

# CDECE 90.3: Health, Safety & Nutrition

Fall 2022 – LBCC

Michelle Hancock, Professor

Course #2716

Online

## Contact Information

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**Office Hours:** Via phone or computer Mon. - Thurs. 8 am – 10 am

Online Office Hours: Mondays 8 am – 10 am

Link for office hours:

<https://canyonsonline.zoom.us/j/9492207244>

## Catalog Description

This course provides an introduction to the laws, regulations, standards, policies, procedures and early childhood curriculum related to child health, safety and nutrition. The key components that ensure physical health, mental health and safety for both children and staff will be identified along with the importance of collaboration with families and health professionals. The focus is on integrating the concepts into everyday planning and program development for all children.

## Textbook

Not required – reading materials provided in class.

## Special Accommodations

Santa Rosa Junior College complies with the Americans with Disabilities Act in making reasonable accommodations for qualified students with disabilities. If you have a disability or believe you might benefit from disability related services and may need accommodations, please contact your instructor or Disabled Student Programs and Services.

## Course Changes

The instructor may modify this syllabus in the event of extenuating circumstances to accommodate the learning process.

## Contact Tips

The best way to contact me is to either 1) send me an email, or 2) text me at 707-339-0488 - your name, the class, and your question.

## Notable Dates:

First Day of Class

Monday, August 15, 2022

Last day to drop without a W

Sunday, September 4, 2022

Last day to withdraw

Sunday, November 13, 2022

Last Day of Class

Friday, December 16, 2022

## Student Learning Outcomes

*By the end of this course, you should be able to . . .*

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

## Course Assignments

Discussions: 16 weeks @ 4 points per week	20
Weekly content quiz 8 @ 5 points	40
Journal posts 8 @ 3 points	24
Health Lesson Plan	20
Web Resource File	15
Community Resources	20
First Aid Scenarios	20
Daily Health Checks	20
Managing Illness	20
Introduction Quiz	<u>5</u>
	204

### COURSE GRADING

90 - 100	A
80 - 89	B
70 - 79	C
60 - 69	D
0 - 59	F

## Course Policies

### Academic Honesty

People go to college for a variety of reasons, but one of those reasons should be to gain knowledge. With that goal in mind, and to maintain the academic integrity of our course – all students are expected to abide by the guidelines laid out in the college academic honesty policy available at: <http://www.lbcc.edu/Policies/documents/4018reg.pdf> as well as the following:

- A) Complete your own work
  - While it is possible to enlist the help of others when completing an online course, ask yourself what is gained. The information and assignments provided in this course are intended to enrich your understanding of the subject matter.
- B) Give credit where credit is due

- Imagine you write an amazing novel, only to find it published as a best-seller under someone else's name! Plagiarism, is taken very seriously and could lead to severe academic consequences. Learn the proper way to give credit to those whose words, ideas, and concepts you use to support your own original thoughts. More information about citing sources is available at: <http://lbcc.libguides.com/citation>
- C) Use the textbook and instructor-provided materials as your main sources of content for the course. The internet provides us with a wide range of resources at our fingertips. Not all sources are created equal. Our textbook was carefully chosen to provide you with a strong base of knowledge not available on most websites. Don't be try to snatch little bits of information here and there – our textbook and resources provide a framework to build upon. When other sources are needed, use reputable sources. More about determining reputable sources is available at: [http://www.santarosa.edu/~kthornle/LIR10/LIR10\\_EvaluationCriteriaW4.pdf](http://www.santarosa.edu/~kthornle/LIR10/LIR10_EvaluationCriteriaW4.pdf)

### **Grading**

Course grades, and specific comments about assignments, may be accessed at any time during the semester by clicking on the *Grades* link in the navigation bar.

Accuracy, clarity, and appropriateness of the work completed determine the grade for all assignments. Grades are based on the points that you earn, all points in the class contribute to the final grade of 100 points possible. A rubric will be provided for each assignment.

### **Communication**

Communication is critical to the success of our class! You need answers to your questions in a timely manner to do your best on assignments and meet deadlines. Don't hesitate to contact me if you can't find the answer to your question after reviewing our class syllabus, postings, or announcements. The best way to contact me is to either 1) send me an email, or 2) text me. I check email *at least* once a day, (usually more) except Sundays. If you have not received a response in 24 hours, assume I have not received it, confirm the email address you used and try again, and/or a different method.

*Very important:* In all forms of communication, be sure to include your full name and the class you are enrolled in prior to asking your question. Remember, good communication is a two-way street. We will all need to work at it to make sure we communicate well during the semester. When we do, everyone benefits!

### **Late Work**

The following policies applied to late work during our time together:

- 1) One missing discussion post will be accepted from each student during the semester for 50% value.

2) You may request 1 missing quiz be reopened the final week of class.

3) Assignments (other than discussion posts and tests) can be turned in for a reduction of 5% per day, so if you submit 2 days late, the score will be reduced by 10%.

If you know there will be a major event that is going to create havoc with your schedule (i.e. you're about to give birth), please contact me at the beginning of the semester so we can discuss the situation before it occurs. The late policies still apply, but we can discuss how you can complete your work in advance.

