CAMOSUN COLLEGE
School of Health and Human Services
Department of Community, Family & Child Studies

ELC 150
Health and Wellness for ELC
Summer 2018

COURSE OUTLINE

Course Description

Students will explore the role of the educator in creating healthy, sustainable programs and community. The vital connection between learning, holistic health and the environment is emphasized. Cultural, social and familial expectations related to health, safety, nutrition and wellness are discussed within the context of self, the child care setting, and the community. Indigenous world views and approaches are included as well as the impact of on-going colonization and the skills of reconciliation.

Ω *Please note: This outline will not be kept indefinitely. It is recommended students keep this outline for their records, especially to assist in transfer credit to post-secondary institutions.*

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1. Instructor Information

Instructor:	Anastasia Butcher
Office Location:	WT 218 (Lansdowne campus)
Office Hours:	By appointment (please email to arrange a meeting)
Phone:	250-370-3315
Email:	butchera@camosun.bc.ca

2. Intended Learning Outcomes

Upon successful completion of this course, the student will be able to:

a) Explain diverse attitudes, knowledge and cultural approaches related to holistic health and wellness.
b) Describe the role and responsibility of the educator in supporting and creating, with family, healthy environments for children.
c) Apply Indigenous principles of holistic health and environmental sustainability and the impact of ongoing colonization, including the skills of reconciliation to personal and professional practice.
d) Create strength-based and meaningful policy and procedures that are respectful of the diversity of children and families.

3. Required Materials

Pimento, B., & Kernested, D. (2015). Healthy Foundations in Early Childhood Settings (5th ed.). Toronto, ON: Nelson Education.

All additional required readings, online articles, links, audio and video clips will be listed weekly and available online via Desire2Learn (D2L)

4. Course Content

- Weekly online modules/exercises with some audio/video
- Readings from text, articles posted online and additional links
- Online individual, small group and class discussions and activities

Weekly modules will be related to the following 4 topics:
> Perspectives on health
> Sense of belonging/emotional and spiritual well-being
> Physical well-being
> Health promotion and illness prevention

5. Basis of Student Assessment (Weighting)

Personal Wellness Plan: Part A	15%	Tue, May 29
Part B	20%	Tue, July 3
Quiz 1	5%	Tue, June 19
Quiz 2	5%	Tue, July 17
Policy Review	25%	Tue, July 31
Respectful Presence and Participation (Ongoing assessment, Class 1-14)	30%	summary due August 10

Total   100%

Assignment Overview Handout will be posted on D2L with a detailed explanation of assignments, due dates and marking criteria.

ASSIGNMENT POLICY

- Please submit your assignments electronically via D2L "dropbox" in designated folder unless otherwise specified.
- Follow APA writing guidelines for all written work. This includes formatting, spelling, grammar, in-text citations and references.
- It is the responsibility of each student to save a copy of all assignments until a grade is received
- Submission of assignments after their due date will result in a loss of 3% of the assignment marks per day
- **Extensions:** A request for an extension for any assignment is granted at the instructor's discretion. To request an extension for an assignment, please contact me ***at least 24 hours prior*** to the due date, and provide an explanation/rationale for requesting an extension. If granted, a revised due date will be negotiated.
- You will need to complete all assignments to be eligible for a final grade for the semester.
- Assignments will not be accepted after the last day of class at the end of term unless an extension has been granted prior to the due date. Assignments not received in the dropbox by this time will receive a zero.
- Last day to withdraw from courses without a failing grade is **July 10th.** If you withdraw by the posted withdrawal date, you will not be penalized. Withdrawal or incompletion of work after the posted withdrawal date will result in an 'F' grade being assigned.

NOTE: *It is the responsibility of the student to understand the purpose of the assignments before submitting by the due date. Should students receive a mark of less than 50% on an assignment, they may request to rewrite and resubmit the assignment. Permission to resubmit an assignment is at the discretion of the instructor, rewritten assignments can receive a maximum grade of C+ (65%).*

ELC Program requires a C+ (65%) in all courses.

PARTICIPATION

Active engagement with course materials and participation with peers supports your learning and is a major part of competency development in ELC. Consistent attendance and participation in the virtual classroom is expected. In an online course, "attendance" looks like signing on consistently each week, and participating in all listed weekly activities by the deadline.

Professional responsibility and accountability are demonstrated by:

- Actively participating thoughtfully and positively with peers in discussions creating a respectful and encouraging learning environment, and contributing to the learning of fellow students.
- Upholding a standard of confidentiality and trust, just as in a college classroom on campus, *i.e.* being mindful to withhold identifying names when sharing real-life stories involving children, families, co-workers, *etc.*
- Completing all module activities and readings, and contributing to discussions within posted timelines.
  *Remember to inform group members and instructor of absences.
  Repeated absences from the virtual learning environment will affect a final grade.

Grading System

The following two grading systems are used at Camosun College:

| x | *Standard Grading System (GPA)*

| | *Competency Based Grading System*

A. GRADING SYSTEMS *http://www.camosun.bc.ca/policies/policies.php*

1. Standard Grading System (GPA)

Percentage	Grade	Description	Grade Point Equivalency
90-100	A+		9
85-89	A		8
80-84	A-		7
77-79	B+		6
73-76	B		5
70-72	B-		4
65-69	C+		3
60-64	C		2
50-59	D		1
0-49	F	Minimum level has not been achieved.	0

B. Temporary Grades

Temporary grades are assigned for specific circumstances and will convert to a final grade according to the grading scheme being used in the course. See Grading Policy at http://www.camosun.bc.ca/policies/E-1.5.pdf for information on conversion to final grades, and for additional information on student record and transcript notations.

Temporary Grade	Description
I	*Incomplete*: A temporary grade assigned when the requirements of a course have not yet been completed due to hardship or extenuating circumstances, such as illness or death in the family.
IP	*In progress*: A temporary grade assigned for courses that are designed to have an anticipated enrollment that extends beyond one term. No more than two IP grades will be assigned for the same course.
CW	*Compulsory Withdrawal*: A temporary grade assigned by a Dean when an instructor, after documenting the prescriptive strategies applied and consulting with peers, deems that a student is unsafe to self or others and must be removed from the lab, practicum, worksite, or field placement.

LEARNING SUPPORT AND SERVICES FOR STUDENTS

There are a variety of services available for students to assist them throughout their learning. This information is available in the College Calendar, Student Services or the College web site at http://www.camosun.bc.ca

STUDENT CONDUCT POLICY

There is a Student Conduct Policy. It is the student's responsibility to become familiar with the content of this policy. The policy is available in each School Administration Office, Registration, and on the College web site in the Policy Section.
http://www.camosun.bc.ca/policies/policies.html