



Course Syllabus: Health, Safety, and Nutrition in Early Care and Preschool Programs

Gordon T. & Ellen West College of Education
and Professional Studies
ECED 4433 X20
Spring 2025

Contact Information

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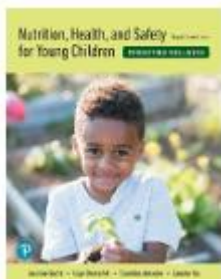
E-mail: april.crutcher@msutexas.edu

Instructor Response Policy

The best way to contact me is via email. I will check my email daily between the hours of 8 am and 5 pm Monday – Friday. Every effort will be made to respond within 24 hours; however, this does not apply to weekends or holidays. I will be available during the office hours listed above or we can set up another time to meet either in person or virtually.

Textbook & Instructional Materials

Sorte, J., Daeschel, I., Amador, C., and Au, L. (2021). Nutrition, health, and safety for young children: Promoting wellness. (4th ed.). Pearson, Inc.



Course Description

This course provides a comprehensive overview of health, safety, and nutrition practices and policies in early care and preschool programs.

Course Objectives/Learning Outcomes/Course Competencies

1. Identify and demonstrate understanding of safe and healthful environments that provide appropriate and well-maintained indoor and outdoor physical environments, including facilities, equipment, and materials to facilitate child and staff learning and development (NAEYC 1, 2, 5, 6).
2. Identify, explain, and demonstrate issues related to maintaining healthful environments that support the health of children and staff (NAEYC 1, 2, 5, 6).
3. Identify, explain, and demonstrate an understanding of program development that promotes nutrition and health of children and protects children and staff from illnesses (NAEYC 1, 2, 5, 6).
4. Identify, explain, and demonstrate an understanding of best practices for promoting health of children and staff including plans and policies for immunizations, communicable diseases, CPR, first-aid training, as well as standards for diapering, handwashing, proper positioning for sleeping infants/toddlers, feeding, water play, dispensing medication, and using health professionals (NAEYC 1, 2, 5, 6).
5. Identify, explain, and demonstrate an understanding of children's nutrition including food- serving practices, menus, health requirements, refrigeration requirements, and food allergies (NAEYC 1, 2, 5, 6).
6. Explain, identify, and demonstrate understanding of Texas state law and licensing regulations related to preschool and early care settings including food-handling, child-staff ratios, CPR, first-aid and safety.

Study Hours and Tutoring Assistance

I am available to meet by appointment. Email me with any questions you have or to set up a time to meet in person or virtually. Responses/answers will be provided via email, or a time can be set up for a phone call or appointment.

Methods of Instruction

This course will be presented in a manner that will allow you to learn independently, through interaction with instructor via discussions, discussion board, email, and postings. While you may work somewhat at your own pace, I have found that most students appreciate the structure of due dates. Please adhere to the due dates and adjust your study schedule accordingly. Internet courses are a convenient and effective method of learning; however, they require as much work and attention as traditional instruction. Please adhere to the following guidelines/suggestions to ensure success this semester: 1. Do not think you can do this course in your spare time. Plan, plan, and plan some more. Schedule time each week to dedicate to this course. 2. Please adhere to all deadlines and due dates. You may complete and submit assignments early but do not turn them in late. 3. Please read and re-read assignments. Get clarification as soon as possible (do not wait until the night before the assignment is due). Email me with any questions you have.

Student Handbook

Refer to: [Student Handbook](#)

Academic Misconduct Policy & Procedures

Academic Dishonesty: Cheating, collusion, and plagiarism (the act of using source material of other persons, either published or unpublished, without following the accepted techniques of crediting, or the submission for credit of work not the individual's to whom credit is given). Additional guidelines on procedures in these matters may be found in the Office of Student Conduct.

