Maria International School of Bucharest

Resilience Respect Compassion Integrity Responsibility

Healthy Snack Policy

Our Mission

We provide a learning experience and environment at Maria International that fosters creativity and excellence, whilst providing supportive, stimulating and relevant lessons and resources within the context of the British style international curriculum.

Our school will be a caring place where adults and children are valued equally. Our aim is to create an environment where children and the whole school community will be inspired to be resilient, respectful, compassionate and act with integrity.

Our children will learn to respect themselves and others in an atmosphere of high expectations where they are nurtured and dare to make mistakes

We will strive to create opportunities for students to have a well-rounded school and learning experience, where they can develop critical thinking skills and work in collaboration with others.

Our Values

Resilience - We will handle adversity and problems with a mentality that enables us to keep going and do better.

Respect - We treat others with dignity, empathy and equality through our words and actions.

Compassion - We are kind, caring and will help everyone to be the best they can be.

Integrity - We are open, honest and act with good morals and ethics in all situations.

Responsibility - We ensure our own work, learning and duties are completed in a timely manner and to a high standard.

Our Aims

At MISB, we are committed to fostering a healthy lifestyle for our entire community, especially our students. We believe that a well-nourished child is better equipped to fully engage in learning. To support this, it is essential that students have access to appropriate and nutritious food throughout the day. Additionally, to ensure the safety and well-being of all students and staff, we must be mindful of allergies within our community. For this reason, we ask that all snacks brought to school are free from certain allergens. Your cooperation in this matter helps us maintain a safe and inclusive environment for everyone.

Permitted Snacks and Beverages

These snacks and beverages provide nutrients for growing bodies and brains.

Healthy Snack Options:

- Fresh Fruit
- Granola bars or granola **without nuts**
- Pretzels
- Fresh vegetables
- Whole wheat crackers
- Applesauce
- Dried fruit
- Cheese
- Small Sandwich (without chocolate or peanut spreads)
- Yoghurt without fruit toppings
- Exemptions - Any special dietary needs under the guidance of a physician

Healthy Drink Options:

- Water (with fruit slices added for flavour)
- Water
- Carbonated/Seltzer Water
- Milk

Prohibited Snacks and Beverages:

These foods are loaded with added sugar, salt and fat. They do not provide the nutrients or energy that help students perform their best in school:

Prohibited Snack Options:

- Items with fructose, maltose, sucrose are listed as one of the first ingredients
- Fried Foods
- Candy
- Potato Chips
- Cookies, cakes, and other pastries
- Chocolate Based Foods
- Chewing Gum
- Products containing any form of nuts

Prohibited Drink Options:

- Energy Drinks
- Soda/Carbonated Drinks (other than Carbonated Water)
- Coffee

- Hot Chocolate

Review and Evaluation

This policy is to be renewed, evaluated and appropriately updated annually by the Maria International leadership team and Head Teacher.

Date of next review: 15/08/2025

Prepared/Updated by: Nicholette Vicol **Date:** 18/11/2024

Approved by: Alice Bleiu **Date**: 20/11/2024

This policy is to be reviewed **annually** and updated as and when relevant changes occur.