



ECE 6 Child Health, Safety, Nutrition - Syllabus - Spring 2025

College of the Redwoods



Course Information

Semester & Year: Spring 2025

Course ID & Section #: ECE-6-V8130

Instructor's name: Dr. Darius Kalvaitis

Day/Time of required meetings: none

Location: online

Number of proctored exams: none

Course units: 3



Instructor Contact Information

Office location: HU 108b

Office hours: by appointment, don't hesitate to get in touch with me to set up

Phone number: 707.476.4338

Email address: darius-kalvaitis@redwoods.edu





Catalog Description

Laws, regulations, standards, policies, procedures, and best practices related to health, safety, and nutrition in early childhood settings. Includes prevention strategies, nutrition, and meal planning for various ages and planning educational experiences integrated into daily routines designed to teach children positive health, safety, and nutrition habits.



Course Student Learning Outcomes

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



Prerequisites / Co-requisites / Recommended Preparation /Textbook

Textbook:

Textbook available for free for term from ECE Lending Library located at the Child Development Center. Call the CDC at 707.476.4337 to inquire about getting textbook from CDC Lending Library.

Nutrition, Health, and Safety for Young Children (2014)

Edition: 2nd

Author: Joanne Sorte


ISBN: ISBN: 0-13-286979-9 or ISBN: 0-13-339539-1 (e-book)




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, or bipolar disorder
- 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
- Neurodevelopmental disorders such as a learning disability, intellectual disability, autism, acquired brain injury, or ADHD
- Vision, hearing, or mobility conditions

Available services include extended test time, quiet testing environments, academic assistance and tutoring through the [LIGHT Center](https://www.redwoods.edu/services/sass/light.php) 

(<https://www.redwoods.edu/services/sass/light.php>), counseling and advising, alternate formats of course materials (e.g., audio books, braille, E-texts), assistive technology, learning disability assessments, approval for personal attendants, interpreters, priority registration, on-campus transportation, adaptive physical education and living skills courses, and more. If you believe you might benefit from disability- or health-related services and accommodations, please contact [Student Accessibility Support Services \(SASS\)](https://www.redwoods.edu/services/sass/index.php) 

(<https://www.redwoods.edu/services/sass/index.php>). If you are unsure whether you qualify, please contact Student Accessibility Support Services (SASS) for a consultation:

sass@redwoods.edu (<mailto:sass@redwoods.edu>).

Eureka: 707-476-4280, Student Services building, first floor SS113

Del Norte: 707-465-2353, main building, near the Library

Klamath-Trinity: 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** (<https://www.redwoods.edu/online>) (Comprehensive information for online students)
- **Library Articles & Databases** (<https://redwoods.libguides.com/az.php>)
- **Canvas help and tutorials**  (https://support.canvaslms.com/s/?c_role=student&c_accountId=001A000000KMmj5IAD) (<https://www.redwoods.edu/Portals/72/Documents/Students/CR-OnlineStudentHandbook.pdf>)
- **Online Tutoring Resources**  (<https://redwoods.libguides.com/Tutoring/Online>)

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 KT Office for specific information about student support services at 530-625-4821



Community College Student Health and Wellness

If you are in distress or are with someone at risk right now, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or TEXT 741-741

Timely Care

When you're feeling under the weather physically or distressed mentally, you can find the help you're looking for in just a few quick taps. Students can schedule an appointment anytime via phone, video, and chat. Visit **TimelyCARE**  (<https://www.timelycare.com/redwoods>).

Mental Health Counseling

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


Contact info

Text: 707-496-2856


Email: shawnabmft@gmail.com (<mailto:shawnabmft@gmail.com>)

Fax: 707-237-2318 (voicemail can be left via fax)

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](https://cvc.edu/wellness/)  (<https://cvc.edu/wellness/>).

Counseling

[Counseling & Advising](https://www.redwoods.edu/services/counseling/index.php)  (<https://www.redwoods.edu/services/counseling/index.php>) can assist students in need of academic advising and professional counseling services. Eureka Campus-Visit the Welcome Center in the lower level of the student services building Monday –Friday 9am – 4pm (during the semester, summer hours may vary).

Eureka Downtown Site- 525 D St Eureka Phone: 707-476-4500 Email: ace@redwoods.edu

Basic Needs Center

[The Basic Needs Center](https://www.redwoods.edu/services/bnc/index.php)  (<https://www.redwoods.edu/services/bnc/index.php>) provides for the health and safety of students by providing access to healthy food, financial resources, and referrals to safe and secure housing. Students can also [submit a request for services and information](https://cm.maxient.com/reportingform.php?Redwoods&layout_id=7)  (https://cm.maxient.com/reportingform.php?Redwoods&layout_id=7) online.