[Office of Student Conduct](#)

Grading/Assessment

Table 1: Points allocated to each assignment

Assignment	Points
Weekly Learning Experiences (WLEs) (50 points each week unless noted) Discussion Boards Journal Entries Small Group Learning Experiences Video Products Reflective Essays	400
Window Notes (50 points each; 4)	200
Content Quizzes (50 points each; 8)	400
Creative Product - Infomercial	250
Total Points	1250
Extra Mile Effort Points (Additional)	100

Table 2: Total points for final grade.

Grade	Points
A	1125-1250
B	100-1124
C	875-999
D	750-874
F	749 and below

Weekly Learning Experiences

Weekly learning experiences (WLEs) will provide opportunities for students to interact demonstrating the depth of learning required for understanding the concepts found in this course. The learning experiences will include, but will not be limited to discussion boards, videos, individual or group products, and reflective essays. The WLEs will be due on Sunday evenings by 11:59 PM unless noted differently in the assignment due date schedule.

Window Notes

A Window Note is a tool you may use to reflect on and dig deeper into the readings associated with each textbook chapter we will explore during this course. The tool is a research-based strategy and will help you to walk away with a clear, conceptual, and applied meaning in a real-world context. During this course you will complete a Window Notes template for 4 textbook chapters you find most interesting. Your efforts are assessed by a rubric. The template is found in the D2L Important Course Materials-Note Taking section. The window notes will be due on Sunday evenings by 11:59 PM unless noted differently in the assignment due date schedule.

Quizzes

Content quizzes will be given through D2L. The quizzes will be aligned to important content from specified chapters or explored concepts and ideas. The quizzes will open at the beginning of the course and are due the Sunday by 11:59 PM of the assigned week. This means each student has the assigned week to complete the 50-point quiz. Each quiz will consist of multiple-choice items and be timed based on the number of items. You will have 2 opportunities to successfully complete each quiz demonstrating your understanding of key concepts and ideas.

Creative Assignment – Infomercial Promoting Wellness for Young Children
The infomercial creative product will demonstrate the students' understanding of the health, safety, and nutrition practices and policies in early care and preschool programs. Students may work individually or in pairs producing the infomercial. Delivery of the infomercial will include both written and video components outlining important health, safety, and nutrition practices and policies supporting their program/school/classroom/facility. The infomercial will be due at the end of the semester and uploaded through D2L

Extra Mile Effort Points

Each week throughout the course the professor will offer assignments for students to earn extra mile effort points. These assignments will be offered at the professor's discretion and are not required to be completed by the student. The assignments will vary on point total while the total for all will not exceed 100 points. The students will submit responses through D2L, Google, or other formats based upon the intent of the assignment. When these assignments are offered, each will be due by Sunday of that the corresponding week at 11:59 PM unless additional time is needed to complete the effort.

Mid-Term Exam

There will not be a mid-term exam for this course.

Final Exam

There will not be a final exam for this course.

Extra Credit

Extra credit assignments will not be provided in this course.

Late Work

Late work will generally not be accepted. At times extenuating events occur and require grace to be extended by the professor regarding a specific due date or time. The determination on whether to accept late work will be determined by the professor. If a late work pattern emerges then the student and professor will meet via Zoom to discuss ramifications of not completing work in a timely manner. Ramifications may include reduction in assignment scores and/or course grades.

Make Up Work/Tests

Weekly course learning assignments will generally not be made up. At times extenuating events occur and require grace to be extended by the professor regarding a specific due date or time. The determination on whether to allow work and/or tests to be made up will be determined by the professor. If a pattern or poor performance emerges, the student and professor will meet via Zoom to discuss ramifications of not completing assignments and/or tests. Ramifications may include reduction of assignment scores and/or course grades or any efforts on learning assignments or test efforts receiving 0 points.

AI / Chat GPT

Since writing, analytical, and critical thinking skills are part of the learning outcomes of this course, all writing assignments should be prepared by the student. Developing strong competencies in this area will prepare you for a competitive workplace. Therefore, AI-generated submissions are not permitted and will be treated as plagiarism.

