



A school which meets or exceeds the following standards may apply for and receive a healthy school certification from the Utah Montessori Council. A Certified Healthy School is authorized to use this logo in their advertising. This certification must be renewed annually.

- Building construction materials must be non-toxic.
- Furniture and equipment must be non-toxic.
- Classrooms and equipment must be sanitized daily.
- Cleaning agents and disinfectants must be tested & approved by health department.
- 80% of staff must hold state food handler permits.
- All toxic, dangerous and combustible materials must be stored out of children's reach or in cabinets secured with child-proof locks.
- Environmental design must provide a minimum of 25 square feet of space per child.

#### Daily procedures

- Hand washing lessons must be presented at the start of the school year and reviewed often.
- Any articles that have been mouthed must be sanitized before returning them to the classroom.

- All meal, snack and food prep materials must be washed in hot soapy water and sanitized after use.
- When a child becomes sick during class the entire classroom must be disinfected before the class returns.
- When a child becomes sick during class remove the child from the group, make him comfortable and call a parent to pick him up.
- Notify the Director when a child is diagnosed with a particularly infectious disease such as chicken pox, head lice or pink eye. Know the symptoms and incubation period so you can advise parents of what to look for.
- Incorporate the following lessons into the curriculum at the beginning of the school year and review regularly;
  - nutrition
  - the food pyramid
  - field trip to farm
  - gardening
  - healthy choices
  - classifying healthy/unhealthy choices
  - hygiene
  - sleep
  - exercise
- Children must spend at least 15% of school time outside.
- Time outside may be spent in large motor, small motor, creative or academic activities.
- Children must spend at least 10% of school time in large motor activities.

### Lunch and Snack Time

- Review hand washing.
- Review food choices.
- Children must sit down for at least 20 minutes while eating.
- Children should be encouraged to choose foods for lunch.
- Children should take part in preparing lunch and snacks.
- Food choices should meet the following guidelines:
  - fresh, not packaged
  - whole, not processed
  - no added sugar
  - no artificial colors or additives
  - organic foods, when possible
- Encourage children to take at least one bite for every year of age.
- Each child should take home a copy of the food pyramid so the parents will understand the food choices being taught.
- Candy, gum and soda pop must not be allowed in school.

### Birthdays and Parties

- The same food guidelines should be followed for parties.
- Recipes books should be made available to parents to help them make healthy choices at home.

### Teacher guidelines

- Wash your hands frequently.
- Do not touch your face.
- Review records and be aware of student allergies.