



ECED 4433 Health, Safety, and Nutrition in Early Care and Preschool Programs
West College of Education
Syllabus Spring 2024

Contact Information

Instructor: Dr. Jeff Blacklock, Emeritus Associate Professor, MSU Texas

Virtual Office Hours: By Appointment; D2L Discussion Board – Questions; D2L Virtual Classroom

This will ensure that you have a specific time to meet with me through Zoom or phone conference.

E-mail: phillip.blacklock@msutexas.edu

Cell Phone: 940-867-0310

Instructor Response Policy

I check my email consistently during the days, Monday-Friday, however, usually will not check after 10:00 PM. I will check and respond to emails 2 times during the day on Saturdays. Sundays, I will check my email once and usually will not respond after 6:00 PM.

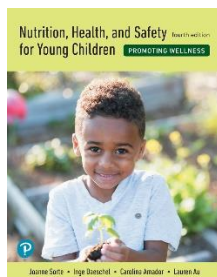
Please use my phillip.blacklock@msutexas.edu email as this is the email I check consistently. My goal is to respond to your questions within the same day, however, please allow for a 24–48-hour response time. Also, if you would like me to contact you by phone, please include your phone number and the best time(s) to call.

Text/call if there is an emergency. If I do not recognize the number, I may not answer. Include your name and course information with your text.

We will connect with each other through the following on-line tools:

MSU D2L, Flip, Google, Zoom, Other Third-Party Software

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.

See list of standards in D2L

Student Handbook

Refer to: Student Handbook, Link: [2023-2024](#)

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 individuals 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

All written work must follow APA guidelines as specified in the 7th edition of the Publication Manual of the American Psychological Association (2020). All assignments will be submitted via D2L, Flipgrid, Google or other third-party software most appropriate for demonstrating your understanding of learning objectives. Some assignments may also require other interaction on the Internet.

Table 1:
Allocated Points to each Assignment

Assignments	Points
Weekly Learning Experiences (WLEs) (50 points each week unless noted differently) Discussion boards Journal Entries Small group learning experiences Video products Reflective essays	400
Window Notes (4 required during the course; 50 points each)	200
Content Quizzes (50 points each quiz; 8 quizzes)	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	1000-1124
C	875-999
D	750-874
F	Less than or equal to 749

Weekly Learning Experiences

Weekly learning experiences (WLEs) will provide opportunities for students to interact demonstrating a 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 Monday 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 or section within a chapter 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 Monday 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 Product – 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

Periodically 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 Monday of that the corresponding week at 11:59 PM unless additional time is needed to complete the effort.

Final Exam

This course has no final exam...sigh of relief!

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 Assignments

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.

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

Classes Begin: March 9, 2024

Classes End: May 11, 2024

Last Day to drop with a grade of "W": April 24, 2024

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

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 which 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](#).

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.

Helpful Hints for Using D2L at MSU

- Do not use Internet Explorer. Firefox, Chrome, or Safari work best. Most issues are browser related.
- If you encounter technical issues, submit an Online Problem Report (OPR) to [Online Problem Reporting System](#). Please fill out the form correctly and completely. This form is not for asking course related questions, only reporting technical issues. You may also email Distance Learning at d2lhelp@msutexas.edu.
- OPRs are answered until 10pm, seven days a week. After 10pm, it will be answered the next morning.
- If you have an exam due late at night, we recommend you take it early the first time. That way there will be someone available to assist.
- Do not take quizzes/exams on your phone. Use a computer. Occasionally phone exams do not submit.
- Remember technology is like Murphy's Law. If it can go wrong, it probably will. So be prepared.

The Distance Education Staff are here to help make sure you have a successful semester.

Additional Instructor Class Policies

- "Turning in" all assignments is not enough to insure an "A" in the course. Quality of work turned in on time is the most important criterion for receiving an "A."

