



Polasaí Lóin Shláintiúil

Más 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

Aidhmeanna

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 do 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 ceadaítear 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.

Treoirínite

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,
- 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.

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.

Rólanna agus Freagrachtaí**Tuismitheora/Caomhnóra:**

- 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.

Múinteoirí:

- 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.
- Meabhrú a thabhairt go bhfuil ar na páistí a brúscar féin a thabhairt abhaile sna boscaí lóin.
- Labhairt leis na páistí faoin mbrúscar ón lóin agus meabhrú dóibh faoin bPolasaí Scoil Glas.
- Labhairt leis na tuismitheoirí/príomhoide má tá buairt faoi oiriúnacht lóin na bpáistí go minic

Cathaoirleach: Aisling Uí Fhéich

Dáta: 2 Meitheamh 2021

Príomhoide: Máire Ní Cheirdeáire

Dáta: 2 Meitheamh 2021



Healthy Eating Policy

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

AIMS

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.*

Guidelines

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,*
- *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 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.

Roles and Responsibilities

Parents/Guardians:

- 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.

Teachers:

- 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.

Chairperson: _____

Aisling Uí Fhéach

Date: 2 Meitheamh 2021

Principal: _____

Máire Ní Cheirdeacháin

Date: 2 Meitheamh 2021