



Jermain

RECE in Kindergarten

Hi, I'm Jermain!

I've been in the profession for a few years now. I'm currently working for a school board as a Registered Early Childhood Educator (RECE) in kindergarten. Prior to this role, I worked part-time in a child care centre in preschool and school-age programs.

Through my practice, I see the benefits of inquiry and play-based learning theories that I was introduced to in postsecondary. I'm passionate about learning more about pedagogical approaches.

This CPL Portfolio Cycle example is fictional. The following Reflection and Planning Tool and Record of Professional Learning provide possible reflections, plans and documentation of professional learning goals and activities for a one-year CPL Portfolio Cycle. It has been designed to support and inspire RECEs as they complete their own CPL Portfolio.

Name: Jermain**Registration #: 000000****Date: October 2023**

Reflection and Planning Tool

A. Self-Reflection and Discovery

1. In planning your upcoming CPL portfolio year, consider and record your potential professional learning priorities, interests and needs.

For inspiration, consider some of the following:

- your role and responsibilities
- daily practice
- experiences and opportunities
- challenges, concerns, or questions
- changes in the sector or in your work
- leadership development
- legislation, policy and research
- College advisories and guidelines

“RECEs are reflective and intentional professionals who engage in ongoing learning. They engage in critical reflection, collaborative inquiry and demonstrate their commitment to ongoing learning by engaging in the Continuous Professional Learning program.” (Standard IV: A, C.1)

I started in the kindergarten program during the pandemic. I experienced a mix of in person and virtual practice, and many changes throughout the year.

- Adapting to wearing masks in class – not just me but the children too
- Less communication with families
- Less time to form a meaningful relationship with my teaching partner – our focus was elsewhere
- Children’s mental health – I’ve been noticing a particular strain on the families and children in my class this year.

Personally and professionally, feeling like I’ve lacked opportunities to develop my leadership skills.

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Reflection and Planning Tool

A. Self-Reflection and Discovery

2. What feedback have you received about your professional knowledge and practice? Reflect on feedback from others (e.g., colleagues, supervisors, families, children) about your strengths and areas for growth.

- Families thank me for my patience with their children and for my understanding during stressful times. I also try to respect their time because I know many are working multiple jobs. I don't take it personally when they don't have time to chat.
- My teaching partner is good – they have many years of experience, so our talks usually help me to grow professionally. Feedback is generally positive. Sometimes through our discussions, it seems like we have different views on certain pedagogical approaches. This is bound to happen as our education and training are different and therefore, our approaches are going to be different.
- My teaching partner discusses children's behaviour a lot – I feel like they don't understand the strain the pandemic has had on the children and see certain behaviours as 'acting out', instead of considering that it might be something else.
- Children are influential in my practice. I take their comments seriously and try to reflect in that moment or afterwards.

3. How do you learn best? Note the ways you like to learn. For example, reading, discussions, visuals, listening, experiential learning.

- Reading
- Teaching others
- Listening

Some prompts for your reflection:

- Consider your past portfolio learning activities and reflections.
- What makes learning meaningful to you?
- How might you adapt your learning to co-construct knowledge with other RECEs and colleagues?

I'm hoping to focus on my learning goal in the new year through reading. Maybe after that, I can share some of what I've learned with my teaching partner, so that we can learn with and from each other's reflections.

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Reflection and Planning Tool

A. Self-Reflection and Discovery

4. Based on your reflections above, identify one topic to prioritize for this year's CPL Portfolio.

Some questions to guide your decision-making:

- How would focusing on this topic benefit your current or future practice?
- What's your current knowledge and experience related to this topic?
- What outcome would you like as a result of additional learning in this area?
- Do you want to focus on enhancing knowledge, skills or experience?

- My focus is going to be on supporting children's mental health.

It's going to benefit my practice because I can see firsthand how the children's mental health has been affected...there's grief, anger, sadness, confusion, anxiety etc., and I want to focus my learning on developing skills to support the children through their emotions.

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Reflection and Planning Tool

B. Integrate the *Code of Ethics and Standards of Practice*

As a regulated professional, it's important to regularly review the [Code of Ethics and Standards of Practice](#). Identify the Standards of Practice that relate to the learning you want to prioritize for this year's CPL Portfolio.

Standards of Practice

Standard I: Caring and Responsive Relationships

Standard II: Curriculum and Pedagogy

Standard III: Safety, Health and Well-Being in the Learning Environment

Standard IV: Professionalism and Leadership

Standard V: Professional Boundaries, Dual Relationships and Conflicts of Interest

Standard VI: Confidentiality, Release of Information and Duty to Report

- Standard III is what I strongly connect to the most right now. B.2 says RECEs are “familiar with a variety of strategies to promote and support children’s well-being and safety in the learning environment including, but not limited to, nutrition and physical, mental and emotional health.” I understand this Standard, but I want to learn more about supporting children’s mental and emotional health. There’s a lot of new research around supporting children’s mental health so I’m looking forward to learn more about it.
- Standard I B.1. says RECEs “are knowledgeable about the research and theories related to the impact of caring and responsive relationships on children’s development, learning, self-regulation, identity and well-being.” I’m hoping to be able to implement strategies or practices I learn from current research.

