

Polasaí Lón Folláin/Policy on Healthy Lunches

Déanaimid iarracht sa scoil cur ar chumas gach páiste a dhícheall a dhéanamh i gcónaí agus tá an bia ceart mar chuid lárnach den iarracht sin – don tsláinte agus don fhoghlaim ar scoil.

We in Gaelscoil Chluain Meala encourage each pupil to reach his/her potential and a proper diet and healthy lifestyle are important factors in helping children to do their best in school and in life outside school. This policy was prepared by members of the school community to encourage and support health and healthy eating among pupils and other members of the community.

For some time, the school has discouraged certain foods, but this policy tries to give an overall context for healthy eating. The policy is supported by the school staff, the Board of Management and the Coiste na dTuismitheoirí.

Réasún/Rationale

- Tá an polasaí seo riachtanach chun comhtháthú éifeachtach a dhéanamh leis an gclár O.S.P.S. sa scoil.
- Chun dul leis an gclár Eolaíochta – Human Life Processes.
- Chun aire na bpáistí a dhíriú ar an tábhacht a bhaineann le bia folláin.
- Páistí a spreagadh chun a bheith freagrach as a sláinte féin chomh fada agus is féidir é.
- *It is important to develop the habit of healthy eating in childhood, to lay the foundation for a healthy lifestyle.*
- *The School policy is designed to support those parents who are already committed to healthy lunches and to encourage those who have not yet adopted this approach.*
- *The healthy lunch policy integrates with the Curriculum in the areas of S.P.H.E. agus Science.*

Treoirínite/Guidelines

- Cuireann treoirínite na scoile tríd an bpolasaí seo dualgas ar thuismitheoirí lón folláin a thabhairt dá leanaí ag teacht ar scoil agus cuireann siad cosc ar saghasana áirithe bídh.
- Moltar roghanna folláine sa seomra ranga go rialta.
- Spreagann cuairteoirí proifisiúnta dea-nósanna mar chuid den chlár O.S.P.S. m. sh. Dental Hygienist, Banaltra Scoile srl.
- *The school encourages the child to bring a healthy lunch and recommends that certain foods be avoided.*
- *Class teachers regularly promote healthy lunch choices.*

- *Visiting health professionals encourage healthy eating in the course of their activities e.g. Dental Hygienist, School Nurse*

Aidhmeanna/Aims

- An tábhacht a bhaineann le cothú cothrom a chur chun cinn.
- Cur ar chumas na ndaltaí roghanna maithe a dhéanamh maidir le bia agus cothú.
- Cabhrú le gach dalta oibriú níos éifeachtaí sa seomra ranga.
- Nósanna dea chleachtas ó thaobh bia de a bhunú don saol.
- Tá tábhacht ar leith ag baint le leanaí a bheith gníomhach agus cuidíonn dea-nósanna maidir le bia leis an gcleachtas seo.
- Múineadh do leanaí a bheith aireach maidir le bruscar agus freagrach as é a sheacaint.
- *To heighten an awareness of the importance of a balanced diet.*
- *To encourage the children to make wise choices about food and nutrition.*
- *To raise levels of concentration within class due to consumption of healthy food.*
- *To develop healthy eating habits for life.*
- *To encourage pupils to be aware, alert and responsive to litter problems caused by junk food, prepared food and juice cartons.*
- *There is a growing awareness of the importance of children being active and the healthy eating habits they develop will assist in this area.*

Lón/Healthy Lunches

Ba chóir go gcuirfeadh lón folláin trian den riachtanais bhia don lá ar fáil don pháiste. Bealach simplí chun lón follán a chur ar fail ná bia amháin as gach grúpa bídh a roghú :

1. Torthaí / Glasraí
2. Grúpa an Bhainne
3. Grúpa na Feola
4. Arbhair/prátaí
(Féach Bileog Fíricí 1 – 4 ‘Healthy Eating for Children’)
http://www.safefood.eu/SafeFood/media/SafeFoodLibrary/Documents/Education/G6287-Safefood_Healthy-Lunchboxes-Leaflet_irish_v4.pdf

