ECE 6
Health, Safety and Nutrition

Course Information

Semester & Year: Fall 2024
Course ID and Section number: ECE 6-K8564 (058564)
Instructor's name: Misty Knight
Thursday 5:15pm to 8:25pm
Course units: 3

Instructor Contact Information

Office location- HCATEP/College of the Redwoods KTIS office
Office hours: 8am to 5pm
Phone number: 530 905 0073
Email address: misty-knight@redwoods.edu

Catalog Description

Laws, regulations, standards, policies, procedures, and best practices related to health, safety, and nutrition in care and education settings for children from birth through middle childhood. Includes the teacher's role in prevention strategies, nutrition and meal planning, integrating health safety and nutrition experiences into daily routines, and overall risk management.

Course Student Learning Outcomes

Define the broad concepts and practices of health, safety, and nutrition.
Identify laws and regulations related to health, safety, and nutrition.
Identify health and safety risks and prevention strategies in care and education settings.
Describe a caregiver's role and responsibility in modeling good health, safety, and nutrition habits.
Describe culturally responsive strategies for partnering with families and the community in support of a healthy and safe environment for children.
Explore community resources available to support children and families.
Apply the recommendations for children's nutrition to the development of healthy and economical meals and snacks based on the age and individual needs of children.
Plan developmentally appropriate, culturally responsive learning experiences and environments that support the topics of health, safety, and nutrition.

Prerequisites/corequisites/ recommended preparation

None

Educational Accessibility & Support

College of the Redwoods is committed to providing reasonable accommodations for qualified students who could benefit from additional educational support and services. You may qualify if you have a physical, mental, sensory, or intellectual condition which causes you to struggle academically, including but not limited to:

- Mental health conditions such as depression, anxiety, PTSD, bipolar disorder, and ADHD
- Common ailments such as arthritis, asthma, diabetes, autoimmune disorders, and diseases
- Temporary impairments such as a broken bone, recovery from significant surgery, or a pregnancy-related disability
- A learning disability (such as dyslexia, reading comprehension), intellectual disability, autism, or acquired brain injury
- Vision, hearing, or mobility challenges

Available services include extended test time, quiet testing environments, tutoring, counseling and advising, alternate formats of materials (such as audio books or E-texts), assistive technology, on-campus transportation, and more. If you believe you might benefit from disability- or health-related services and accommodations, please contact Student Accessibility Support Services (SASS). If you are unsure whether you qualify, please contact SASS for a consultation: sass@redwoods.edu.

SASS office locations and phone numbers

Eureka campus
- Phone: 707-476-4280
- Location: Student Services Building, first floor

Del Norte campus
- Phone: 707-465-2324
- Location: Main Building, next to the library

Klamath-Trinity campus
- Phone: 707-476-4280

Student Support Services

Good information and clear communication about your needs will help you be successful. Please let your instructor know about any specific challenges or technology limitations that might affect your participation in class. College of the Redwoods wants every student to be successful.

The following online resources are available to support your success as a student:

CR Online Learning Support

Tech support, laptop loans, guides to using Canvas, installing Office 365 for free, and more.

Library Articles & Databases

Find the best library databases for your research.

[Online Tutoring Resources](#)

Participate in tutoring over Zoom.

To learn more about the resources available to you, click on a title bar below, or click the down arrow to expand them all.

Klamath-Trinity students can contact the CR Klamath-Trinity Office for specific information about student support services at 530-625-4821.

Community College Student Health and Wellness

National Suicide Prevention Lifeline

If you are in distress or are with someone at risk right now, call or text the National Suicide Prevention Lifeline.

Call the National Suicide Prevention Lifeline
1-800-273-TALK (8255)

Text the National Suicide Prevention Lifeline
741-741

Timely Care

When you're not feeling well physically or distressed mentally, Timely Care can offer the help you're looking for in just a few quick taps. Students can schedule an appointment anytime via phone, video, and chat. [Log in or set up an account with Timely Care](#).

Mental Health Counseling

Students should text, email, or fax Shawna Bell directly for scheduling and/or services.

- Text: 707-496-2856
- Email: shawnabmft@gmail.com
- Fax and voicemail: 707-237-2318

Wellness Central

Resources, tools, and trainings regarding health, mental health, wellness, basic needs and more designed for California community college students, faculty and staff are available on the California Community Colleges [Wellness Central](#).

Counseling

[Counseling and Advising](#) can assist students in need of academic advising and professional counseling services. Call, email or stop by one of our offices to make an appointment!

