



## **Polasaí Lóin Shláintiúil** *Healthy Eating Policy*

### **Réamhrá** *Introduction*

Is bunscoil lán-Ghaeilge, comhoideachas, idirchreidmheach í Gaelscoil an Chuilinn, a bunaíodh sa bhliain 2012 faoi phátrúnacht an Fhoras Pátrúnachta. Freastalaíonn an scoil ar an éileamh d'oideachas bunscoile trí mheán na Gaeilge sa cheantar máguaird.

- *Gaelscoil an Chuilinn is an all-Irish co-educational, interdenominational primary school, established in 2012 under the patronage of the Foras Pátrúnachta. The school caters for the demand for primary education through the medium of Irish in the locality.*

Cuireadh an polasaí seo le chéile trí phróiseas comhoibrithe idir foireann múinteoireachta na scoile, an Bord Bainistíochta agus Coiste na dTuismitheoirí. Cuireadh le chéile é chun cultúr bhia shláintiúil a chothú i measc an phobal scoile.

- *This policy was formulated through a process of collaboration between the teaching staff of the school, an Bord Bainistíochta agus Coiste na dTuismitheoirí. The policy was put together to promote a culture of healthy eating within the school community.*

Dá mba rud é go bhfuil difríocht idir a bhfuil scríofa as Gaeilge agus as Béarla sa pholasaí seo, glactar leis an leagan Gaeilge mar an leagan cruinn agus an leagan Béarla mar aistriúchán.

- *Should there be any discrepancy between the Irish and English in this policy, it is accepted that the Irish is the correct version and the English is provided as a translation.*

### **Sainmheon na scoile** *School Ethos*

Réitíonn an polasaí seo le sainmheon na scoile sa chaoi is go gcothaíonn sé atmaisféar dearfach do na daltaí agus tugtar tús áite do leasa agus do chúram an pháiste. Moltar agus spreagtar na tuismitheoirí/caomhnóirí a bheith páirteach in oideachas a bpáistí ón am a chláraíonn siad a bpáistí sa scoil linn. Tugtar cuireadh do thuismitheoirí/chaomhnóirí bheith páirteach i Seachtain Bhia Shláintiúil mar chuid den pholasaí seo.

*This policy complements the ethos of the school in that it fosters a positive atmosphere for the pupils and prioritises the welfare and care of the child. Parents/Guardians are encouraged and motivated to become involved in their child's education from the time they enrol with the school. Parents/Guardians are invited to be part of our Healthy Eating Week as part of this policy.*

## **Aidhmeanna Aims**

**Is é aidhm an pholasaí seo ná lón sláintiúil a chothú. Comhlíonfar an aidhm seo trí:**

- Dearcadh dearfach a chothú maidir le bia shláintiúil
- Múineadh go na páistí an tábhachtacht a bhaineann leis an mbia ceart a roghnú
- Moltaí a thabhairt do thuismitheoirí/chaomhnóirí maidir le lón/bia scoile feiliúnach a roghnú.
- Deiseanna a thabhairt do pháistí bia shláintiúil a bhlasadh i rith na bliana.
- Comhairle a thabhairt faoi na rudaí nach ceadáítear mar chuid den lón scoile.
- An teachtaireacht sláintiúil a thabhairt go foirmiúil trí cheachtanna OSPS (Oideachas Sóisialta, Pearsanta agus Sláintiúla) agus go neamh-foirmiúil is rith an lae.
- Seachtain Bhia Shláintiúil a reachtáil gach bliain.

*The aim of this policy is to promote healthy eating. This aim will be achieved by:*

- *Creating a positive attitude towards healthy food.*
- *Teaching the children the importance of choosing the right foods.*
- *Providing suggestions to parents regarding appropriate lunches for the children.*
- *Providing the children with opportunities for tasting different healthy foods during the year.*
- *Advising parents as to the lunch items that are not allowed as part of the school lunch.*
- *Incorporating the healthy message through formal SPHE (Social Personal and Health Education) lessons and informally throughout the day.*
- *Running a Healthy Eating Week annually.*

## **Treoirlínte Guidelines**

**De bharr ailéirge tromchúiseach a bheith ar pháistí sa scoil le cnónna agus síolta, ní cheadáítear do pháistí bia a thabhairt ar scoil ina bhfuil cnónna mar chomhábhar.**

Tá 10 nóim ithe ag na paistí roimh sos bheag (10 nóiméad) agus lón mór (20 nóiméad) gach lá (seachas as leath-laethanta)

Chun bosca lóin shláintiúil a chruthú, **moltar:**

- ceapairí feoil/sailéid/cáise,
- craicéir,
- áran pitta,
- pasta,
- torthaí agus glasraí,
- bia atá éasca le láimhseáil do na páistí óga m.sh. an craiceann a bhaint d'oráistí,
- bia gan clúdach pháipéir,
- uisce, bainne nó sú thorthaí gan siúcra níos sláintiúla. Tá deochanna an-tábhachtach agus moltar do pháistí deoch a thabhairt leo ar scoil gach lá.
- Braitheann an méid bia atá ann ar aois agus ar ghoile an pháiste.

**Ní mholtar:**

- gránbharraí áirithe atá lán le siúcra.
- iógairt nó bia atá míshlachtmhar nach oireann don scoil.
- gnáth brioscaí
- deochanna giosála, deochanna spóirt nó deochanna lán le siúcra.