You may type a question into ChatGPT, however, you may not exactly copy and paste its response, and turn it in as your own. If you use ChatGPT, you must disclose this somewhere in your assignment. If you use ChatGPT or any AI, please use it in ways that are ethical, accurate, and useful.

Attendance/Participation

Students are required to complete assignments within the timeframes established for each assignment. Attendance for this online course is determined by logins to D2L and timely completion of assignments.

Regular online participation is required. Please attend to discussions in a timely manner. Dialogue opportunities are part of this class; timely participation will be considered part of the grade.

Important Dates

Last day for term schedule changes: February 3rd

Deadline to file for graduation: February 17th

Last Day to drop with a grade of "W:" April 30th at 4:00 PM

Refer to: [Drops, Withdrawals & Void](#)

Desire-to-Learn (D2L)

Extensive use of the MSU D2L program is a part of this course. Each student is expected to be familiar with this program as it provides a primary source of communication regarding assignments, examination materials, and general course information. You can log into [D2L](#) through the MSU Homepage. If you experience difficulties, please contact the technicians listed for the program or contact your instructor.

Online Computer Requirements

Taking an online class requires you to have access to a computer (with Internet access) to complete and upload your assignments. It is your responsibility to have (or have access to) a working computer in this class. ***Assignments and tests are due by the due date, and personal computer technical difficulties will not be considered reason for the instructor to allow students extra time to submit assignments, tests, or discussion postings.*** Computers are available on campus in various areas of the buildings as well as the Academic Success Center. **Your computer being down is not an excuse for missing a deadline!!** There are many places to access your class! Our online classes can be accessed from any computer in the world that is connected to the internet. Contact your instructor immediately upon having computer trouble. If you have technical difficulties in the course, there is also a student helpdesk available to you. The college cannot work directly on student computers due to both liability and resource limitations however they are able to help you get connected to our online services. For help, log into [D2L](#).

Inclement Weather

In the case of campus closure due to inclement weather, this course will continue as scheduled.

Change of Schedule

A student dropping a course (but not withdrawing from the University) within the first 12 class days of a regular semester or the first four class days of a summer semester is eligible for a 100% refund of applicable tuition and fees. Dates are published in the [Schedule of Classes](#) each semester.

Refund and Repayment Policy

A student who withdraws or is administratively withdrawn from Midwestern State University (MSU) may be eligible to receive a refund for all or a portion of the tuition, fees and room/board charges that were paid to MSU for the semester. HOWEVER, if the student received financial aid (federal/state/institutional grants, loans and/or scholarships), all or a portion of the refund may be returned to the financial aid programs. As described below, two formulas (federal and state) exists in determining the amount of the refund. (Examples of each refund calculation will be made available upon request).

Services for Students with Disabilities

In accordance with Section 504 of the Federal Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990, Midwestern State University endeavors to make reasonable accommodations to ensure equal opportunity for qualified persons with disabilities to participate in all educational, social, and recreational programs and activities. After notification of acceptance, students requiring accommodations should make application for such assistance through Disability Support Services, located in the Clark Student Center, Room 168, (940) 397-4140. Current documentation of a disability will be required in order to provide appropriate services, and each request will be individually reviewed. For more details, please go to [Disability Support Services](#).

College Policies

Campus Carry Rules/Policies

Refer to: [Campus Carry Rules and Policies](#)

Smoking/Tobacco Policy

College policy strictly prohibits the use of tobacco products in any building owned or operated by MSU TEXAS. Adult students may smoke only in the outside designated-smoking areas at each location.

Alcohol and Drug Policy

To comply with the Drug Free Schools and Communities Act of 1989 and subsequent amendments, students and employees of Midwestern State are informed that strictly enforced policies are in place which prohibits the unlawful possession, use or distribution of any illicit drugs, including alcohol, on university property or as part of any university-sponsored activity. Students and employees are also subject to all applicable legal sanctions under local, state and federal law for any offenses involving illicit drugs on University property or at University-sponsored activities.