Contact info

Phone: 707-476-4153

Email: the-grove@redwoods.edu

Learning Resource Center

Learning Resource Center includes the following resources for students:

- [Library Services](https://www.redwoods.edu/library) (<https://www.redwoods.edu/library>) to promote information literacy and provide organized information resources.
- [Multicultural & Equity Center](https://www.redwoods.edu/services/mec/index.php).  (<https://www.redwoods.edu/services/mec/index.php>)
- [Academic Support Center](https://www.redwoods.edu/services/asc/index.php).  (<https://www.redwoods.edu/services/asc/index.php>) – offers tutoring and test proctoring for CR students.

- **Student Tech Help.** [↗\(https://www.redwoods.edu/support.php\)](https://www.redwoods.edu/support.php) – provides students with assistance around a variety of tech problems.

Extended Opportunity Programs & Services (EOPS) ▲

Extended Opportunity Programs & Services (EOPS) [↗](https://www.redwoods.edu/services/eops/index.php)

[↗\(https://www.redwoods.edu/services/eops/index.php\)](https://www.redwoods.edu/services/eops/index.php) 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 Success Program provides eligible students with a variety of services including trips to 4-year universities, career assessments, and peer mentoring. Students can apply for the program in **Eureka.** [↗\(https://www.redwoods.edu/services/trio.php\)](https://www.redwoods.edu/services/trio.php) or in **Del Norte.** [↗\(https://www.redwoods.edu/services/trio.php\)](https://www.redwoods.edu/services/trio.php)

Veterans Resource Center ▲

The **Veteran's Resource Center.** [↗\(https://www.redwoods.edu/services/vrc.php\)](https://www.redwoods.edu/services/vrc.php) 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 ▲

CalWORKs [↗\(https://www.redwoods.edu/services/calworks/index.php\)](https://www.redwoods.edu/services/calworks/index.php) – 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!



Other Verbiage you can include if you want:



Evaluation & Grading Policy

Your final grade will be based on the total points you have earned throughout the semester. After each assignment is graded your point value will be posted into the Canvas grade book. You will be able to keep track of your total points throughout the semester at the course Canvas site. Grading rubrics are available for each weekly forum. (For more refer to the Canvas help menu.)

Points can only be earned by completing the above assignments by the deadline. There will be no extra credit available.

A grade of "C" is considered "satisfactory, a "B" is good and an "A" is excellent.

My grading criteria is based on the belief that meeting the basic assignment criteria is satisfactory so a "C". To earn a grade higher a student must reach beyond the basics and do more than the basic assignment criteria.

An excellent student demonstrates initiative. The difference between doing what is spelled out in the assignment and thinking about how to deepen the assignment what demonstrates excellence. By taking it to the next level you are demonstrating your advanced leaning and commitment to excelling.

Assignments are due by 11:59 P.M. on the due date given. Late assignments are accepted for up to two weeks after the due date (except assignments due within two weeks of the end of the semester) but will be graded down a full letter grade for each week or portion of a week. After two weeks' assignments, will not be accepted.

Course Grade*

94 to 100 = A

90 to 93.99 = A-

86 to 89.99 = B+

83 to 85.99 = B

80 to 82.99 = B-



76 to 79.99 = C+

70 to 75.99 = C

60 to 69.99 = D*

0 to 59.99 = F

*Please remember that Community Care Licensing and the Commission on Teacher Credentialing only accept grades of “C” or better. Although a “D” grade is considered passing, it will not meet the requirements to be a fully qualified Title 22 program director or to earn a child development permit.

Students may be dropped from the course at the faculty’s discretion if you have failed to log into the course and submit assignments or post into the discussion forums for over two weeks or if the points attained indicate that you are failing the class. Please reach out to me if you have a situation where you are not able to participate on a regular basis due to a documentable reason and I will work with you to find a solution.