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Reflection and Planning Tool

C. Take Action: Learning Goal and Plan

Review your responses in sections A and B.

In the chart:

- Identify one professional learning goal based on the topic of learning that you prioritized above.
- Identify learning activities or experiences that will support you with meeting your goal.
- Indicate when you plan to engage in the learning activities or experiences during this portfolio year (optional).

Professional learning goal

I want to learn how to better support children's mental health in my practice – I'll be focusing on children between the ages of 4-6.

Professional learning activities and experiences (e.g., case study or practice scenarios, review College resources, webinars, facilitated discussions with colleagues, etc.)

Timelines
(optional)

- Read the [Practice Guideline on Child Development](#)
- Review children's mental health information and articles available on The Hospital for Sick Children website
- Arrange a discussion with colleagues on children's mental health

I'm not sure of the exact timeline for engaging in my learning right now but I'm aiming to start after the winter break.

Refer to the CPL Portfolio Handbook, for examples of learning activities and experiences (p. 11).

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Record of Professional Learning

A. Engagement: Document Your Learning

As you complete your professional learning activities and experiences, record them in the Record of Professional Learning chart below. Keep all documentation (e.g., notes, reflections, samples of your work) with your portfolio.

Refer to the CPL Portfolio Handbook (p. 12) for examples of documentation.

Professional learning goal

I want to learn how to better support children's mental health in my practice – I'll be focusing on children between the ages of 4-6.

Description of professional learning activities and experiences with dates	Documentation of professional learning List the documentation that shows you have engaged in your learning activities and experiences.	Next steps Consider some of the following questions: <ul style="list-style-type: none"> • How will you integrate your learning into your professional practice? • What are you inspired to learn next to build on your knowledge, skills and competencies?
Jan 2024 – Read the Practice Guideline on Child Development	Downloaded the PDFs for each section and made notes directly on my saved PDF copies.	This resource was so insightful – it got me thinking about children's well-being and mental health from a different perspective. I've shared it with my teaching partner, and we decided to share it with the other kindergarten teams. Something that I'm inspired to learn next is about the relationship between race and children's mental health and well-being.
Feb 2024 – Watched a webinar called "Supporting mental health" from Standard III in the Standards in Practice series.	Made some notes for myself while I watched.	This webinar was good. I liked when the presenter talked about different types of "stressors" that can be seen as a child "acting out", but they reminded us that you need to dig deeper and consider what other factors could be causing the child stress. Super relevant for me right now – I've already implemented some strategies in my practice.
March 2024 – Found and read a number of articles on the SickKids website. The one I liked in particular is called SickKids releases new research on how COVID-19 pandemic has impacted child and youth mental, physical health.	Printed the articles and made notes directly on them.	The piece that stood out the most is that the pandemic has affected children's mental health in a negative way. The research mentioned that mental health was affected by inequities. I'd like to do some more learning about this to better understand how this might be impacting the children in my care.
May 2024 – I led a discussion on supporting children's mental health with other kindergarten teams.	Created a discussion guide based on an article, drafted reflection questions and took notes throughout the session.	This was probably my favourite experience of the year. I loved hearing from the other educators about their experiences and strategies they're using to support children's mental health. It was eye opening to hear about how unique each child's experience has been and reminded me of the importance of relationships – with children, families and colleagues – to be able to learn from each other.

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Record of Professional Learning

B. Expression: Reflect on Your Learning

Reflect on your professional learning during the past portfolio year. Generate your response in a format (e.g., writing, mind mapping, etc.) that works for you.

Some prompts to support your reflection:

- What were your accomplishments, challenges, or unexpected outcomes?
- What new insights did you discover about yourself or your practice?
- Did you share your learning with someone else (e.g., colleague, employer)? What was the outcome?
- How did your learning activities and experiences support you with working toward your goal?
- Are there areas where you would like to extend your learning after this portfolio cycle? If so, how might you do this?
- If you are not currently practising in the sector, how will your professional learning this past year support your readiness to practise?

- I'm proud of myself for completing all the learning I set out for myself at the beginning of my portfolio. I've come a long way over the last 11 months in my knowledge and skills.
- I'm happy with the collaboration between my teaching partner and myself. I think sharing some of my learning with them made us work better as a team and understand each other's perspectives more clearly. I'm looking forward to continuing to learn as a team to provide the best care and learning possible for the children.
- I've noted the areas I'd like to learn more about in my Record – I'm thinking I'll still focus on children's mental health for my next portfolio but specifically on how race and culture play a role.
- I found an article on children's mental health that I'll be adding to my activities for next year.