Campus Carry

Effective August 1, 2016, the Campus Carry law (Senate Bill 11) allows those licensed individuals to carry a concealed handgun in buildings on public university campuses, except in locations the University establishes has prohibited. The new Constitutional Carry law does not change this process. Concealed carry still requires a License to Carry permit, and openly carrying handguns is not allowed on college campuses. For more information, visit [Campus Carry](#).

Active Shooter

The safety and security of our campus is the responsibility of everyone in our community. Each of us has an obligation to be prepared to appropriately respond to threats to our campus, such as an active aggressor. Please review the information provided by MSU Police Department regarding the options and strategies we can all use to stay safe during difficult situations. For more information, visit [Safety / Emergency Procedures](#). Students are encouraged to

watch the video entitled "Run. Hide. Fight." which may be electronically accessed via the University police department's webpage: ["Run. Hide. Fight."](#)

Obligation to Report Sex Discrimination under State and Federal Law

Midwestern State University is committed to providing and strengthening an educational, working, and living environment where students, faculty, staff, and visitors are free from sex discrimination of any kind. State and federal law require University employees to report sex discrimination and sexual misconduct to the University's Office of Title IX. As a faculty member, I am required to report to the Title IX Coordinator any allegations, personally observed behavior, or other direct or indirect knowledge of conduct that reasonably may constitute sex discrimination or sexual misconduct, which includes sexual assault, sexual harassment, dating violence, or stalking, involving a student or employee. After a report is made, the office of Title IX will reach out to the affected student or employee in an effort to connect such person(s) with resources and options in addressing the allegations made in the report. You are also encouraged to report any incidents to the office of Title IX. You may do so by contacting:

Laura Hetrick
Title IX Coordinator
Sunwatcher Village Clubhouse
940-397-4213

laura.hetrick@msutexas.edu

You may also file an online report 24/7 at [Online Reporting Form](#)

Should you wish to visit with someone about your experience in confidence, you may contact the MSU Counseling Center at 940-397-4618. For more information on the University's policy on Title IX or sexual misconduct, please visit [Title IX Website](#)

Grade Appeal Process

Students who wish to appeal a grade should consult the Midwestern State University [MSU Catalog](#)

Notice

Changes in the course syllabus, procedure, assignments, and schedule may be made at the discretion of the instructor.

Course Schedule:

Week	Topics for the Week	Weekly Activities - Due on Sunday at Midnight
Week 1 – March 24 - 30	Welcome to class!	WLE 1 Student Information Google Form Discussion
Week 2 – March 31 – April 6	Chapter 1: Your Role in Children’s Wellness Chapter 2: The Foundations of Optimal Nutrition	WLE 2 Chapter 1 Window Notes Chapter 1 Quiz Chapter 1 Discussion Chapter 2 Window Notes Chapter 2 Quiz (choose Window Notes for Ch. 1 OR Ch. 2
Week 3 – April 7 - 13	Chapter 12: Children’s Mental Health	WLE 3 Chapter 12 Window Notes Chapter 12 Quiz Chapter 12 Discussion
Week 4 – April 14 -20	Chapter 13: Creating Safe Environments for Young Children	WLE 4 Chapter 13 Window Notes Chapter 13 Quiz
Week 5 – April 21 -27	Chapter 11: Teaching Children with Special Health Care Needs	WLE 5 Chapter 11 Window Notes Chapter 11 Quiz Chapter 11 Discussion
Week 6 – April 28 – May 4	Chapter 8: Creating a Climate of Health and Wellness	WLE 6 Chapter 8 Window Notes Chapter 8 Quiz Chapter 8 Discussion
Week 7 – May 5 - 11	Chapter 15: Child Maltreatment	WLE 7 Chapter 15 Window Notes Chapter 15 Quiz Chapter 15 Discussion Infomercial: Young Child’s Health and Wellness
Week 8 – May 12 – 14 (Short Week)	Chapter 16: Managing Emergencies	WLE 8 Chapter 16 Window Notes Chapter 16 Quiz

