<section-header><section-header><section-header><section-header><section-header><section-header><section-header><section-header><section-header><section-header><section-header><section-header><section-header><section-header><section-header><section-header><section-header><section-header><section-header><section-header><section-header><section-header><section-header><text>

This step by step guide has been prepared to assist with completing Standard 2 of the Quality Rated portfolio independently.



You will log on to the Quality Rated website using your program's username and password. The resources that will be discussed for Standard 2 can be found at the bottom of the website in the brown banner under QR Portfolio.

Standard 2 of your QR portfolio looks at your nutrition and physical activity practices for your program. In Standard 2 you will complete assessments and you will use the results of the assessment to create goals for your program for both nutrition and physical activities. It also looks at a percentage of your staff's current CPR/1st aid certification that is verified in each GAPDS account. It also looks at written health information and family resources around nutrition and physical activity.

	ASSESSMENT
Portfolio Status: In Progress	← BACK E VIEW PORTFOLIO 🧐 VIEW HISTORY 刘 SUBMIT PORTFOLIO
Standard 1	
✓ Standard 2	STANDARD 2 - CHILD NUTRITION AND PHYSICAL ACTIVITY ASSESSMENT 3
 Assessment 	Step 1:
✓ Nutrition Results	Click the Access Assessment Form button below to access the Nutrition and Physical Activity Assessment.
 Physical Activity Results 	Step 2:
 CPR/First Aid Cards 	Complete the survey by selecting the appropriate answer for each question.
Viriten Health Information/Family Resources	• After answering all the questions on the page, click the Save and Continue button to continue to the next page of the assessment.
Standard 3	 All questions must be answered for you to save and continue. To review a previous page of the assessment, click the Back button.
Standard 4	If you leave the survey without completing it and return later, you will be taken back to the page where you left off.
Standard 5	 Opon completing the assessment, you will be returned to the beginning page with a message indicating that the assessment has been completed successfully.
	CCESS ASSESSMENT FORM
	Once you have completed the assessment, develop your plan for improvement by completing the Nutrition Results and Physical Activity Results. View Standard 2 Rating Rubric

When you click on Standard 2 on the left side of the screen, a drop-down menu will appear containing the different sections of Standard 2. The first step is to complete the assessment form. You can find it by clicking on the green button that says ACCESS ASSESSMENT FORM. You will then complete the assessment based on your program's current practices.

ASSESSMEN	T- NUTRITION
STANDARD 2 - CHILD NUTRITION AND PHYSICAL ACTIVITY ASSESSMENT	9
Nutrition	GO TO PHYSICAL ACTIVITY ASSESSMENT
Breastfeeding and Infant Feeding 1.1 A designated area for lactating mothers to breastfeed is: Not available Valiable but lacks privacy, seating or electrical outlet Is private, has seating, and has an electrical outlet Not Applicable	
1.2 Culturally appropriate breastfeeding support materials, like pictures, posters, brocht like manufacturers of infant formula) are: Not available Umited, but available in 1 or 2 areas or upon request Available and displayed in several areas of the facility Not Applicable	ures, pamphiets and other resources (not including those supplied by commercial entities
1.3 Our facility's breastfeeding-friendly policy is: Ord available or not written down Written down and usually followed Written down, followed, and shared with pregnant mothers, and families with infants Not Applicable	s
B SAVE B≱ SAVE AND CONTIN	UE View Standard 2 Rating Rubric

Each question has options to choose from. If the question does not apply to your program there is a "not applicable" option as a choice. For example: if you do not serve infants in your program then any questions concerning infant care would be marked Not Applicable. You will continue to answer each question; at the bottom of each page there is a button to save and continue before moving to the next page. Please save so that your work is not lost if you get interrupted. Once you have completed the nutrition assessment you will complete the physical activity assessment. The button to access the physical activity assessment is at the top right of your screen. Remember, there are no right or wrong answers to the assessment. This is just a self-assessment of your program. These answers are not scored in your program.

