care and education settings as related to health, safety and nutrition for children ages 0-5.

Student Learning Outcomes

Upon completion of this course, students will be able to:

1. 1. Describe strategies used to promote health, safety, and nutrition of children and adults in early childhood settings.
2. Evaluate environments for both positive and negative impacts on children's health and safety.
3. Identify regulations, standards, policies, and procedures related to health, safety, and nutrition in early childhood settings.

Textbook: None required. All information provided online

Full Semester Assignment Summary

Please note that this is not a detailed list of assignment requirements. EACH assignment will have specific directions which need to be followed. Please make sure to read each assignment's directions individually when the time comes.

A course calendar along with module and assignment links has been provided online for you. You will find one in the first week's module.

You are responsible for reading all important information provided in each module...beginning with week one!

Discussion Boards

On certain weeks (as included in your module) you will engage in a discussion with classmates. The topics will vary but will pertain to the readings, videos or other resources provided. Knowledge gained through the weekly readings must be demonstrated for full points; this will be demonstrated through citation of sources and/or reference to weekly information. **To complete the discussion board you must create an original post by each Saturday 11:55 pm and respond to a peer each MONDAY 11:55pm** Discussion board posts are worth 15 points (10 for original post and 5 points for your peer response).

IF YOU DO NOT COMPLETE THE FIRST DISCUSSION BOARD BY Monday, January 15th, YOU WILL BE DROPPED FROM THE COURSE

Weekly Quizzes

You will have one or multiple quizzes per week. These can be found after every smaller lesson to help reinforce the content covered. The content within the quiz relates to the materials read/watched/reviewed in the module as well as any additional information I have directed you to read. The quiz could be multiple choice, short answer, T/F and/or matching. Make sure you are studying and reading each week. The quizzes are due the week they are assigned. **NO LATE QUIZZES.** The quizzes are NOT timed.

Assignments

Throughout the semester you will have assignments due that capture your learning related to the modules. The comprehensive directions for each assignment will be found in the assignment link itself.

Discussion Boards

14 x 15pts = 210

Often your weekly modules will require you to engage in a discussion with classmates. The topics will vary but will pertain to the weekly readings, videos or other resources provided. Knowledge gained through the weekly readings must be demonstrated for full points; this will be demonstrated through citation of sources and/or reference to weekly information. To complete the discussion board you must create an original post each FRIDAY 11:55 pm and respond to two peers each

MONDAY 11:55pm Discussion board posts are worth 15 points (10 for original post and 2.5 points for each peer response)

Reading quizzes

8 x 15pts and 1x10 pts = 130 pts.

There will be a total of 8 quizzes. Each quiz will be worth a total of 15 points. The content within the quiz relates to the materials read/watched/reviewed in the module as well as any additional information I have directed you to read. The quiz could be multiple choice, short answer, T/F and/or matching. Make sure you are studying and reading each week. The quizzes are due the week they are assigned. **NO LATE QUIZZES**. The quizzes are NOT timed.

Major Projects

Each Reedley College course has set Student Learning Outcomes (SLO's). These SLO's state the overarching skills a student should expect to learn in the course. In order to best assess if you (the student) have gained the knowledge stated in our course SLO's you will be completing projects/assignments/quizzes tied to a course SLO.

SLO #1 Project: Strategies to promote health safety and nutrition (DUE MAY 15 11:59 p.m.)

SLO: Describe strategies used to promote health, safety, and nutrition of children and adults in early childhood settings

Each student will create a final project educating parents/caregivers or the community regarding strategies used to promote health, safety AND nutrition in a childcare setting. You will be given A LOT of freedom in the media you choose to deliver this information. I will provide a rubric and breakdown of the requirements for this assignment BUT the basics include:

Presentation/Media of your choice ***(Due by 11:59 p.m. on May 15th)***

100 points

Peer Review ***All peer evaluations for SLO #1 will be due by May 17 at 5:00 p.m.***

10 points EACH

Total point Value = 120 points

SLO #2: Scenario Evaluations (Check Course Calendar for due dates)

SLO #2: Evaluate environments for both positive and negative impacts on children's health and safety

Using the information provided during the week you will be presented with a scenario you will most likely confront as an early childcare professional. Using the information from the week as a guide you must describe how you will handle the given situation. I expect to find specific references to multiple pieces of information in the weekly module

SLO #3 Identify regulations, standards, policies, and procedures related to health, safety, and nutrition in early childhood settings.

This SLO will be evaluated through weekly quizzes.

Note: I highly recommend referring to the course calendar/dates throughout the semester. This will help you understand what assignments are upcoming, so you can effectively budget your time.

Attendance : Using Canvas

Utilizing Canvas is a **REQUIRED** component of this course. All course correspondence and material including (but not limited to) syllabus, assignments, and reading requirements will only be available through Canvas. All assignments must be completed within the Canvas system.

You should expect to spend 18-27 hours a week working on our course. Since ALL course content is only available online in Canvas this means you will spend 18-27 hours LOGGED in working on content.

Students must contribute to the course weekly through participation in discussion boards and quizzes. **It is possible from my side to see your last login date.** If you fail to log in and participate for 2 consecutive weeks you will be dropped from the course.

Late Assignments & Submitting Assignments

Late Work:

Late assignments will automatically lose 50% of the available points and must be turned in within 7 days after the due date. After 7 days the assignment will NOT be accepted. Quizzes can NOT be submitted late. Peer replies on discussion board can NOT be submitted late, but original posts can be submitted 7 days late. There will be a few exceptions to this but it will be clearly indicated in the assignment instructions.