- Correct grammar, punctuation, and spelling are expected on all written assignments (although web discussions are not held to the high standard of a research project or other written assignment). APA style should be followed.
- Written assignments should be done in Microsoft Word and turned in as an attachment on D2L or other platform described by the assignment. Email submission will generally not be accepted.
- Discussions should be completed within the D2L discussion space and not uploaded as an attachment unless the discussion requires a visual or video. Proper netiquette which is described in the course content will be honored on all discussions.
- Due dates should be honored to receive the highest score.
- When referring to the ideas of others, works should be cited using the APA format.

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) exist 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](#).

Additional University 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 WATC. 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.

Grade Appeal Process

Update as needed. 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.

Brief Course Schedule

Week	Activities/Assignments/Exams	Due Date
Course Week 1 March 9-24	<p>WLE 1</p> <ul style="list-style-type: none"> ➤ Review Syllabus ➤ Purchase Textbook ✓ Introductions – Flip Video ✓ Student Information Form ✓ Discussion Board Topic – Exploring the Internet 	<p>WLE 1</p> <p>Due by March 24, 11:59 PM</p> <ul style="list-style-type: none"> • Flip Video • Student Information Form • Discussion Board – Explore Internet
Course Week 2 March 25-31	<p>WLE 2</p> <ul style="list-style-type: none"> ➤ Read Chapter 1 – Your Role in Children’s Wellness ➤ Read Chapter 2 – The Foundations of Optimal Nutrition ✓ WLE 2, Quiz – Chapter 1 ✓ WLE 2, Quiz – Chapter 2 ✓ WLE 2, Discussion Board Topic – Your Role in Children’s Wellness ✓ <i>WLE 2, Choice Window Notes – Chapter 1 or 2</i> ✓ <i>Choice EME Points – Chapter 3</i> 	<p>WLE 2</p> <p>Due by March 31, 11:59 PM, D2L</p> <ul style="list-style-type: none"> • WLE 2, Quiz – Chapter 1 • WLE 2, Quiz – Chapter 2 • WLE 2, Discussion Board – Your Role in Children’s Wellness <p>Due by April 14, 11:59 PM, D2L</p> <ul style="list-style-type: none"> • <i>WLE 2, Choice Window Notes – Chapter 1, or 2</i> <p>Due by May 10, 11:59 PM, D2L</p> <ul style="list-style-type: none"> • <i>Choice EME Points – Chapter 3</i>
Course Week 3 April 1-7	<p>WLE 3</p> <ul style="list-style-type: none"> ➤ Read Chapter 12 – Children’s Mental Health ✓ WLE 3, Quiz – Chapter 12 ✓ WLE 3, Discussion Board Topic – Children’s Mental Health 	<p>WLE 3</p> <p>Due by 4/7, 11:59 PM, D2L</p> <ul style="list-style-type: none"> • WLE 3, Quiz – Chapter 12