ASSESSMENT-	PHYSICAL ACTIVITY	
	MENT 3	Ð
Physical Activity	GO TO N	UTRITION ASSESSMENT
Scheduled Physical Activities 1.1 Turnmy time and opportunities to move freely with adult supervision are pro Rarely or never Same days Very day Not Applicable	vided for all infants, including those with special needs.	
1.2 Total physical activity time, both indoors and outdoors, for toddlers, includi Less than 60 minutes per 8 hour day (or less than 30 minutes per 4 hour d 60-89 minutes per 8 hour day (or 30-44 minutes per 4 hour day) 0 90 minutes or more per 8 hour day (or 45 minutes per 4 hour day)	g those with special needs, is scheduled: ay)	
1.3 Total physical activity time, both indoors and outdoors, for preschoolers an O Less than 90 minutes per day (or less than 45 minutes per 4 hour day) 90-119 minutes per day (or 45-59 minutes per 4 hour day) O 120 minutes or more per day (or 60 minutes per 4 hour day)	for school-age children, including those with special needs, is sched	uled:
1.4 Equipment for games, sports, and activities is sale, age and developments Rarely or never Some days Every day	ly appropriate, and sufficient for all children.	
한 SAVE 환수 SAVE AND C	ONTINUE View Standard 2 Rating Rub	nic

This is an example of how the assessment will look in your portfolio.



Here you see the rubric; once you complete the Nutrition and Physical Activity Assessments you need to determine how many improvement plans you want to create for your program. Each action plan you complete will help you earn points in your QR portfolio. If you create 1 improvement plan for each criterion it is worth 2 points, 2 improvement plans for each domain from different criteria are worth 4 points, and 3 improvement plans for each domain are worth 6 points in your portfolio.

	NUTRITION RESU	JLTS & GOALS				
Portfolio Status: In Progress		SACK) 🧿 VIEW	HISTORY	A SUBMIT	PORTFOLIO
✓ Standard 1	STANDARD 2 - NUTRITION IMPROVEMENT PLAN 3					₽
Standard 2						
Assessment	Step 1:					
Physical Activity Decute	The table below identifies your results from the Nutrition section of the a	ssessment. Carefully review your results to help you determ	ine areas to be add	tressed in your pr	ogram's improve	ement plan.
CDD/Elest Aid Cards						
Vicitize Hankle Information(Comity Descurees	Indicator Name		Minimal	Advanced	Optimal	N/A
Vincen Health monitability analytices	Breastfeeding and Infant Feeding		0	0	0	4
Standard S	Eating Environment		1	0	/	0
Standard 4	Caregiver/Teacher Behaviors		0	2	2	0
Standard 5	Find to leave		1	0		0
	Foods to Increase		0	0	4	0
	Production Limit		0	3	3	0
	Careobar/Teacher and Eamily Nutrition Trainion		0	3	3	0
	Nutrition Dalarias		6	0	0	0
	Local Food Procurement		0	0	1	0
	Farm to Table		1	0	0	0
	Growing Season		1	0	0	0
	Step 2:					
	Once you have selected the indicators that you plan to address, develop plan to improve your Nutrition practices.	a one-year improvement plan for the selected indicator(s).	Click the Add Impr	ovement Plan b	utton below to de	evelop your
	+ ADD IMPROVEMEN	ITPLAN				
Check this box to ind	cate that this section is complete when all of your improvement plans have been a	dded.				
			View Standard	1 2 Rating Rubric		

Once you've determined how many improvement plans you want to create you are going to come back to the brown bar and click on the Nutrition results tab. You will see a chart of your responses to each question in the assessment to help determine which areas you would like to make improvements in and create your action plans around. It is recommended that you choose to address those columns that fall in the minimal column so that you are meeting standards for the children.

Once you have completed the Nutrition Improvement Plans you will do the same steps for the Physical Activity Results. You will go to the physical activity results screen and determine which columns in the chart you would like to create your improvement plans around. You will create up to 3 improvement plans by clicking on the ADD IMPROVEMENT PLAN button on your screen. Once you are finished you will check the box in the light green bar at the bottom of your screen to indicate that this section is complete.

