



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 must be sanitized daily.
- Cleaning agents and disinfectants must be tested & approved by health department.
- 80% of staff should 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.
- All air inside building should be refreshed daily.

Daily procedures

- Hand washing lessons must be presented at the start of the school year, reviewed often and upgraded when illness is present.

- Hand towels must be replaced frequently throughout the day or use paper towels.
- Towels, wash cloths, cleaning cloths and aprons must be laundered at least weekly and more frequently when illness is present.
- Tables, chairs, door handles, faucets, railings and other frequently touched parts of the environment must be disinfected daily. This procedure must be upgraded when illness is present.
- Any articles that have been mouthed must be sanitized before returning them to the classroom.
- Snack and meals must be served individually rather than allowing children to reach into a community snack basket.
- Hand sanitizer dispensers should be installed outside every classroom.
- Epi-pen holders should be installed in common areas when students with fatal allergies are present.
- All meal, snack and food prep materials must be washed in hot soapy water and sanitized after use.
- Restrict food prep work when illness is present.
- When a child becomes sick with vomiting, diarrhea or symptoms of infectious disease, the classroom must be disinfected immediately.
- 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/food rainbow
 - field trip to farm
 - gardening
 - healthy choices
 - classifying healthy/unhealthy choices
 - hygiene
 - sleep
 - exercise
- Children should spend a significant amount of school time outside each day (weather permitting).
- Time outside may be spent in large motor, small motor, creative or academic activities.
- Children must have access to the Earth through gardening, sand and water play, hiking, building with natural materials or similar activities.
- Children should spend a significant amount 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 healthy 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/food rainbow so the parents will understand the food choices being taught.
- Candy, gum and soda pop must not be allowed in school. Alternatives to sugary treats, such as cookies, cupcakes and frosted granola bars, are encouraged.

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.