If you have any questions about these policies, please don't hesitate to email and ask!

### **Course Participation**

Are you an active participant in our class? Unlike a face-to-face class that takes attendance using a sign-in sheet, an online class is a little more ambiguous. In order to establish your presence in the class, you must post your introduction in the discussion forum by Tuesday of the first week of class. If you don't post, you will be dropped from the course. If you do not participate for two consecutive weeks after posting your introduction (at any time during the course) you will be dropped.

Basically, if you stop participating in class, you risk being dropped and this may cause a significant problem for your financial aid.

### READING AND ASSIGNMENT CALENDAR

	Week	Topic(s)	Readings	Assignments Due
	Week 1 August 15	Introductions	Syllabus	Introduction Posts (Tues/Sun) Note to Michelle (Tues) Introduction Quiz (Sun)
Unit 1	Week 2 August 22	Children's Well-being and Early Childhood Education	Chapter 1	Weekly Discussion (Fri/Sun) Weekly Journal Entry (Fri)
	Week 3 August 29			Weekly Discussion (Fri/Sun) Reading Quiz (Sun) <b>Community Resources (Sun)</b>
Unit 2	Week 4 September 5	Preventing Injury & Protecting Children's Safety	Chapter 2	Weekly Discussion (Fri/Sun) Weekly Journal Entry (Sun)
	Week 5 September 12			Weekly Discussion (Fri/Sun) Reading Quiz (Sun) <b>Web Resource File (Sun)</b>
Unit 3	Week 6 September 19	Creating a Safe Indoor Environment	Chapter 3	Weekly Discussion (Fri/Sun) Weekly Journal Entry (Sun)
	Week 7 September 26			Weekly Discussion (Fri/Sun) Reading Quiz (Sun)
Unit 4	Week 8 October 3	Creating a Safe Outdoor Environment	Chapter 4	Weekly Discussion (Fri/Sun) Weekly Journal Entry (Sun)
	Week 9 October 10			Weekly Discussion (Fri/Sun) Reading Quiz (Sun) <b>Rough Draft Lesson Plan (Sun)</b>
Unit 5	Week 10 October 17	Caring for Minor Injuries and Preparing for and Managing Emergencies	Chapter 5	Weekly Discussion (Fri/Sun) Weekly Journal Entry (Sun)
	Week 11 October 24			Weekly Discussion (Fri/Sun) Reading Quiz (Sun) <b>First Aid Scenarios (Sun)</b>
Unit 6	Week 12 October 31	Child Maltreatment	Chapter 6	Weekly Discussion (Fri/Sun) Weekly Journal Entry (Fri)
	Week 13 November 7			Weekly Discussion (Fri/Sun) Reading Quiz (Fri) <b>Children's Books (Sun)</b>

Unit 7	Week 14 November 14	Promoting Good Health and Wellness	Chapter 7	Weekly Discussion (Fri/Sun) Weekly Journal Entry (Fri)
	Week 15 November 21			Weekly Discussion (Fri/Sun) Reading Quiz (Sun) <b>Daily Health Checks (Sun)</b>
Unit 8	Week 16 November 28	Prevention of Illness	Chapters 8	Weekly Discussion (Fri/Sun) Weekly Journal Entry (Fri)
	Week 17 December 5			Weekly Discussion (Fri/Sun) Reading Quiz (Sun) <b>Managing Illness (Sun)</b>
	Week 18 December 12	Conclusion		<b>Health Lesson Plan</b>

## Discussion Forum Specifics

### Discussion Forums

You will be required to submit one initial posting and two responses to peer postings per week for each question. This is the minimum. *Postings* should be at least 200 words in length and must reflect an understanding of the written (text, lecture, and articles) materials, critical thinking on the topics and citations from the materials you read that support your views. Try to relate the post to your personal or professional life experiences. You must cite/quote from the readings in your initial weekly post – this means you will include a statement from our readings that supports your thoughts. Credit will not be given for quotes that are posted as a follow-up. You must include the quote in your initial post.

Sample citations/quotations:

According to our text, “insert statement from our textbook here.” (Paris, page #)

Or . . .

“Insert statement from our textbook here.” (Paris, page #)

Responses are meaningful responses to your classmates and must thoughtfully discuss the ideas presented in the post to which you are responding. “I agree” does not count as a response. Aim for at least 30-40 words. These forum posts, as well as other assignments, will be used to determine your mastery of the learning outcomes.

Weekly postings are not text messages. You should spell out words and use punctuation and grammar appropriate for college work. Your posting is due by 11:59 p.m. on each Friday and your response(s) by 11:59 p.m. each Sunday. The forum closes at that time. Anything posted after that time will not be included in the score for the week. The grading rubric for weekly postings is shown below. All work in the final week is due on Friday.

### Weekly Posting Grading Rubric

#### Possible Points

- 1.0 Properly cited quote from the weekly readings included in initial post
- 1.0 Initial post is made by Friday night at midnight
- 1.0 Substantially response to a minimum of 2 peers
- 1.0 Quality of initial post