[STANDARD 2: ADD	IMPROVEMENT PLAN
# Portfolio Status: In Progress		
Standard 1 Standard 2 Standard 2 Australiant Comparison Compariso	STANDARD 2 - NUTRITION IMPROVEMENT PLAN Add/Update Improvement Plan Beech the indicator that you plan to improve and develop your plan for imp indicator: Seed	Covernment by answering all of the questions below: Select>
[™] Standard 3 Standard 4 Standard 6	No results found. 1. What action will we take to reach our goat? 2. Who will take responsibility for this action?	Select -> Breastfeeding and Infant Feeding Eating Environment Caregyver/Teacher Behaviors Nutrition Education Nutrition Education # Foods to Increase Foods to Limit Beverages Carenker/Teacher and Earnik Mutrition Training
	How will you know the action has been successfully completed? Anticipated Completion Date:	CANCEL

In order to add an improvement plan you will click on the button that says ADD IMPROVEMENT PLAN. It will open up a drop-down menu for you to be able to add your responses in each area. Once you have added all of the improvement plans for each section you are going to check the box at the bottom in the light green bar to indicate that this section is complete.

ADD IMPROVEMENT PLAN- NUTRITI	ON
Step Z. Once you have selected the indicators that you plan to address, develop a one-year improvement plan for the selected indicator(s). Click the Add Improvement plan to improve your Nutrition practices.	nt Plan button below to develop your
Edit Indicator Name Ceregiver/Teacher Behaviors	Delete
Foods to Increase Foods to Limit	Û
+ ADD IMPROVEMENT PLAN	ш
Check this box to indicate that this section is complete when all of your improvement plans have been added.	
	View Standard 2 Rating Rubric

Once you have completed the Nutrition Improvement Plans you will do the same steps for the Physical Activity Results. You will go to the physical activity results screen and determine which columns in the chart you would like to create your improvement plans around. You will create up to 3 improvement plans by clicking on the ADD IMPROVEMENT PLAN button on your screen. Once you are finished you will check the box in the light green bar at the bottom of your screen to indicate that this section is complete.

Portfolio Status: In Progress	♦ BACK	VIEW PORTFOLIO 3 V	IEW HISTORY	SUBM	IIT PORTFOLIO
[✓] Standard 1 [✓] Standard 2	STANDARD 2 - PHYSICAL ACTIVITY IMPROVEMENT PLAN				E
 Assessment 	Step 1:				
Nutrition Results Physical Activity Results CPR/First Aid Cards	The table below identifies your results from the Physical Activity section of the assessment. Carefully replan.	view your results to help you determine area	is to be addressed	d in your program	i's improvement
Written Health Information/Family Resources	Indicator Name	Minimal	Advanced	Optimal	N/A
[✓] Standard 3	Scheduled Physical Activities	0	2	4	1
Standard 4	Staff Behaviors	0	1	5	1
Standard 5	Physical Activity Education	0	2	5	0
	Sedentary Activity	0	0	3	0
	Screen Time	0	2	2	1
	Staff and Family Physical Activity Training	0	3	2	0
	Physical Activity Policies	3	0	0	0
	Step 2:				
	Once you have selected the indicators that you plan to address, develop a one-year improvement plan to improve your Physical Activity practices.	for the selected indicator(s). Click the Add In	mprovement Plan	button below to	develop your
	+ ADD IMPROVEMENT PLAN				

Follow the same steps to complete the Physical Activity Results goals.

ADD I	MPROVEMENT PLAN- PHYSICAL ACTIVITY
*	
Standard 1 Standard 2	
Assessment Assessment Assessment Physical Activity Results CPRFlist Add Cards	Add/Update Improvement Plan Select the indicator that you plan to improve and develop your plan for improvement by answering all of the questions below. Indicator: [Select ->
Witten Health Information/Family Resources Standard 3 Standard 4	No results found Nutrial action will we take to reach our goal?
stangaru s	2. Who will take responsibility for this action?
	// A How will you know the action has been successfully completed?
	4. Anticipated Completion Date:
	CANCEL CANCEL Vew Standard 2 Rating Rubric

Fill out all of the required information to create your plans of improvement and click the save button once complete.