Counseling and Advising office locations and contact info

Eureka campus
- Phone: 707-476-4150
- Location: Student Services Building, first floor
- Email: counseling@redwood.edu
- Hours: Monday through Friday, 9am to 4pm. Summer hours may vary

Del Norte campus
- Phone: 707-476-2300
- Location: Main Building, next to the library
- Hours: Summer hours may vary

Klamath-Trinity campus
- Phone: 530-625-4821
- Email: KT-staff@redwoods.edu
- Hours: Summer hours may vary

Basic Needs Center

The Basic Needs Center provides for the health and safety of students by providing access to healthy food, financial resources, and referrals to safe and secure housing. Submit a request for services and information.

Basic Needs Center contact info
- Phone: 707-476-4153
- Email: the-grove@redwoods.edu

Learning Resource Center

The Learning Resource Center includes the following resources for students:

Library Services

Library Services promotes information literacy and provides organized information resources.

Multicultural and Equity Center (MCE)

The Multicultural and Equity Center is a dynamic and inclusive place that supports all students in their academic and personal journeys at the college. We do this by creating community, home away from home, and a safe place for cultural expression, cross-cultural learning, access to college and dignity resources, and social justice work opportunities. The MEC is committed to retention and student success by offering activities related to leadership development, student connectedness and student equity. We are a student-centered program that fosters respect for all people.

Academic Support Center

The Academic Support Center offers tutoring and test proctoring for CR students.

Student Tech Help

Student Tech Help provides students with assistance around a variety of tech problems.

Extended Opportunity Programs and Services (EOPS)

Extended Opportunity Programs and Services (EOPS) provides services to eligible income disadvantaged students including: textbook awards, grants, career academic and personal counseling, transportation assistance, tutoring, laptop, calculator and textbook loans, priority registration, graduation cap and gown, workshops, and more!

TRiO Student Success Program

The TRiO Student Support Services Program provides eligible students with a variety of services including academic advising, career assessments, assistance with transfer, and peer mentoring. Students can apply for the program with the Eureka TRiO office or the Del Norte TRiO office.

Veterans Resource Center

The Veteran's Resource Center supports and facilitates academic success for Active Duty Military, Veterans and Dependents attending CR through relational advising, mentorship, transitional assistance, and coordination of military and Veteran-specific resources.

CalWORKS

California Work Opportunity & Responsibility to Kids (CalWORKs) provides supportive services to student parents with children under the age of 18, who are receiving cash assistance (TANF benefits), to become self-sufficient. Services include: transportation assistance, basic student supplies, tutoring, priority registration, laptop and calculator loans, career, academic, and personal counseling, and more!

Evaluation & Grading Policy

It is my belief that life happens, and we all may need to request additional time to complete assignments. Please let me know asap if you need to turn in an assignment late. If you turn the assignment in within two weeks past the due date, I will not dock any points. After two weeks, I will take of one point each day. I do want to stress that I am including various activities that require your full attendance of a class. If you arrive late or leave early, you may be deducted some classroom participation points.

List of assignments for the semester include:

1 Introduction-**10** points
1 Ask your instructor a question through email- **1** point
1 Practice Presentation- **15** Points
3 Research Essay's Outlines- **15** Points
3 Research Essays-**42** Points
3 Presentations-**60** Points

Community Resource Packet- **25** Points
16 Discussions- **64** Points
5 Terminology Quizzes-**20** Points
In Class Participation- **170** Points- 10 Points per class
1 Final Presentation-**148** Points
Total Points Possible-570

The following are my grading rubrics.

Community Resource Packet- **25 Points**

5 Articles	APA Reference	Topic Sentence	Argument/Stance	Usefulness
5Points	5 points	5 Points	5 Points	5 Points

Rubric-14 points- Assignments

Citing sources APA 7	Meets/yes 2	Little/Some 1	No/None 0
# sources	2	1	0
Length	2	1	0
Content	6	3	0
Formatting 12 font	1	NA	0
1 inch margins	1	NA	0

Terminology Quiz-5 words- 20 points

Clear/Exceeds	Sufficient	Developing	Needs Improvement	No answer/unclear
4 points	3 points	2 points	1 point	0 points

Discussions- 1 Paragraph- 4 points

Clear/Exceeds	Sufficient	Developing	Needs Improvement	No answer/unclear
4 points	3 points	2 points	1 point	0 points

Presentations- 20 Points

Presentations- Prompts

Clear/Exceeds	Sufficient	Developing	Needs Improvement	No answer/unclear
4 points	3 points	2 points	1 point	0 points

Presentation Times- 5 minute Minimum

Meets or Exceeds time minimum	Developing	Needs Improvement
5 or more minutes- **5 points**	3 minutes or less **3 points**	1 minute or less **1 Point**

Presentation Slides- 10 minimum

10 Pages	9 pages	8 pages	7 pages	6 pages	5 pages	4 pages	3 pages	2 pages	1 page
10 pages	9 pages	8 pages	7 pages	6 pages	5 pages	4 pages	3 pages	2 pages	1 page