**Ní cheadaítear:**

- Cannaí nó buidéil coke, sprite srl.
- Milseáin nó seacláid
- Brioscaí / bia le seacláid
- Criospaí taytos
- Pop arbhar
- líreacáin nó guma coganta ar scoil.
- bia le cnónna iontu.

Nuair atá féasta ranga ar siúl cheadaítear do na páistí dhá rud bheag milis a thabhairt isteach. Moltar do na páistí gan bia a roinnt, dá bharr iarrtar ar thuismitheoirí/chaomhnóirí gan málaí móra milseán nó bÁCáil baile a chur isteach don rang.

*As there are children in the school with severe nut allergies, food containing nuts as part of the listed ingredients are not permitted in the school.*

*The children eat their lunches for 10 minutes before small break (10 mins) and big break (20 mins) daily (other than on half days).*

*In order to create a healthy lunchbox, the following are encouraged:*

- *meat/salad/cheese sandwiches,*
- *crackers,*

- *pitta bread*
- *pasta,*
- *fruit and vegetables.*
- *food that is manageable for younger children e.g. give the child a peeled orange,*
- *wrappers are best kept to a minimum,*
- *drinks such as water, milk or unsweetened fruit juice. Fluid intake is very important and children are encouraged to bring a drink to school every day.*
- *The child's age and appetite should be taken into account when deciding on portion size.*

*The following are **discouraged**:*

- *Certain cereal bars with high sugar content.*
- *Yoghurts and other messy foods that are not appropriate for school*
- *Plain biscuits*
- *Sports drinks and drinks with high sugar content.*

*The following are **not permitted**:*

- *Cans or bottles of minerals such as Coke, sprite etc.*
- *Sweets, chocolate bars /biscuits or foods containing chocolate*
- *Crisps(Taytos)*
- *Popcorn*
- *Chewing gum and lollipops.*
- *Foods containing nuts*

*When there is a class party, the children may bring in two treats. The children are strongly discouraged from sharing food due to allergies etc., therefore we would ask parents not to provide bags of sweets or home-bakes for sharing with a group or with the class.*

## **Rólanna agus Freagrachtaí *Roles and Responsibilities***

### **Tuismitheoirí/Caomhnóirí *Parents/Guardians***

- *Lón sláintiúil a thabhairt don pháiste gach lá.*
- *Labhairt leis na páistí faoin mbia shláintiúil a thugann siad.*
- *Labhairt leis an múinteoir ranga, ar dtús, maidir le buairt faoi chúrsaí lóin scoile.*
- *To provide the child with a healthy lunch every day.*
- *To discuss the healthy food they have given with their children*
- *To discuss any concerns regarding lunches with the class teacher, initially.*

### **Múinteoirí *Teachers***

- *Labhairt leis na páistí faoi lón sláintiúil ag tús gach scoilbhliain*
- *Ceachtanna a dhéanamh ar bhia shláintiúil i rith na bliana mar chuid den churaclam OSPS*

- Páistí a mholadh de bharr lón shláintiúil a ithe.
- Labhairt leis na tuismitheoirí/príomhoide má tá buairt faoi oiriúnacht lóin na bpáistí go minic
- *To discuss healthy eating with the children at the beginning of each school year*
- *To teach lessons on healthy eating as part of the SPHE curriculum*
- *To praise children who eat their healthy lunches regularly*
- *Discuss with the parents/principal if there are concerns regarding the suitability of a child's lunch on a regular basis.*

### **Príomhoide *Principal***

- Tuismitheoirí/caomhnóirí a choinneáil ar an eolas faoi athruithe sa pholasaí seo.
- Comhairle a dhéanamh leis an múinteoirí maidir le cúrsaí bhia shláintiúil.
- Meabhrú a thabhairt faoin bpolasaí seo a chur i litreacha agus nuachtlitreacha i rith na bliana.
- *Keeping parents/guardians informed regarding changes in this policy.*
- *Liaise with the teachers regarding issues pertaining to healthy lunches.*
- *Write reminders of this policy in letters and newsletters during the school year.*

### **Critéir Ráthúla *Success Criteria***

- ✓ Athrú dearfach le feiceáil sna boscaí lóin
- ✓ Aiseolas dearfach ó mhuinteoírí agus ó thuismitheoirí/chaomhnóirí.
- ✓ *A positive change visible in the children's lunchboxes*
- ✓ *Positive feedback from teachers and parents/guardians.*

### **Athbhreithniú *Review***

Déanfar athbhreithniú ar an bpolasaí seo gach dara bliain.

*This policy will be reviewed every second year.*

### **Daingniú agus Cumarsáid *Ratification and Communication***

Dhaingnigh an Bord Bainistíochta an polasaí ar an 7ú Feabhra 2018.

Cuirfear cóip den pholasaí ar fáil do gach ball foirne agus do gach tuismitheoir nuair a dhaingnítear é. Déanfar tagairt don pholasaí seo sa bhfillteán eolais do thuismitheoirí/caomhnóirí nua, agus iad ag glacadh áite dá bpáiste sa scoil.

*This policy was updated by the Board of Management on the 7th of February 2018.*

*A copy of the policy will be made available to both staff and parents once ratified.*

*Reference will be made to the policy in the information folder for new parents, when they accept a place for their child in the school.*

Sínithe: \_\_\_\_\_

Cathaoirleach

Dáta: \_\_\_\_\_