ADD IMPROVEMENT PLAN- PH	YSICAL ACTIVITY
Step 2:	
Once you have selected the indicators that you plan to address, develop a one-year improvement plan for the selected indice plan to improve your Physical Activity practices.	ator(s). Click the Add Improvement Plan button below to develop your
Edit Indicator Name	Delete
Scheduled Physical Activities	Û
Screen Time	
Staff Behaviors	ŵ
+ ADD IMPROVEMENT PLAN	
Check this box to indicate that this section is complete when all of your improvement plans have been added.	
	View Standard 2 Rating Rubric

Once you have completed all of the physical activity goals you will check the box in the light green bar at the bottom of your screen to indicate that this section is complete.

_										
			CP	R/FIR	ST AI	D CAF	NDS			
L .										
A										
Portfolio Status: In Progress					•	BACK	EW PORTFOLIO	9 VIEW HIS	TORY	SUBMIT PORTFOLIO
✓ Standard 1	TANDAD							·	_	Д
✓ Standard 2	STANDARD	2 - CFRUIRSI								
 Assessment 	All administra	ators and teachin	g staff must enter t	neir First Aid and CPF	certification credentia	Is in the Other Career	Data section of their	GaPDS profile.		
Vutrition Results	This screen o	Jisplays the curre	ent information avai	able in GaPDS unless	the staff member's sta	tus is incomplete.				
 Physical Activity Results 	At the time of	f portfolio submis	ision the screen dat	a will be refreshed a fi	al time from GaPDS.	Updates entered into G	aPDS AFTER portfol	io submission (Read	dy to Submit) will n	not be considered.
CPR/First Aid Cards	PDS#	STATUS	FIRST NAME	LAST NAME	CPR EARNED	CPR EXPIRATION	CPR CURRENT [FIRST AID EARNED	FIRST AID EXPIRED	FIRST AID CURRENT [~]
Written Health Information/Family Resources	12845	Active	Mary	One	06/22/2023	06/22/2025		06/22/2023	06/22/2025	
Standard 3	12545		IVIGI V	One						
Standard 4	Check	this box to indica	te that this section	s complete.						
Standard 5										
									View	Standard 2 Rating Rubric

The next section of Standard 2 relates to CPR and 1st Aid certification for your staff. Everyone that is current on their CPR and first aid certification should enter the dates received and expired in the Other Career Data section of their GAPDS profile. On the screen you should see everyone that is checked as current staff in Standard 1 of your QR portfolio. You will see checkmarks if their information is updated in GAPDS. All information is verified through GAPDS according to what is current from the time that you submit your portfolio. There is nothing further to do on this screen other than following up with your staff to ensure that their GAPDS information is current. Once that is complete you will check the box in the light green bar at the bottom of your screen to indicate that this section is complete.

2.	2 First Aid/CPR Certification	Points Possible
2.2.0 Criteria not met.		0
2.2.1 Sixty percent (60%) of staff have	e a current First Aid/CPR certification.	2
2.2.2 Seventy percent (70%) of staff h	ave a current First Aid/CPR certification.	4
2.2.3 Eighty percent (80%) of staff have	ve a current First Aid/CPR certification.	6
Initial Application and Reassessment: o First Aid/CPR certifications a Points will be awarded based to Submit).	<u>What to Submit for Standard 2.2</u> re entered into the GaPDS and are posted on the "C d on the information in the GaPDS at the time of po	Other Career Data" tab. rtfolio submission (Ready

Here is the rubric that shows how your CPR/1st Aid Certification of staff is scored. If 60% is current you will receive 2 points, 70% 4 points, and 80% current certification you will receive 6 points.