Reference slide- Minimum of 1 reference

APA reference slide	No Reference Slide
Yes- 1 points	No 0- Points

Final Reflection and Presentations- 128 Points total

Personal Reflection Essay-**28 points**

Citing sources APA 7	Meets/yes 4	Little/Some 2	No/None 0
# sources	4	2	0
Length	4	2	0
Content	12	6	0
Formatting 12 font	2	NA	0
1 inch margins	2	NA	0

Final Presentation- Prompts (50 points)

Clear/Exceeds	Sufficient	Developing	Needs Improvement	No answer/unclear
50 points	45 points	30 points	15 point	0 points

Presentation Times- 5 minute Minimum- **(25 Points)**

Meets or Exceeds time minimum	Developing	Needs Improvement
5 or more minutes- **25 points**	3 minutes or less **15 points**	1 minute or less **5 Point**

Parent Handbook- 10 minimum **(20 Points)**

10 pages	9 pages	8 pages	7 pages	6 pages	5 pages	4 pages	3 pages	2 pages	1 page
20 point	18 points	16 points	17 points	12 points	10 points	8 points	6 points	4 points	2 point

Reference slide- Minimum of 3 reference-(**5 Points)**

APA reference slide	No Reference Slide
Yes- 5 points	No 0- Points

Fall 2024 Dates

Date	To Remember
August 23	Last day to register for classes (day before the first class meeting)
August 24	Classes begin
August 30	Last day to add a class
September 2	Labor Day Holiday (district wide closure)
September 6	Last Day to Drop & Receive a Refund
September 8	Last Day to Drop w/out a "W"
September 9	Census Date (20% of class)
October 31	Last Day to Petition to Graduate & Petition for Certificate
November 1	Last Day for Student/Faculty Withdrawal
November 11	Veteran's Day Holiday (District Wide Closure)
November 25-26	Fall Break (No Classes)
November 27-29	Thanksgiving Holiday (District Wide Closure)
December 14-20	Final Examinations
December 20	Last Day to File P/NP Option
December 20	Semester Ends
December 27	Grades Due
January 3	Grades Available for Transcript Release

Academic dishonesty

In the academic community, the high value placed on truth implies a corresponding intolerance of scholastic dishonesty. In cases involving academic dishonesty, determination of the grade and of the student's status in the course is left primarily to the discretion of the faculty member. In such cases, where the instructor determines that a student has demonstrated academic dishonesty, the student may receive a failing grade for the assignment and/or exam and may be reported to the Chief Student Services Officer or designee. The Student Code of Conduct (AP 5500) is available on the College of the Redwoods

website. Additional information about the rights and responsibilities of students, Board policies, and administrative procedures is located in the [2023-2024 College Catalog](#) and [CR Board and Administrative Policies](#).

AI Use Class Policy

Generative AI tools, such as ChatGPT and Google's Bard, are likely to be widely used in the workplace moving forward. It's important for you to understand how to use them ethically and effectively. For that reason, in this class, you will sometimes be invited to use such a tool in the completion of an assignment. In this class, using generative AI tools is not cheating if the outputs are screened by you for accuracy, bias, appropriateness, and fidelity to your perspective. For this reason, I will be assigning some AI assignments that will require you to research the validity of information.

Disruptive Behavior

Student behavior or speech that disrupts the instructional setting will not be tolerated. Disruptive conduct may include, but is not limited to: unwarranted interruptions; failure to adhere to instructor's directions; vulgar or obscene language; slurs or other forms of intimidation; and physically or verbally abusive behavior. In such cases where the instructor determines that a student has disrupted the educational process, a disruptive student may be temporarily removed from class. In addition, the student may be reported to the Chief Student Services Officer or designee. Additional information about the rights and responsibilities of students, Board policies, and administrative procedures is located in the [2023-2024 College Catalog](#) and [CR Board and Administrative Policies](#).

Inclusive Language in the Classroom

College of the Redwoods aspires to create a learning environment in which all people feel comfortable in contributing their perspectives to classroom discussions. It therefore encourages instructors and students to use language that is inclusive and respectful.

Canvas Information

- Log into Canvas at [My CR Portal](#)
- For help logging in to Canvas and general tech help, visit [Student Technical Support](#)
- Once you're logged in to Canvas, you click on the Help icon on the left menu
- Canvas online orientation workshop: [Canvas Student Orientation Course](#)

Setting Your Preferred Name and Pronouns in Canvas

Students have the ability to display personal pronouns and an alternate first name in Canvas. Students may change their pronouns on their own in Canvas (Account :: Settings :: Edit Settings). To request a change to your preferred list name, contact [Admissions & Records](#). Your Preferred Name will only be listed in Canvas; this does not change your legal name in our records. See the [Student Information Update Form (pdf)](#).

