



## I. **COURSE DESCRIPTION:**

This course involves the study of health, safety and nutrition in relation to the needs of young children. Occupational Health related to the work of the ECE will be explored. Also to be studied are the professional roles related to child abuse and domestic violence issues with a focus on reporting procedures and working with families.

## II. **LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:**

Upon successful completion of this course, the student will demonstrate the ability to:

1. **Establish safe and healthy environments and practices in early learning programs** *(Reflection of ECE Program Standard Vocational Learning Outcome #5)*

### Potential Elements of the Performance:

- Describe safe and healthy indoor and outdoor environments which meet requirements of current legislation, regulatory bodies and program policies.
- Demonstrate awareness of health and safety policies and evidence-based practices in early learning programs.
- Identify the impact of personal health practice in the area of occupational health on the role of the early childhood educator
- Apply regulations of Occupational Health and Safety Act as it relates to the work of early childhood educators.
- Analyze personal health practices and recognize their importance in modeling to children a healthy lifestyle.

2. **Describe effective techniques to promote wellness and to manage and prevent health conditions among young children** *(Reflection of ECE Program Standard Vocational Learning Outcome #5)*

### Potential Elements of the Performance:

- Research current health issues and design health promotion action plans.
- Analyze the benefits of healthy physical activity for children.
- Convey accurate information about health conditions and illnesses that occur in childhood.
- Identify evidence-based practices that prevent the spread of illnesses and strategies to manage illnesses that occur in early learning programs.
- Identify the responses required related to unsafe and emergency situations, including anaphylaxis.

3. **Identify the critical elements for ensuring child safety in environments for young children.**

*(Reflection of ECE Program Standard Vocational Learning Outcome #5)*

Potential Elements of the Performance:

- Explore practices that enhance safety and accessibility,
- Identify environmental hazards in early learning programs,
- Identify the adult role in ensuring a safe learning environment,
- Explore working with parents to ensure maximum child health and safety.

4. **Outline the nutritional guidelines for young children and be able to plan and evaluate nutritional meals for children in child care settings**

*(Reflection of ECE Program Standard Vocational Learning Outcome #5 and #7 and Essential Employability Skills Learning Outcome #3)*

Potential Elements of the Performance:

- Meet the nutritional requirements of children through planning and consultation with parents and relevant professionals.
- Demonstrate a working knowledge of the recommended nutritional needs as set out by the Day Nurseries Act and Canada's Food Guide.
- Communicate an awareness of nutritional needs for infants through to age twelve.
- Demonstrate the ability to plan and evaluate snacks and meals for children in licensed child care.
- Execute mathematical operations accurately when preparing and analyzing menu plans.

5. **Outline one's professional role in the early identification, prevention/intervention and referral of families in which abuse is suspected or deemed to be a high risk**

*(Reflection of ECE Program Standard Vocational Outcome #5 and #7)*

Potential Elements of the Performance:

- Describe the various forms of child abuse and family violence.
- Examine the role of the ECE in prevention and early identification of possible abuse.
- Determine reasonable grounds to suspect when a child is at risk for abuse.
- Outline procedures, policies and protocol for dealing with suspicions of abuse and neglect in accordance with the Ontario Child and Family Services Act.
- Identify the community agencies available to assist the early childhood educator when dealing with violence issues

6. **Describe the impact on children and/or witnesses of violence and evaluate a variety of prevention and intervention methods to reduce the incidence and effects of all forms of abuse**

*(Reflection of the ECE Program Standard Vocational Outcome #7 and Essential Employability Skill Learning Outcomes #4 and #5)*

Potential Elements of the Performance:

- Measure the effects of various forms of abuse on children
- Assess the impact of witnessing abuse.
- Explore how prevention and intervention programs can be used effectively.
- Propose various methods of support and intervention for individuals impacted by abuse.

7. **Act in a professional manner**

*(Reflection of ECE Program Standard Vocational Learning Outcome #6 and #10 and Essential Employability Skills Learning Outcomes #1,#5, #6, #8, #9 & #11)*

Potential Elements of the Performance:

- Use self-reflection and self-evaluation skills in an ongoing manner
- Contribute one's own ideas, opinions and information while demonstrating respect for the diverse opinions, values, belief systems and contributions of others.
- Communicate clearly, concisely, and effectively in written, spoken, and visual form
- Work collaboratively in a team in ways that contribute to effective working relationships and the achievement of goals
- Take responsibility for one's own actions, decisions, and consequences
- Apply an accepted standard of writing, grammar, spelling and format to all submitted documents.
- Cooperate fully with policies and procedures outlined in the Student Code of Conduct and ECE Confidentiality Policy.