Assignment	Points	Description	Details	SLO
Weekly Discussions (15)	15x3=45%	Post each (and every) week and Reply to at least 2 students each week	<p>Post your response to the prompt.</p> <p>Weekly postings are a minimum of 250 to 350 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 (text, articles, lectures). You must</p>	<p>SLO #1:</p> <p>Describe strategies used to promote health, safety, and nutrition of children and adults in early childhood settings.</p>

			<p>cite from the readings (not just the lecture) in your initial weekly post. You will provide page numbers and author's name in your citations.) You must also relate the readings to your personal life and work experiences.</p> <p>Reply to at least 2 other students</p> <p>Responses are a minimum of 100 words and must thoughtfully discuss the ideas presented in the post to which you are responding.</p>	
Quizzes (5)	5x4=25%	Multiple choice Quizzes covering class material and readings.	<p>The 1st Quiz is about Canvas and the Syllabus. Quiz # 2-5 are from the readings and class content. Take anytime during the week the Quiz is open.</p>	

Evaluating Environments (1)	1x10=10%	Paper or Project	Evaluating and comparing environments as they impact children's health and safety.	SLO #2 Evaluate environments for both positive and negative impacts on children's health and safety.
Projects (2)	2x5=10%	Create an infographic of your choice that has to do with Nutrition, Health, Safety for Young Children.	This infographic should be a poster like an item that "visually" shows information for parents, children, or caregivers about a specific topic. You can create one of these digitally using a computer (MS Word, PowerPoint), smartphone or tablet or you can create one on paper with a traditional medium such as markers, pictures, glue etc. If you choose to do the digital version, please save it as a PDF file and upload that for the assignment. If you choose to do the paper copy you can simply take a photo of it once it is complete and upload that photo.	



Final Essay (1)	10%	Final Written Essay	This final paper is your opportunity to summarize the learning in the class in a written format and explain how children are kept safe and healthy in Early Childhood Educations programs and day care settings.	SLO #3: Identify regulations, standards, policies, and procedures related to health, safety, and nutrition in early childhood settings.
Total	100%			



Fake Student Policy

Fraudulent enrollments are on the rise. To ensure that real students can get seats in the class, no shows will be dropped in the middle of the first week of classes. Also, if you are suspected of being a bot, you will be dropped from the class. If you have been dropped but are a real student, please contact your instructor right away to be reinstated in the class.



Spring 2025 Dates




Date	To Remember
January 17	Last day to register for classes (day before the first class meeting)
January 18	Classes begin
January 20	Martin Luther King's Birthday (All Campuses Closed)
January 24	Last day to add a class
January 31	Last Day to Drop & Receive a Refund
February 2	Last Day to Drop w/out a "W"

Date	To Remember
February 3	Census Date (20% of class)
February 14	Lincoln's Birthday (All Campuses Closed)
February 17	President's Day (All Campuses Closed)
March 6	Last Day to Petition to Graduate & Petition for Certificate
March 17-22	Spring Break (No Classes)
March 28	Last Day for Student/Faculty Withdrawal
March 31	Cesar Chavez Day (District Wide Closure)
May 10-16	Final Examinations
May 16	Last Day to File P/NP Option
May 16	Semester Ends
May 23	Grades Due
May 30	Grades Available for Transcript Release (approximate)

Important Spring 2025 Academic Dates



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](https://go.boarddocs.com/ca/redwoods/Board.nsf/goto?open&id=C9RVCG801790) ) 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 [College Catalog](https://www.redwoods.edu/academics/catalog.php) ) and on the [College of the Redwoods website](https://www.redwoods.edu/) .






AI Use Class Policy



Recent advancements in generative artificial intelligence (AI) have made large language models such as ChatGPT and Google's Bard widely available. Sometimes, using these tools appropriately can help us overcome barriers and allow us to focus on deeper learning. However, overuse of these tools can undermine the development of our critical and creative thinking skills. In addition, AI outputs are often unreliable and frequently subject to bias. For these reasons, it is sometimes appropriate and sometimes inappropriate to use generative AI in the completion of assignments or in discussion posts. **In this class, you must indicate if you used AI to generate content you submitted in an assignment.** (Example- "AI used to write this...") Also, please remember that **you** are responsible for anything you submit; please carefully review all AI-generated outputs, screening them for accuracy, bias, appropriateness, and fidelity to your perspective.



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. The Student Code of Conduct ([AP 5500](#) ) (<https://go.boarddocs.com/ca/redwoods/Board.nsf/Public?open&id=policies>) 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 [College Catalog](#) ) (<https://www.redwoods.edu/academics/catalog.php>) and on the [College of the Redwoods website](#) ) (<https://www.redwoods.edu/>).



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.





DEIA+A Commitment Statement




Canvas

Canvas Information - This class is fully online



Log into Canvas at [My CR Portal](https://myapps.microsoft.com/Redwoods.edu/)  [\(https://myapps.microsoft.com/Redwoods.edu/\)](https://myapps.microsoft.com/Redwoods.edu/).