Submitting Assignments:

All assignments must be submitted in Canvas NO EMAILED ASSIGNMENTS WILL BE ACCEPTED!! All assignments must be submitted electronically using the method specified in each assignment instructions. Make sure to read all directions carefully. **ALL assignments must be submitted in the .doc, .docx, or .pdf format.** If you submit in another format the assignment will be considered late while you resubmit in the correct format.

Retaining Returned Assignments:

Students disagreeing with the assigned final grade will be required to supply evidence to the contrary. Therefore, it is suggested that students retain all returned/graded assignments and tests until after they have signed-out on the final day of class.

Accommodations for Students with Disabilities:

If you have a verified need for an academic accommodation or materials in alternate media (i.e., Braille, large print, electronic text, etc.) per the Americans with Disabilities Act (ADA) or Section 504 of the Rehabilitation Act, please contact me as soon as possible. If you have not yet visited our DSP&S office on campus use the link provided below to obtain more information.

[**Disabled Student Programs & Services \(DSP&S\) \(Links to an external site.\)Links to an external site.**](#)

Important Dates

August 14 (M) Start of Fall 2017 semester

January 15 (M) Martin Luther King, Jr. Day observance (no classes held, campus closed)

January 19 (F) Last day to drop a Spring 2017 full-term class for full refund

January 26 (F) Last day to register for a Spring 2017 full-term class in person

January 26 (F) Last day to drop a Spring 2017 full-term class to avoid a "W" in person

January 28 (SU) Last day to drop a Spring 2017 full-term class to avoid a "W" on WebAdvisor

February 16 (F) Lincoln Day observance (no classes held, campus closed)

February 19 (M) Washington Day observance (no classes held, campus closed)

March 26-29th (M-Th) Spring recess (no classes held, campus open)

May 14-18 (M-F) Spring 2017 final exams week

May 18 (F) End of Spring 2017 semester/commencement

Point Breakdown

<u>Discussion Boards</u>	<u>14 x 15pts = 210 pts.</u>
<u>Reading quizzes</u>	<u>8 x 15pts and 1x10 pts = 130 pts.</u>
<u>SLO #1 Project</u>	<u>1x120=120pts</u>
<u>SLO Assignments</u>	<u>2x25pts.= 50pts.</u>
<u>Menu Planning Assignment</u>	<u>1x 25pts.= 25pts.</u>

total points 535

A- 482-535

B- 432-481

C- 388-431

D- 348-387

496 and below-F

I am always willing to work with your individual situations, however, you need to contact me when something can still be done! The end of the semester is not that time.....

Course outline next page

<p><u>Week 1:Start Here:</u> <u>SYLLABUS & COURSE INFO</u> <u>Jan. 8 - Jan. 15</u></p>	<p><u>(Unit 1: Wellness)</u> <u>Week 2 - Jan. 16 - Jan. 22</u></p> <p>The Caregiver Role</p> <p>Recognizing Trends</p> <p>National Initiatives</p>	<p><u>(Unit 1: Wellness)</u> <u>Week 3 - Jan. 23 - Jan. 29</u></p> <p>Factors Influencing Wellness</p> <p>Factors Challenging Wellness</p>	<p><u>(Unit 1: Wellness) Week 4 - Jan. 30 - Feb. 5</u></p> <p>Laws, codes, regulations and policies</p>	
<p><u>(Unit 2: Nutrition)</u> <u>Week 5 - Feb. 6 - Feb. 12</u></p> <p>Identifying Optimal Nutrition</p> <p>Reading a Food Label</p>	<p><u>(Unit 2: Nutrition)</u> <u>Week 6 - Feb. 13 - Feb. 19</u></p> <p>Nutrition Challenges</p>	<p><u>(Unit 2: Nutrition)</u> <u>Week 7 - Feb. 20 - Feb. 26</u></p> <p>Under Nutrition</p> <p>Obesity</p> <p>Early Childhood and Obesity Scenario due February 26</p> <p><u>Early Childhood and Obesity : Scenario</u></p>	<p><u>(Unit 2: Nutrition)</u> <u>Week 8 & 9 - Feb. 27 - Mar. 12</u></p> <p>Infants</p> <p>Breastfeeding</p> <p>Formula Feeding</p> <p>Harmful Feeding Practices</p> <p>Feeding The Older Infant</p> <p>Feeding Infants Scenario due March 12</p> <p><u>Feeding Infants: Scenario</u></p>	<p><u>(Unit 2: Nutrition) Week 10 - Mar. 13 - Mar. 19</u></p> <p><u>(Unit 2: Nutrition) Menu Planning Week 11 Mar. 20-25th (Menu Planning)</u></p> <p>Feeding Toddlers, Preschoolers, and School-Age Children</p> <p>Menu Planning assignment is due March 25 (peer reviews one week later)</p> <p><u>Menu Planning Assignment</u></p>

<p><u>(Unit 3: Health)</u> <u>Week 13 -April. 3 - April. 9 (Physical Development and Health)</u></p> <p>Physical Fitness and Health</p>	<p><u>(Unit 3 Health)</u> <u>Week 14 & 15 April 10 - April 23</u></p> <p>Health Screening and Assessment</p> <p>Managing Infectious Disease</p>	<p>Universal Precautions</p> <p>Food Safety</p> <p>Diapering and Toileting</p>	<p><u>(Unit 3: Health)</u> <u>Week 16 - April 24 - April 30</u></p> <p>Teaching Children with Special Health Care Needs</p>	
<p><u>(Unit 4: Safety)</u> <u>Week 17 - May 1 - May 7</u></p> <p>Safe Environments</p> <p>Classroom Management</p>	<p>Child Abuse and Neglect</p> <p>Communication</p>			<p>SLO #1 project Due May 15th-</p> <p>Peer Reviews May 17th by 5:00 p.m.</p> <p><u>SLO #1 Project</u></p>