

gaelscoil na gCloch Liath



Na Clocha Liatha
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Polasaí Lóin Shláintiúil (*Healthy Eating Policy*)

Réamhrá (*Introduction*)

Is bunscoil lán-Ghaeilge, comhoideachas, idirchreidmheach í Gaelscoil na gCloch Liath, a bunaíodh sa bhliain 2008 faoi phátrúnacht an Fhoras Pátrúnachta. Freastalaíonn an scoil ar an éileamh d'oideachas bunscoile trí mheán na Gaeilge sa cheantar máguaird.

Cuireadh an polasaí seo le chéile trí phróiséis 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.

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 na leagan Béarla mar aistriúcháin.

Gaelscoil na gCloch Liath is an all-Irish co-educational, interdenominational primary school, established in 2008 under the patronage of the Foras Pátrúnachta. The school caters for the demand for primary education through the medium of Irish in the locality.

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.

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 cheadaítear 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 CHEADAÍTEAR DO PHÁISTÍ BIA A THABHAIRT AR SCOIL INA BHFUIL CNÓNNA NÓ SÍOLTA MAR CHOMHÁBHAR.

Tá sos bheag (10 nóiméad) agus lón mór (30 nóiméad) ag na páistí gach lá (seachas as leath-laethanta)

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

- ceapairí feoil/sailéid/cáise,
- craicéir,
- 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 méad 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.
- deochanna giosála, deochanna spóirt nó deochanna lán le siúcra.

Ní cheadaítear:

- cannaí nó gloiní de bharr chúrsaí slándála.
- líreacáin nó guma coganta ar scoil.
- bia le cnónna agus síolta iontu.

Ar an Aoine, ceadáítear do na páistí rud **beag** milis a thabhairt leo ar scoil. Is féidir briosca, mion-bharra seacláide, bunóg nó grán rósta. Iarrtar ar thuismitheoirí/chaomhnóirí **gan** paiceid milseáin, barraí móra seacláide nó criospaí a chur ar scoil. Nuair atá féasta ranga ar siúl ceadáítear 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 AND SEED ALLERGIES, FOOD CONTAINING NUTS AND SEEDS AS PART OF THE LISTED INGREDIENTS ARE NOT PERMITTED IN THE SCHOOL.

The children have a small break (10 mins) and a lunch break (30 mins) daily (other than on half days).

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

- *meat/salad/cheese sandwiches,*
- *crackers,*
- *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.*
- *Fizzy drinks, sports drinks and drinks with high sugar content.*

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

- *Cans and glasses, for safety reasons.*
- *Chewing gum and lollipops.*
- *Foods containing nuts and seeds.*

*On Fridays, the children may bring a **small** treat to school. This could include a biscuit, mini-bar, bun or popcorn. Parents are asked not to give the child packets of sweets, large chocolate bars or crisps in school. When there is a class party, the children may bring in two such treats. The children are strongly discouraged from sharing food, 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)

Tuismitheora/Caomhnóra (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 feiscint sna boscaí lóin
- Aiseolas dearfach ó mhuinteoirí agus ó tuismitheoirí/chaomhnóirí.
- *A positive change visible in the children's lunchboxes*
- *Positive feedback from teachers and parents/guardians.*

Athbhreithniú (Review)

Déanfar athbhreithniú ar an bpolasaí i 2014.

This policy will be revised in 2014.

Daingniú agus Cumarsáid (Ratification and Communication)

Dhaingnigh an Bord Bainistíochta an polasaí ar an 23 Bealtaine 2011. Cuirtear cóip den pholasaí ar fáil do gach ball foirne. Déanfar tagairt dó, agus cuirfear cóip ar fáil do gach tuismitheoir/caomhnóir nua agus iad ag glacadh le háit dá bpáiste sa scoil.

This policy was ratified by the Board of Management on the 23rd May 2011. A copy of the policy is made available to each member of staff. Reference will be made to the policy, and copies made available to all new parents/guardians when they accept a place for their child in the school.