



## Polasaí Lón Sláintiúil

### 1. Aidhmeanna

- Treoracha soléir a leagadh síos do tuistí, múinteoirí agus páistí
- Leiriú do muintir na scoile go gcuireann an scoil béim faoi leith ar réim-bhia sláintiúil
- Na páistí a spreagadh le roghanna ciallmhara a dhéanamh faoi bhia agus cothú.
- Dearcadh dearfach a chothú maidir le bia shláintiúil

### 2. Réasúnaíocht

- Mar chuid don pholasáí Oideachas Sóisialta agus Sláinte Pearsanta (OSPS), tá sé de dhualgas ar an scoil oiliúint a chur ar na daltaí faoi bheith sláintiúil.
  - Snáithaonad: Ag tabhairt aire do mo chorp: Bia agus Cothú (Naíonán go Rang 6)
  - Snáithaonad: Ag déanamh cinntí (*Féach ar na Treoirlínte do Mhúinteoirí Ith 11-13*)
  - Nasc le hEolaíocht - Snáithe Nithe Beo: Snáithaonad: Mé Féin: Próiséas Saoil an Duine Daonna (Curaclam na Naíonán Sóisearach – Rang a 6) (*Féach ar na Treoirlínte do Mhúinteoirí Igh 10-11*)
- Is páirt tábhachtach den lá scoile é am lón. Is breá leis na páistí ithe le chéile, ach tá sé tábhachtach freisin ó thaobh chothú de. Glactar go forleathan go bhfuil baint ag bia leis an mbealach a fhoghlaimíonn páistí agus leis an mbealach atá siad in ann a aird a dhíriú ar ábhar. Tá polasaí Lón Sláintiúil ag an scoil, cúig lá sa tseachtain. Tá sé thar a bheith tábhachtach go mbeadh lón sláintiúil ag do pháiste gach lá ar scoil.

- Ba cheart bosca lóin agus buidéal plaisteach a bheith ag na páistí. Tabhair lón dóibh go bhféadfadh sé/ sí láimhseáil go héasca.
- Ionas gur féidir linn an líon bruscair a choimeád chomh íseal agus is féidir iarrfar ar na páistí aon bhruscar a bhaineann lena lón a thabhairt abhaile leo.
- Tá sos beag (10 nóiméad) agus lón mór (30 nóiméad) ag na páistí gach lá.

### 3. Briseadh na dTorthaí

- Tá briseadh na dtorthaí ar siúl sa scoil le tamall anuas agus tá ag éirí go maith leis. Tá sé i gceist go n-itheann na páistí torthaí/glasraí amháin ag an sos beag.

Is mian le Gaelscoil Uí Fhiaich an t-oideachas is fearr is féidir a sholáthar do gach dalta. Gach bliain muintear ceachtanna do na páistí go léir maidir lena corpanna agus maidir le bia mar chuid den curaclam eolaíochta (Duile Beo) agus mar chuid den ábhar OSPS. Ta ceangal idir na teamaí seo agus snáthanna eile cosúil le fiacla slán agus aclaíocht chomh maith. Cuireann an múinteoir béim ar lóna na bpáistí go neamh-fhoirmiúil agus moltar na paistí a thógann torthaí agus glasraí leo ar scoil. Iarrfaimid ar thuismitheoirí co-oibriú linn lenár bpolasaí faoi lón sláintiúil.

### Moltaí

<b>Bia molta</b> <b>Recommended food</b>	<b>Deochanna molta</b> <b>Recommended drinks</b>
Ceapairí/Sandwiches Rollóg/Roll Cácaí Ríse/Rice cakes Craicéir/Crackers Báirín Breac/Barmbrack Feoil/Meat, Iasc/Fish Ubh/Egg Cáis/Cheese Bonnóg/Scone Torthaí, tirim & úr/Fruit, dry & fresh Glasraí/Vegetables Iógart/Yoghurt Fromage Frais Rís/Rice	Bainne/Milk Uisce/Water Anraith/Soup Fíorshú tortha/pure fruit drinks Súanna éagsúla/Variious juices Tae/Tea Caoineog/Smoothie

Ispíní/Sausages Borróga, Brioscaí coitianta/Plain Biscuits, Queencakes Grán rósta/Popcorn Sailéid/Salad Pancóga/Pancakes Pasta	
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- Ní féidir gach bia sláintiúil/míshláintiúil a chuir ar liosta sa pholasaí seo, dá bhrí sin, moltar do thuismitheoirí a bheith ciallmhar faoin mbia a cheaptar a bheith sláintiúil.
- **Ní bheidh criospaí, milseáin, frubes, ‘yoghurt corners’, lunchables agus deochanna coipeacha ceadaíthe ar scoil toisc go mbíonn siad míshláintiúil.**
- Iarrfar ar mhúinteoirí tacaíocht a thabhairt don pholasaí trí mholadh a thabhairt do lón sláintiúil atá ag aontú leis an bpolasaí. Má thógann páiste lón ina bhfuil rudaí nach bhfuil molta is féidir leis an múinteoir a chur in iúl don pháiste go bhfuil polasaí i bhfeidhm agus nach bhfuil sé cothrom muna bhfuil gach páiste ag cloí leis.
- Tá seans go n-iarrfar ar dhalta gan píosa den lón a ithe (barra seacláide m.sh.) i rith am scoile agus é a choimeád go dtí go rachaidh siad abhaile. Más rud é go bhfuil páiste ag tógáil earraí isteach don lón nach bhfuil molta, cuirfear nóta abhaile ag fiosrú cén fáth nach bhfuil lón folláin ag teacht ar scoil leis an dalta.
- Ó am go chéile tá seans ann go mbeidh na múinteoirí sásta rudaí milse a thabhairt dá ndaltaí ag amanna áirithe ar nós ócáidí speisialta, turasanna 7rl. Dar ndóigh, ní ró mhinic a tharlóidh na h-ócáidí seo agus beidh béim ar duaiseanna eile in ionad milseáin a thabhairt.
- Is féidir le Coiste na dTuistí tacaíocht a thabhairt don pholasaí le aird na dtuismitheoirí a dhíriú ar na buntáistí a bhaineann leis, idir costas na lóin a íslíú agus cothú a bpáistí a fheabhsú. .
- Spreagaimid daltaí na gaelscoile chun a bheith chomh sláintiúil agus is féidir leo trí bheith gníomhach agus trí bhia sláintiúil a ithe. Thíos tá nascanna chuig suíomhanna agus eolas faoi sláinte do pháiste.

