

**GRANDE PRAIRIE REGIONAL COLLEGE
EARLY LEARNING AND CHILD CARE PROGRAM
CD 1020**

HEALTH, NUTRITION AND SAFETY

Semester: Fall 2009 **Instructor:** Jane Howes
HOURS: 30
CREDITS: 2 **PHONE:** 780 539 2045
DATES: Sept. 4-Dec. 11 **E-MAIL:** jhowes@gprc.ab.ca
DAYS: Friday **OFFICE HOURS:**
Time : 9:00 -10:50

COURSE DESCRIPTION:

This course provides basic information in identifying and meeting the health and safety needs of children in group programs..

REQUIRED TEXTS:

Healthy Foundations in Child Care 4th ed. by Pimento and Kernstead

COURSE OBJECTIVES:

- implement policies and practices to ensure children's well-being in group care settings
- describe the nutrition needs of children from birth through early childhood
- ensure that meals and snacks meet the nutrition requirements of the children in the program
- assess safety of indoor and outdoor environments
- provide resources for parents
- plan and implement health and nutrition related experiences for children of a variety of different ages

CLASS FORMAT: Classes will be comprised of lectures, independent and small group tasks, and class discussion .

TEACHING METHODS: Lectures will incorporate A.V. materials and group work and discussion.

GRADING POLICY: A final grade of D (1.0) must be obtained in order to pass this course. Assignments and final grades will be based on the following alpha grading system.

ALPHA GRADE	4-POINT EQUIVALENCE	DESCRIPTOR
A+	4.0 (90- 100)	Excellent
A	4.0 (85-89)	
A-	3.7(84-80)	First Class Standing
B+	3.3 (79-75)	
B	3.0 (74- 71)	Good
B-	2.7(70-66)	
C+	2.3 (67-69)	Satisfactory

C	2.0(64-66)	
C-	1.7(60-63)	
D+	1.3 (55 59)	Poor
D	1.0 (50 -54)	Minimal Pass
F	0.0 (49 – 0)	Failure

CLASS POLICIES:

It is your responsibility to become familiar with the basic student rights and responsibilities found in the College calendar and the following policies for this class.

- Demonstrate your commitment to learning by attending all classes, arriving on time.
- Use class time to its best by being prepared for each class, contributing thoughtfully to discussion, and participating actively and appropriately in class.
- Keep your discussion related to the topic or activity. Side conversations are very distracting. Whether the instructor or a classmate “has the floor”, please respect others by refraining from conversing with your neighbors.
- Cell phones are not permitted in the class, If you are expecting an urgent call, please let me know at the beginning of the class, and put your phone on vibrate.
- Regular attendance and active class participation help you understand the content and be a successful student.
- Absence from 20% and over of the class hours will result in a grade of 0 for attendance/participation.
- You do not need to ask for permission to be absent. If it is necessary for you to miss a class, I will assume that you have made the best decision for the circumstances and that you accept the consequences of your decision. Arrange to obtain copies of handouts, lecture notes, and other information you may need from a fellow student.
- Submit your assignments on time. On time means at the end of class or at the latest, 4:30 p.m.on the due date.
- **Late assignments will be penalized :**
 1. **An initial 5% a week for late assignments and after two weeks the student cannot hand in his/her assignment.**
 2. **Should a student be allowed to resubmit an assignment a grade of 60 % is the highest grade the student can receive.**
 3. **If a student lets the instructor know at least one week prior to the due date that it is not possible to have the assignment in on time a contract can be made with the instructor stating when the assignment can be submitted.**
 4. **Any assignment turned in and considered not to be your own work will result in the assignment being graded “0” and no opportunity to make up the assignment or missed points.**
- Graded assignments will normally be returned within 2 weeks
- If you have concerns, questions or difficulties please contact me by phone, email or after class.

TOPICS:

The following topics, although not necessarily in the listed order, will be covered:

A. Health

1. Factors influencing health
2. The infectious process
3. Assessing children's health
4. Program policies and practices
5. The role of the caregiver
6. Health related experiences for young children

B. Nutrition

1. Children's nutritional needs
2. Nutrition related health concerns
3. Menus and Snacks in programs for young children
4. Nutrition related experiences for young children

C. Safety

1. Assessing indoor and outdoor environments, equipment and materials
2. Program policies and practices
3. Safety related experiences for young children

D. Supporting children's play, learning, and development

CD 1020 Schedule

The following course schedule is tentative and subject to revision:

Date	Topic / Reading	Assignments/ Tasks
Sept. 4	Introduction Unit 1	
Sept. 11	Health- Illness Prevention /Unit 3	
Sept. 18	Health- Illness Management/Unit 4	Assignment #1
Sept. 25	Health- Illness Management/Unit 4	Assignment #1
Oct. 2	Health- Illness Management/Unit 4	Assignment #1
Oct. 9	Safety Promotion /Unit 7	Assignment #1
Oct. 18	Safety Promotion / Unit 7	Assignment #1 / #2
Oct. 23	Safety Promotion /Unit 7	Assignment #1 / #2
Oct. 30	Safety Promotion / Unit 7	Assignment #1 / #2
Nov. 6	Nutritional Needs/ Unit 5	Assignment #1 / #2,#3
Nov. 13	Nutritional Practices Unit 5	Assignment #1 / #2
Nov. 20	Nutritional Practices Unit 5	Assignment #1 / #2
Nov. 27	Nutritional Practices Unit 5	Assignment #1 / #2
Dec. 4	Supporting Children's Development Unit 9	Assignment #1 / #2
Dec. 11	Supporting Children's Development Unit 9	Assignment #1 / #2

Note : Assignment # 1 and #2 (Snack/experiences) will be due every week by a small group of students beginning Sept.18.

Assignment #4 is a variety of in class assignments throughout the semester..

ASSIGNMENT Overview:

Assignment	Weighting
1. Nutrition Assignment (Snack)	20 %
2. Health Assignment (Experiences/Information Board)	30 %
3. Safety Checklist	20 %
4. Number of in class assignments	25%
Attendance/participation	5 %
Total	100 %

Resources for CD1020

Internet sites

http://www.calgaryhealthregion.ca/programs/3cheers/healthpromotion_professionals.htm*

Child Family Canada www.cfc-efc.ca

Canadian Institute of Child Health www.cich.ca

E-parenting network www.eparentingnetwork.ca

Safe Kids Canada www.safekidscanada.ca

Canadian Paediatric Society www.cps.ca

Health Canada www.hc-ch.ca

Alberta Health and Wellness www.health.gov.ab.ca

KidSource OnLine www.kidsource.com

National Child Care Information Center www.nccic.org

National Resource Center for Health and Safety in Child Care www.nrc.uchsc.edu

Children Youth and Families Education and Research Network www.cyfernet.org

Healthy Child Care www.healthychild.net

Parent Soup www.parentsoup.com

Journals & Magazines

Today's Parent

Parenting

Young Children

*A great site with useful resources such as :

- [Child Care](#) [Diversity](#) [Environmental Health](#) [Healthy Eating](#)
- [Injury Prevention](#) [Mental Health](#) [Oral Health](#) [Parenting](#)