	<ul style="list-style-type: none"> ✓ <i>WLE 3, Choice Window Notes – Chapter 12</i> 	<ul style="list-style-type: none"> • WLE 3, Discussion Board – Mental Health <p>Due by 4/14, 11:59 PM, D2L</p> <ul style="list-style-type: none"> • <i>WLE 3, Choice Window Notes – Chapter 12</i>
Course Week 4 April 8-14	<p>WLE 4</p> <ul style="list-style-type: none"> ➤ Read Chapter 13 – Creating Safe Environments for Young Children ✓ WLE 4, Quiz – Chapter 13 ✓ <i>WLE 4, Choice Window Notes – Chapter 13</i> 	<p>WLE 4</p> <p>Due by 4/14, 11:59 PM, D2L</p> <ul style="list-style-type: none"> • WLE 4, Quiz – Chapter 13 • <i>WLE 4, Choice Window Notes – Chapter 13</i> <p style="background-color: yellow;">Mid-Course Grade Check</p>
Course Week 5 April 15-21	<p>WLE 5</p> <ul style="list-style-type: none"> ➤ Read Chapter 11 – Teaching Children with Special Health Care Needs ✓ WLE 5, Quiz – Chapter 11 ✓ WLE 5, Discussion Board Topic – Safe Environments or Special Health Care Needs ✓ <i>WLE 5, Choice Window Notes – Chapter 11</i> ✓ <i>Choice EME Points – Chapter 10, Managing Infectious Disease</i> 	<p>WLE 5</p> <p>Due by 4/21, 11:59 PM, D2L</p> <ul style="list-style-type: none"> • WLE 5, Quiz – Chapter 11 • WLE 5, Discussion Board – Safe Environments or Special Health Care Needs <p>Due by 5/10, 11:59 PM, D2L</p> <ul style="list-style-type: none"> • <i>WLE 5, Choice Window Notes – Chapter 11</i> • <i>EME Points: Chapter 10, Managing Infectious Disease</i>
Course Week 6 April 22-28	<p>WLE 6</p> <ul style="list-style-type: none"> ➤ Read Chapter 8 – Creating a Climate of Health and Wellness ✓ WLE 6, Quiz – Chapter 8 ✓ WLE 6, Discussion Board Topic – Creating a Climate of Health and Wellness ✓ <i>WLE 6, Choice Window Notes – Chapter 8</i> ✓ <i>Choice EME Points – Chapters 6 and 7 Feeding Infants, Toddlers, Preschoolers, and School Age Children</i> 	<p>WLE 6</p> <p>Due by 4/28, 11:59 PM, D2L</p> <ul style="list-style-type: none"> • WLE 6, Quiz – Chapter 8 • WLE 6, Discussion Board – Creating a Climate of Health and Wellness <p>Due by 5/10, 11:59 PM, D2L</p> <ul style="list-style-type: none"> • <i>WLE 5, Choice Window Notes – Chapter 8</i> • <i>Choice EME Points – Chapters 6 and 7 Feeding Infants, Toddlers, Preschoolers, and School Age Children</i>
Course Week 7 April 29 – May 5	<p>WLE 7</p> <ul style="list-style-type: none"> ➤ Read Chapter 15 – Child Maltreatment ✓ WLE 7, Quiz – Chapter 15 	<p>WLE 7</p> <p>Due by 5/5, 11:59 PM, D2L</p>

	<ul style="list-style-type: none"> ✓ WLE 7, Discussion Board Topic – Child Maltreatment ✓ <i>WLE 7, Choice Window Notes – Chapter 15</i> ✓ <i>Choice EME Points – Chapter 14 Using Routines, Supervision, and Classroom Management Strategies</i> 	<ul style="list-style-type: none"> • WLE 7, Quiz – Chapter 15 • WLE 7, Discussion Board – Child Maltreatment <p>Due by 5/10, 11:59 PM, D2L</p> <ul style="list-style-type: none"> • <i>WLE 7, Choice Window Notes – Chapter 15</i> • <i>Choice EME Points – Chapter 14 Using Routines, Supervision, and Classroom Management Strategies</i>
Course Week 8 May 6-11 (Shorter Week)	<p>WLE 8</p> <ul style="list-style-type: none"> • Read Chapter 16 – Managing Emergencies ✓ WLE 8, Quiz – Chapter 16 ✓ <i>WLE 8, Choice Window Notes – Chapter 16</i> ✓ Creative Product - Infomercial 	<p>WLE 8</p> <p>Due by 5/10, 11:59 PM, D2L</p> <ul style="list-style-type: none"> • WLE 8, Quiz – Chapter 16 <p>Due by 5/10, 11:59 PM, D2L</p> <ul style="list-style-type: none"> • <i>WLE 7, Choice Window Notes – Chapter 16</i> <p>Due by 5/11, 11:59 PM – D2L</p> <ul style="list-style-type: none"> • Creative Product – Infomercial

Note:

- Choice EME indicates you may choose to complete the extra mile effort or not (not required).
- Choice Window Notes indicates you may choose to complete the window notes for this WLE or not; however, you must choose to complete 4 throughout the course.