



## 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.

### **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 glasra 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 cheadaítear 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 cheadaítear gloiní nó cannaí a thabhairt ar scoil.
- ❖ Do na naíonáin – iarraimid ar thuistí ‘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.



21.

# *Gaelscoil na Lochanna*

## **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.

### **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.*

<b>+</b>	<b>-</b>
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 daoine fásta, déagóirí agus páistí de aois cúig nó níos mó



## Food Pyramid

