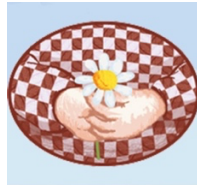


# Stone Bay Montessori and Beach School



## Keeping Healthy Policy

Various 'health' related topics are covered at Stone Bay Montessori and Beach School. Some examples can be seen below:

**Oral Hygiene and Tooth Brushing** - We have a permanent tooth brushing display alongside a tooth brushing activity which is kept on the practical life shelf. The children can look at a wide range of books with a teacher, suggested by the dentist association, and freely engage with these activities. The use of a two-minute timer is encouraged when the children use the tooth brushing activity to raise awareness. In addition we endeavour to arrange a visit from a local dentist once annually.

**The Human Body** - We have a full terms topic on the human body as well as a range of resources and books which are readily available. Each week the children learn about a different theme, listed below.

The Skin We Are In, everybody is different / Body Structure, Skeleton and Brain / Lungs and Breathing / Eating Well, the digestion process / Muscles and movement / Growth / Hygiene, teeth, bodies, hands, hair, nails / Health Bodies / Our Senses / Comparing To Animals

**Hand Washing** - Please see our hand washing policy

**People Who Help Us** - During this topic we like to arrange visits from doctors, nurses and vets who discuss health with the children. We also have visits from the police, fire brigade and the RNLI.

**Independence and Self-Care** - This is a core part of Montessori education and what we do at Stone Bay Montessori and Beach School. The Practical Life area is full of activities to teach and encourage independence such as dressing frames. Independence in all areas including self-care is promoted heavily.

**Books and resources** - Alongside all of the above we have a wide range of resources and 'health' and 'body' books, both reference book and story books.

**Healthy Eating** - In the autumn term every year, we cover the topic of 'Harvest' and use this as an opportunity to discuss and taste a variety of fruits and vegetables. 'Healthy eating' usually fits well into other topics covered e.g. when we do 'The Human Body' or 'People Who Help Us', we discuss diet when we learn about 'doctors' and 'nurses' and staying healthy. In the summer term we plant a variety of fruit e.g. strawberries and vegetables e.g. potatoes, beans, peas, tomatoes, which we harvest and cook at school for the children to taste.