Emergency Procedures / Everbridge

College of the Redwoods has implemented an emergency alert system called Everbridge. In the event of an emergency on campus you will receive an alert through your personal email and/or phones. Registration is not necessary in order to receive emergency alerts. Check to make sure your contact information is up-to-date by logging into WebAdvisor and selecting 'Students' then 'Academic Profile' then 'Current Information Update.'

Please contact Public Safety at 707-476-4112 or security@redwoods.edu if you have any questions. For more information visit Redwoods Public Safety.

In an emergency that requires an evacuation of the building anywhere in the District:

- Be aware of all marked exits from your area and building
- Once outside, move to the nearest evacuation point outside your building
- Keep streets and walkways clear for emergency vehicles and personnel

Do not leave campus, unless it has been deemed safe by the campus authorities.

To learn more about campus-specific Emergency Procedures, click on a title bar below, or click the down arrow to expand them all.

Week 1 8/29	Introduction Canvas and AI, one drive, Practice Presentation with AI
Week 2 9/5	Interrelationships between health, safety, and nutrition for children birth through middle childhood Defining safety Defining nutrition Canvas and AI, One drive
Week 3 9/12	Emergency Medical Services Authority Local requirements Food programs Child abuse and neglect Mandated reporting
Week 4 9/19	Laws, codes, regulations, and Policies Fire and health codes Title 22 Title 5 Prevention strategies Community resources Safety management Safe environments Accommodations for special needs
Week 5 9/26	Injury prevention and care Emergency preparedness response and recovery Car seats Health management Universal precautions
Week 6 10/3	Daily health check Food safety Communicable diseases Infectious process Illness and exclusion policies Common health issues such as pink eye, lice, runny nose Chronic and acute illnesses such as allergies, mental health, obesity
Week 7 10/10	Sleeping and napping Diapering and toileting Health assessment tools Staff safety and well being Risk management Employee policies
Week 8 10/17	Physical health Mental health Teachers and caregivers roles Teachers as role models of best health, safety, and nutrition practices Collaboration with families and other professionals to promote health, safety, and nutrition
Week 9 10/24	Communication Families

	Other health professionals Community resources for children and families at risk Housing and food insecurity
Week 10 10/31	Foster care/child welfare Incarceration Trauma and abuse Medically fragile
Week 11 11/7	Meals and snacks Nutrition guidelines Diet analysis Mealtime policies and regulations Menu planning Budgeting Culture, traditions, and family choices Allergies and food sensitivities Special feeding needs Sanitary food handling
Week 12 11/14	Planning learning experiences in health, safety, and nutrition Developmentally sound practices
Week 13 11/21	Cultural, linguistic, and developmental differences of families, teachers, and children Learning opportunities integrated during daily routines Physical fitness
Week 14	Break 11/28
Week 15 12/5	Use of instructional technology Accommodations for children with special needs Mission Statements Philosophy
Week 16 12/12	Start of Final Presentations.
Week 17 12/19	1 Final Presentation - write a reflective essay on how you will Plan developmentally appropriate, culturally responsive learning experiences and environments that support the topics of health, safety, and nutrition. Develop a childcare program Parent Handbook

Del Norte Campus Emergency Procedures

Please review the Crescent City campus emergency map for campus evacuation sites, including the closest site to this classroom (posted by the exit of each room). For more information, visit Redwoods Public Safety.

Klamath-Trinity Campus Emergency Procedures

Please review the responsibilities of, and procedures used by, the College of the Redwoods, Klamath Trinity Instructional Site (KTIS) to communicate to faculty, staff, students and the general public during an emergency. It is the responsibility of College of the Redwoods, Klamath-Trinity Instructional Site (KTIS)

to protect life and property from the effects of emergency situations within its own jurisdiction.
In the event of an emergency, communication shall be the responsibility of the district employees on scene:

1. Dial 911, to notify local agency support such as law enforcement or fire services.
2. If safe to do so, notify key administrators, departments, and personnel.
3. If safe to do so, personnel shall relay threat information, warnings, to ensure the school community is notified.
4. Contact 530-625-4821 to notify of situation.
5. Contact Hoopa Tribal Education Administration office 530-625-4413
6. Notify Public Safety 707-476-4111.

In the event of an emergency, the responsible district employee on the scene will:

1. Follow established procedures for the specific emergency as outlined in the College of the Redwoods Emergency Procedure Booklet.
2. Lock all doors and turn off lights if in lockdown due to an active shooter or similar emergency.
3. Close all window curtains.
4. Get all inside to safe location Kitchen area is best internal location.
5. If a police officer or higher official arrives, they will assume command.
6. Wait until notice of all is clear before unlocking doors.
7. If safe to do so, move to the nearest evacuation point outside building (Pooky's Park), directly behind the Hoopa Tribal Education Building.
8. Do not leave site, unless it has been deemed safe by the person in command.