 [\(https://myapps.microsoft.com/Redwoods.edu/\)](https://myapps.microsoft.com/Redwoods.edu/) For help with Canvas visit the [Canvas Help Page](https://support.canvaslms.com/s/?c_role=student&c_accountId=001A000000KMmj5IAD)  [c_role=student&c_accountId=001A000000KMmj5IAD\)](https://support.canvaslms.com/s/?c_role=student&c_accountId=001A000000KMmj5IAD).

If you cannot log into Canvas or access the CR Portal please submit a [help ticket](https://help.redwoods.edu/support/home)  [\(https://help.redwoods.edu/support/home\)](https://help.redwoods.edu/support/home).

Canvas online orientation workshop: [Canvas Student Orientation Course \(instructure.com\)](https://redwoods.instructure.com/courses/6781) [\(https://redwoods.instructure.com/courses/6781\)](https://redwoods.instructure.com/courses/6781).


Setting Your Preferred Name in Canvas


Students have the ability to have an alternate first name and pronouns to appear in Canvas. Contact [Admissions & Records](https://www.redwoods.edu/services/admissions/index.php)  [\(https://www.redwoods.edu/services/admissions/index.php\)](https://www.redwoods.edu/services/admissions/index.php) to request a change to your preferred first name and pronoun. 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](https://archive.redwoods.edu/Portals/28/A.R.Forms.Docs/Miscellaneous/Student%20Information%20Updateb9bc.pdf?ver=2022-03-30-165900-813)  [\(https://archive.redwoods.edu/Portals/28/A.R.Forms.Docs/Miscellaneous/Student%20Information%20Updateb9bc.pdf?ver=2022-03-30-165900-813\)](https://archive.redwoods.edu/Portals/28/A.R.Forms.Docs/Miscellaneous/Student%20Information%20Updateb9bc.pdf?ver=2022-03-30-165900-813).



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](https://webadvisor.redwoods.edu)  (<https://webadvisor.redwoods.edu>) and selecting 'Students' then 'Academic Profile' then 'Current Information Update.'

Please contact Public Safety at 707-476-4112 or security@redwoods.edu (<mailto:security@redwoods.edu>) if you have any questions. For more information see the [Redwoods Public Safety Page](https://www.redwoods.edu/publicsafety)  (<https://www.redwoods.edu/publicsafety>).

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.



Del Norte Campus Emergency Procedures

Please review the [Crescent City campus emergency map](https://archive.redwoods.edu/Portals/70/pdfs/DN%20CampusMap_010819-2.pdf)  (https://archive.redwoods.edu/Portals/70/pdfs/DN%20CampusMap_010819-2.pdf) for campus evacuation sites, including the closest site to this classroom (posted by the exit of each room). For more information, see the [Redwoods Campus Safety Page](https://www.redwoods.edu/about/security/index.php)  (<https://www.redwoods.edu/about/security/index.php>).

Eureka Campus Emergency Procedures

Please review the [campus emergency map](https://www.redwoods.edu/locations/EurekaEmergencyMap_S24.pdf)  (https://www.redwoods.edu/locations/EurekaEmergencyMap_S24.pdf) for evacuation sites, including the closest site to this classroom (posted by the exit of each room). For more information on Public Safety go to the [CR Police Department Public Safety](https://www.redwoods.edu/about/security/index.php)  (<https://www.redwoods.edu/about/security/index.php>). It is the responsibility of College of the

Redwoods to protect life and property from the effects of emergencies within its own jurisdiction.

In the event of an emergency:

1. Evaluate the impact the emergency has on your activity/operation and take appropriate action
2. Dial 911, to notify local agency support such as law enforcement or fire services.
3. Notify Public Safety 707-476-4111 and inform them of the situation, with as much relevant information as possible.
4. Public Safety shall relay threat information, warnings, and alerts through the Everbridge emergency alert system, Public address system, and when possible, updates on the college website, to ensure the school community is notified.
5. Follow established procedures for the specific emergency as outlined in the College of the Redwoods Emergency Procedure Booklet, (evacuation to a safe zone, shelter in place, lockdown, assist others if possible, cooperate with First Responders, etc.).
6. If safe to do so, notify key administrators, departments, and personnel.
7. Do not leave campus, unless it is necessary to preserve life and / or has been deemed safe by the person in command.

Klamath-Trinity Campus Emergency Procedures



Please review the responsibilities of, and procedures used by, the College of the Redwoods, KlamathTrinity 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 even 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. Student Support Services (required for online classes)