<a href="#"><u>An bhfuil bosca lóin sláintiúil á phacáil agat? Are you packing a healthy lunch?</u></a>	<a href="#"><u>Bosca Lóin Sláintiúil</u></a> <a href="#"><u>Healthy Lunch Box</u></a>	<a href="#"><u>School Days</u></a>
<a href="#"><u>30 ideas for school lunches</u></a>	<a href="#"><u>Lunch Box Ideas 1</u></a>	<a href="#"><u>Family Fun</u></a>
<a href="#"><u>www.safefood.eu</u></a>	<a href="#"><u>Lunch Box Ideas 2</u></a>	

*Ní ghlacann Gaelscoil Uí Fhiaich freagracht as ábhar ar nascanna seachtracha.*

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## Healthy Lunch Policy

### Aims

- To have clear guidelines in place for parents, teachers and students.
- To illustrate to the school community that healthy eating is a school priority.
- To encourage the students to make positive choices when choosing food.
- To create a positive atmosphere with regard to food and nutrition.

### Reasoning

- As part of the Social, Personal and Health (SPHE) educational policy and curriculum a school will educate the students to be healthy.
  - Strand unit: Taking care of my body: Food and Nutrition (Infants – Sixth class)
  - Strand unit: Self-identity: Making decisions (Guidelines for Teachers Pg. 15)
  - Integration with SESE – Strand: Living Things: Strand Unit: Myself, Human Life. (Primary School Curriculum Infants – Sixth class. Teacher Guidelines Pg. 8)
- Lunchtime is an important part of the school day. The students enjoy eating together and it is also important from a nutrition aspect. Food and nutrition influences a student's ability to work and to concentrate. The school healthy lunch policy operates five days per week. It is important that students have a healthy lunch each of the five school days.
- It is advisable that each student has a lunch box and plastic bottle that they are able to open and close independently.
- Give your child a lunch that they can open and eat independently. To assist us maintain low recycling levels we ask students to bring their lunch waste home with them.
- There is a small break (10 minutes) and big break (30 minutes) for every student each day.

### Fruit break

- We have a fruit break running successfully for some time in the school. At small break the students eat fruit and vegetables only.

- It is the aim of Gaelscoil Uí Fhiaich to provide the best education possible to each student. Lessons are taught yearly on how students can best look after their bodies and food they eat as part of the SESE and SPHE curriculum. There is a link between these themes and subjects such as oral health and fitness also. The teachers will informally emphasise in the classroom healthy lunches and praise students that have fruit and vegetables as part of their lunch.

We ask for parental cooperation with our healthy lunch policy.

Recommended food	Recommended drinks
Sandwiches	Milk
Roll	Water
Rice cakes	Soup
Crackers	Pure fruit drinks
Barmbrack	Various juices
Meat, Fish	Tea
Egg	Smoothie
Cheese	
Scone	
Fruit, dry & fresh	
Vegetables	
Yoghurt	
Fromage Frais	
Rice	
Sausages	
Plain Biscuits, Queencakes	
Popcorn	
Salad	
Pancakes	
Pasta	

- The above list does not contain all healthy/unhealthy foods, we recommend that parents and students make sensible food choices.
- **Crisps, sweets, frubes, 'yoghurt corners', lunchables agus fizzy drinks are not permitted in school.**
- We ask teachers to support the healthy lunch policy by positively reinforcing healthy lunch choices they see in the classroom. If a student brings an item from the list above that is not permitted the teacher will remind the student of the healthy lunch policy and ask that all students are asked to cooperate with it. The teacher may at times ask a student not to eat an item e.g. chocolate bar at school and to have it at home. If a student frequently brings in lunch items that are not permitted a note will be sent home to the parents/guardians.
- From time to time the students will be permitted to bring a 'treat' in their lunch on special occasions, school tours etc.

- The parents association can support this policy by creating awareness among parents of the advantages of making healthy food and nutrition decisions.
- We encourage the students of Gaelscoil Uí Fhiaich to be healthy by making healthy food decisions and being active. We have provided links below to websites that contain suggestions and information about your child’s health.

<a href="#"><u>An bhfuil bosca lóin sláintiúil á phacáil agat? Are you packing a healthy lunch?</u></a>	<a href="#"><u>Bosca Lóin Sláintiúil</u></a> <a href="#"><u>Healthy Lunch Box</u></a>	<a href="#"><u>School Days</u></a>
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