**III. TOPICS:**

1. Health Promotion
2. Child Abuse and Domestic Violence Issues
3. Nutrition, Menu Planning & Active Living
4. Occupational Health
5. Illness Prevention and Management
6. Safety Promotion

**IV. REQUIRED RESOURCES/TEXTS/MATERIALS:**

Pimento, B., Kernested, D. (2015) **Healthy Foundations in Early Childhood Settings**, Fifth Edition. Toronto: Nelson Publication

Government of Ontario Publications. (1990) *Revised Statutes of Ontario*. Available online:

[http://www.e-laws.gov.on.ca/html/regs/english/elaws\\_regs\\_900262\\_e.htm](http://www.e-laws.gov.on.ca/html/regs/english/elaws_regs_900262_e.htm)

**V. EVALUATION PROCESS/GRADING SYSTEM:****Active Experiential Learning/Collaborative Teams/Class Preparation Notes 25%**

You will be assigned a collaborative team that you will work with for the entire semester. This will involve working within a collaborative team to complete Active Experiential Learning (AEL) activities related to course topic areas. You will be expected to actively engage in discussion within your collaborative team. Some classroom learning will occur in the form of workshops that are delivered from professionals in the community.

As part of this evaluation factor, you will also be submitting "Class Preparation Notes". The process for submission will be discussed in class and posted on LMS.

If you are not present or you do not bring all the necessary materials (i.e. textbook, class preparation notes) or you are not fully participating for any of the activities, this will impact your grade in this evaluation factor.

**Assignments 30%**

You will be completing **two assignments (worth 15% each)** that will be based on learning that is happening throughout the semester related to various unit topics that are covered. Complete descriptions of the following assignments and evaluation formats will be discussed in class and posted on LMS.

**Reflective/Professional Practice 5%**

You will be engaging in professional practice. This will encourage you to actively reflect on what you have learned and to develop professional practices that will enhance the learning process.

- *Assignments must be submitted on the due date, at the beginning of class, unless otherwise specified by the professor. Late assignments will be deducted 5% per day, including weekends. Assignments will not be evaluated if they are received more than 1 week after the due date.*
- *All assignments are to be typed unless otherwise stated. All ideas and direct quotations must be documented using APA style. Please refer to the section about Academic Dishonesty posted on the Student Portal.*

- *In-class or weekly assignments (class preparation notes) are due on the assigned date. These assignments will not be accepted after that date, as they are a part of class work, discussions and course expectations.*
- *Students are responsible for retaining a file of all assignments. Students should keep their computer file of assignments until the end of semester. In the event of a grade dispute, students must produce the graded assignment, so it can be recorded.*
- *Requests for extensions due to illness or extenuating circumstances must be made before the assignment due date*

### **“Child Abuse Orientation” & “Anaphylaxis” Workshops**

**10%**

The “**Child Abuse Orientation/Duty to Report**” workshop will occur in September/early October in the late afternoon/early evening. The date and location will be announced in class and posted on LMS. This training is also a field practice requirement that is needed to attend a field placement (which occurs in another course).

The “**Anaphylaxis**” workshop will occur in class. The date will be announced in class and posted on LMS. This training is also a field practice requirement that is needed to attend a field placement (which occurs in another course).

You will receive certificates related to your attendance at the “Child Abuse Orientation/Duty to Report” and “Anaphylaxis” workshops

No other date will be provided to access this training.

### **Tests**

**30%**

Two tests will be scheduled; one at midterm and one at the end of the semester. Each test will be worth 15%. Dates will be announced in class and posted on LMS.

*As per the testing policy, Tests/Quizzes must be completed on the date scheduled. If unable to attend **due to illness or extenuating circumstances**, contact the professor prior to the start of the test. An alternative date must be arranged before the next class.*

**The following semester grades will be assigned to students:**

<b><u>Grade</u></b>	<b><u>Definition</u></b>	<b><u>Grade Point Equivalent</u></b>
A+	90 – 100%	4.00
A	80 – 89%	3.00
B	70 - 79%	2.00
C	60 - 69%	1.00
D	50 – 59%	0.00
F (Fail)	49% and below	

CR (Credit)	Credit for diploma requirements has been awarded.
S	Satisfactory achievement in field /clinical placement or non-graded subject area.
U	Unsatisfactory achievement in field/clinical placement or non-graded subject area.
X	A temporary grade limited to situations with extenuating circumstances giving a student additional time to complete the requirements for a course.
NR	Grade not reported to Registrar's office.
W	Student has withdrawn from the course without academic penalty.

## **VI. SPECIAL NOTES:**

Your professor reserves the right to modify the course, as he/she deems necessary to meet the needs of students.

Dates for projects or tests may be revised depending upon course content/flow. Students will be informed of any changes in class and through LMS.

## **VII. COURSE OUTLINE ADDENDUM:**

The provisions contained in the addendum located on the portal and LMS form part of this course outline.