	VRITTEN HEALTH INFORMATION
*	
Portfolio Status: In Progress	
✓ Standard 1	
✓ Standard 2	STANDARU 2 - WRITTEN HEALTH INFORMATIONIFAMILY RESOURCES
Accessment	Submit no more than five of your program's best practices and established policies relating to bealth and safety information to families, such as the following:
Assessment	
Nutrition Results	2.3.1: Samples of written material shared with families
Vultiion Results Physical Activity Results	2.3.1: Samples of writen material shared with families 2.3.2: Sample of health screening policies for four-year-old children from your program's Parent/Family Handbook. If four-year-old children are not enrolled in your program and none of the excelled three-water. Ind infinite wall than four-waser chare while attending unionad a statement indication this (in list) of the notice).
Vosesarielii Nutrition Results Physical Activity Results CPRFirst Aid Cards	2.3.1: Samples of written material shared with families 2.3.2: Sample of health screening policies for four-year-old children from your program's Parent/Family Handbook. If four-year-old children are not encolled in your program and none of the encolled three-year-old children from your program of age while attending, upload a statement indicating this (in lieu of the policy). 2.3.3: Description and evidence of devicipmental monitoring tools used to detect health related issues and developmental delays (sample tools and narrative of how they
Assessment Assessment Assessment Prysical Activity Results CPRFirst Aid Cards Written Health Information/Family Resources	 2.3.1: Samples of written material shared with families 2.3.2: Sample of health screening policies for four-year-old childron from your program's ParentFamily Handbook. If four-year-old children are not enrolled in your program and none of the enrolled three-year-old children will turn four years of age while attending, upload a statement indicating this (in leu of the policy). 2.3.3: Description and evidence of developmental monitoring tools used to detect health related issues and developmental delays (sample tools and narrative of how they are used)
Vacasament Vacasament Vacasament Vacasament Vacasament Verset Physical Activity Results CPRFirst Aid Cards Written Health Information/Family Resources Vistandard 3	2.3.1: Samples of writen material shared with families 2.3.2: Sample of health screening policies for four-year-old children from your program's ParentFamily Handbook. If four-year-old children are not enrolled in your program and none of the enrolled three-year-old children will turn four years of age while attending, upload a statement indicating this (in leu of the policy). 2.3.2: Description and evidence of developmental montroling tools used to detect health related issues and developmental delays (sample tools and narrative of how they are used) Protographs and documents uploaded as evidence should be clear and legible. Policies that are submitted as evidence should be copied and have applicable portions bibliothead and and the strengthey and/or ball's completed the screening.
Valesanieti Vitrion Results Vitrion Results CPR/First Aid Cards Vitrion Health Information/Family Resources Standard 3 Standard 4	2.3.1: Samples of written material shared with families 2.3.2: Sample of health screening policies for four-year-old children from your program's Parent/Family Handbook. If four-year-old children are not enrolled in your program and none of the enrolled three-year-old children will turn four years of age while attending, upload a statement indicating this (in lieu of the policy). 2.3.3: Description and evidence of developmental monitoring tools used to detect health related issues and developmental delays (sample tools and narrative of how they are used). Photographs and documents uploaded as evidence should be clear and legible. Policies that are submitted as evidence should be copied and have applicable portions highlighted, rather than uploading an entire policy handbook. Do not upload children's confidential health data (i.e., completed monitoring tools and/or health screening tools and/or health scree
Valesanieni Valeno Results Vertion Results CPR/First Aid Cards Written Health Information/Family Resources Valendard 3 Standard 4 Standard 5	 2.3.1: Samples of written material shared with families 2.3.2: Sample of health screening policies for four-year-old children from your programs's Parent/Family Handbook. If four-year-old children are not enrolled in your program is and none of the enrolled three-year-old children will turn four years of age while attending, updead a statement indicating this (in lieu of the polic). 2.3.3: Description and evidence of developmental monitoring tools used to detect health related issues and developmental delays (sample tools and narrative of how they are used). Photographs and documents uploaded as evidence should be clear and legible. Policies that are submitted as evidence should be copied and have applicable portions highlighted, rather than uploading an entire policy handbook. Do not upload children's confidential health data (i.e., completed monitoring tools and/or health screening of wrow Upload Instructions
Valuesanien Nutrition Results Physical Activity Results CPRFirst Aid Cards Written Health Information/Family Resources Standard 3 Standard 4 Standard 5	 2.3.1: Samples of written material shared with families 2.3.2: Sample of health screening policies for four-year-old children from your program's Parent/Family Handbook. If four-year-old children are not enrolled in your program search/Family Handbook. If four-year-old children are not enrolled in your program search/Family Handbook. If four-year-old children are not enrolled in your program search/Family Handbook. If four-year-old children are not enrolled in your program search/Family Handbook. If four-year-old children are not enrolled in your program search/Family Handbook. If four-year-old children are not enrolled in your program search/Family Handbook. If four-year-old children are not enrolled in your program search search are head in the of the policy. 2.3.3: Description and evidence of developmental monitoring tools used to detect health related issues and developmental delays (sample tools and narrative of how they are used) Photographs and documents uploaded as evidence should be clear and legible. Policies that are submitted as evidence should be copied and have applicable portions highlighted, rather than uploading an entire policy handbook. Do not upload children's confidential health data (i.e., completed monitoring tools and/or health screening Wew Upload Instructions A UPLOAD EVIDENCE Note: The following type of documents are valid to upload in this page : PDF, JPG, JPEG, GIF, PNG, BMP, TIF, TIFF.

