



Polasaí Lóin Sláintiúil

Dáta: Márta 2017

Rinne pobal na scoile (Coiste na bPáistí, na páistí sna seomraí ranga, múinteoirí, tuismitheoirí, Bord Bainistíochta) an polasaí seo a phlé le chéile i mbliana 2017. Bhí polasaí sa scoil ó 2008 agus rinneamar athbhreiniú air le chéile i 2017. De réir Ciorcalán 0013/2016 tá sé de dhualgas ag an scoil polasaí lóin sláintiúil a chur chun cinn.

Réasúnaíocht

Is treoir é an Polasaí seo ar bhia slán agus shláintiúil a ithe. Mar scoil nua, chuireamar an Polasaí le chéile chun nósana sláintiúla a chothú lena páistí ón tús.

Aidhmeanna

1. Chun feasacht agus eolas ar chothú a chur chun cinn.
2. Chun dea nósanna agus nósanna sláintiúla ithe a thacú agus a mholadh.
3. I dtreo aird sa rang a ardú tré bhia sláintiúla a ithe i rith an lae.

Ábhar

Iarrtar ar thuismitheoirí bosca lóin sláintiúil a sholáthar do na páistí. (bia ó Rannóg 2-6 den Phirimid an Bhia) Ní cheadófar bia ón liosta thíos sna boscaí lóin:- (bia ó Rannóg 1 den Phirimid an Bhia) Féach ar an treoir atá leis an bpolasaí chomh maith.

- brioscaí
- criospaí
- milseáin
- cáca / cístí
- deoch shúilínneacha / siúcra
- barraí
- borróga
- guma coganta
- Cnónna (i rang le ailéirge)

NUA: Molann Coiste na bPáistí gur chóir dona páistí tortha nó glasa a ithe (le bia eile más mian) ag am sosa gach lá. Tá grán rósta ceadaithe sa scoil anois.

Nótaí

- ❖ Fóghlaimíonn na páistí faoi bhia sláintiúil agus tionchar an bhia sin sna hábhair scoile OSPS & Eolaíocht agus déanfar Phirimid an Bhia a léiriú sna seomraí ranga.
- ❖ Ní cheadáítear lón a mhalartú le chéile idir na páistí.
- ❖ Ar ócáidí speisialta – ceadófar rud milis amháin. San áireamh anseo, tá lá an turais scoile, an lá spóirt, deireadh téarma.
- ❖ Ar bhonn sábháilteachta – ní cheadáítear gloiní nó cannaí a thabhairt ar scoil.
- ❖ Do na naíonáin – iarraidimid ar thuisítí ‘an lóin’ a chleachtadh sa bhaile roimh theacht ar scoil.
- ❖ Tógtar gach píosa bruscar abhaile.
- ❖ Sna ranganna ina bhfeictear lóin sláintiúil go forleathan –d’fhéadfadh an múinteoir duais shláintiúil a bhronnadh ar an rang (i.e. 10 nóim aclaíocht sa chlós)
- ❖ Beidh Coiste na bPáistí ag déanamh suirbhé ó am go ham ar na lóin agus ag moladh feabhsaithe do phobal na scoile.

Grmíle a thuismitheoirí- tuigimid an obair a bhaineann le boscaí lóin a choinneáil sláintiúil.



Healthy Lunch Policy

Date: March 2017

The school community (Children's Committee, children in their classes, teachers, parents, Board of Management) put this policy together this year, 2017. We had a policy dating back to 2008 and we reviewed the policy in 2017 together. According to Circular 0013/2016 the school is required to develop a healthy lunch policy.

Rationale

The policy is intended as a guide to healthy and safe eating for the school. As a new school we formulated this policy to promote 'healthy eating' for all the children.

Aims

1. to promote nutrition awareness.
2. to support and encourage healthy eating habits.
3. to raise concentration in class through consumption of healthy food.

Context

Parents / guardians are asked to provide children with a healthy lunch box. (see section 2-6 of Food pyramid)
The following items are not permitted in the lunch box:- (see section 1 of Food Pyramid)
Please see guide to lunch boxes attached also.

- biscuits
- crisps
- sweets
- cake
- fizzy / sugary drinks
- bars
- buns
- chewing gum
- Nuts (in classes with allergies)

NEW: Children's Committee recommend that every child should eat a piece of fruit or vegetable at first break (with another piece of healthy food if required).
Popcorn is now permitted in the school as part of a healthy lunch.

Note:

- ❖ The children learn about the effects of healthy eating as part of Science and OSPS subjects (SPHE) and the Food Pyramid will be on display in each room.
- ❖ Lunch-swapping between children is not allowed.
- ❖ On special occasions lunchboxes may include 1 treat. Special occasions include School Tour, Sports Day, Last Day of Term party.
- ❖ No glass bottles or cans are permitted for safety reasons.
- ❖ For junior infants we ask parents to practice 'lunch time' with the children before they come to school.
- ❖ All lunch litter is to be taken home.
- ❖ In classes where there is a lot of healthy eating, a teacher may reward the children with an "activity break" i.e. 10 min exercise in the yard.
- ❖ The Children's Committee will from time to time survey lunch boxes and recommend improvements to the school community.

GRMA for your cooperation. We appreciate the efforts involved to keeping lunch boxes healthy.

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Bia ó Rannog 2-6 den Phirimid an Bhia / <i>Food from section 2-6 of Food Pyramid</i>	Bia ó Rannóg 1 den Phirimid an Bhia / <i>Food from section 1 of Food Pyramid</i>
Torthaí / <i>Fruit</i>	Squares
Glasraí / <i>Vegetables</i>	Winders
Cáis / <i>Cheese</i>	Deochanna shúillínneacha / <i>Fizzy drinks</i>
Íogairt / <i>yoghurt</i> (seachas/except Naí bheaga) Yop, Actimel, Moo Ju	Seacláid / <i>Chocolate</i>
Ceapairí (subh ceadaithe anois is arís) <i>Sandwiches (with Jam only from time to time)</i>	Criospaí, Criospaí Nádúrtha <i>Crisps / Natural / Vegetable crisps</i>
Grán Rósta / <i>Popcorn</i>	Frubes
Deoch / <i>Drinks</i> Uisce, Vithit, Naked, Miwadi	Brioscaí + Barraí (Belvita, Nutrigrain, Oddities, barraí bricfeasta.)
Pasta, Rís, Gráin, Cous-Cous / <i>Pasta, Rice, Grain, Cous-Cous</i>	Milseáin / <i>Sweets</i>
Anraith / <i>Soup</i>	Guma coganta / <i>Chewing gum</i>
Craicéirí / <i>Crackers</i>	Bunóga / <i>Muffins</i>
Hummus	Custard
Cácaí Ríse (gan blas milis) / <i>Rice cakes without sweet flavouring</i>	Íogairt le Crunch corner / <i>Crunch corner yoghurts</i>
Pancóga (nadúrtha) / <i>Pancakes (natural)</i>	Píotsa / <i>Pizzas</i>
	Wafail milis / <i>Sweet waffles</i>
	Croissant, Brioche

Pirimid an Bhia

Do dhaoine fásta, dhéagóirí agus pháistí d'aois cúig nó níos mó



Food Pyramid

For adults, teenagers and children aged five and over