The last section of Standard 2 is asking for evidence of Written Health Information and Family Resources that you have for your program. You will gather your program's documents to upload that show nutrition and physical activity information. You will use the green UPLOAD EVIDENCE button in order to add information into your portfolio. If you are uploading your policies from your parent handbook or employee handbook, please highlight the sections you are trying to show as evidence or copy and paste those sections into another document. This will help ensure that the QR assessors are able to easily locate the information that is being requested. The yellow bar lets you know what types of formats can be uploaded in the portfolio. Anything that can be edited, like a Word or Excel document, cannot be uploaded as evidence; you will receive an error message if the formatting is incorrect. Please make sure you are uploading the documents that are correctly formatted. PDF is recommended.



Here is the rubric for the written health information and family resources section of Standard 2. The rubric tier for 2 points requests resources you provide to the families about the importance of immunizations, oral hygiene, and vision and hearing screenings. If you need reliable resources to share with your families you can find some at the bottom of the QR website in the brown section; there is an option labeled QR Portfolio. Under the Standard 2 section there are resources that you can download and save as one document to upload to your portfolio or print to share with your parents if you do not already have some.

The next tier in the rubric to receive 4 points would show that your program has a policy in your parent handbook that encourages families to submit vision, hearing, nutrition and dental screening for all four-year-old children within 90 days of enrollment or within 90 days of their 4th birthday for children already enrolled. These forms are also known as Form 3300 and can be obtained from the local health department or the family's pediatrician. You will upload this policy into your QR portfolio in the same section that you uploaded your written health information that was previously uploaded.

If you have completed all uploads for the 2 point tier and the 4 point tier and your

program utilizes developmental monitoring tools to provide early detection of health related issues and developmental delays to support early intervention, then you can reach the final tier in this section of Standard 2 and receive 6 points. To show evidence of these tools you will upload a blank copy of the developmental monitoring tool that you use and the description that you have in your parent handbook for families to know about your policies on developmental monitoring procedures. If you do not utilize developmental screening tools in your program you can learn more from the resources provided on the QR website under QR Portfolio.



The resources listed here are found on the QR website at the bottom in the brown ribbon section labeled QR Portfolio.



The Southeast Child Care Resource and Referral Agency has created a resource for you that will help guide you through each standard. Please make sure you request it from your ECE coach.



If you still have questions please feel free to reach out to your Coach for further consultation. We wish you success in completing Standard 2.