A healthy lunch should provide one-third of a child’s food requirements for the day. One choice from each food group is recommended:

1. Fruit/Veg
2. Milk Group
3. Protein Group

4. Carbohydrate (Féach bileog 'Healthy School Lunches') Group
http://www.safefood.eu/SafeFood/media/SafeFoodLibrary/Documents/Education/K7861-Safefood_2014-Healthy-Lunchbox-Leaflet_FOR-web.pdf

Bia/Deochanna nach bhfuil ceadaithe/*Prohibited food/drinks*

- Deochanna i gcannaí.
- Deochanna i mbuidéil gloine.
- Criospaí de gach sórt.
- Guma Coganta.

Mar chuid den pholasaí agus chun cabhrú le cur i bhfeidhm, bheimís ag iarraidh ar thuismitheoirí gan bia ó bharr an 'Phirimid Bidh' a thabhairt sa bhosca lóin.

To assist parents in implementing this policy and to facilitate the cleaning of the school, we ask them not to give children food from the top of the 'Food Pyramid' in their lunch boxes.

PLEASE DO NOT BRING THE FOLLOWING TO SCHOOL

- *Chewing Gum.*
- *Fizzy drinks in cans.*
- *Any drinks in glass bottles.*
- *Any type of potato/corn crisps.*

Deochanna/*Fluids*

Tá sé riachtanach go mbeadh go leor le n-ól ag daltaí ar scoil agus iad ag obair agus ag súgradh. Cabhraíonn sí leo díriú ar an obair atá idir lámha acu.

Moltaí:

- Bainne
- Uisce
- Sú

Sufficient fluid intake is very important for children, both working and playing in school. It helps greatly with concentration on work and hydration after play.

Recommended drinks:

- *Milk*
- *Water*
- *Fruit drinks*

Bia/ food	Deochanna/ drinks
Ceapairí	Bainne/Milk
Rollóg / <i>Roll/Ceapairí/ Sandwiches</i>	Uisce//still plain water
Gnáth Cácaí Ríse/ <i>Plain Rice cakes</i>	Fíorshú tortha/ <i>pure fruit drinks</i>
Craicéir / <i>Crackers</i>	Saúanna éagsúla/ <i>Various juices</i>
Báirín Breac/ <i>Barmbrack</i>	Anraith/Soup/ Tae/Tea (Fifth and Sixth class only)
Feoil/ <i>Meat</i>	
Ubh/ <i>Egg</i>	
Cáis/ <i>Cheese</i>	
Bonnóg/ <i>Scone</i>	
Torthaí (tirim & úr)/ <i>Fruit (dry & fresh)</i>	
Glasraí/ <i>Vegetables</i>	
Iógart/ <i>Yoghurt</i>	
Fromage Frais	
Rís/ <i>Rice</i>	
Ispíní / <i>Sausages</i>	
Borróga / Brioscaí coitianta/ <i>Plain Biscuits / Plain Queencakes</i>	
Popcorn/ <i>Grán rósta</i>	
Sailéid / <i>Salad</i>	
Pasta	

Eisceachtaí/Exceptions

Dé gnáth bíonn cead ag páistí soláistí a thabhairt isteach ar na hócáidí seo a leanas.

- 1.Lá Laethanta Saoire na Nollag.
- 2.Lá Laethanta Saoire an tSamhraidh
- 3.Turas Scoile
- 4.Cluiche Scoile i Stáid Semple nó Féile Peile Gael Linn.

5. Ócáidí ar leith fógraithe ag an scoil

6. Iarraimid ar thuismitheoirí gan soláistí a chur sa lón ach amháin ar an Aoine.

Generally children are allowed to bring treats on special occasions.

1. Day of Christmas and Summer Holidays.

2. School Tours.

3. Attending matches or sporting events in Semple Stadium or Féile Peile Gael Linn.

4. Special occasions in school from time to time.

5. To encourage children to adapt to healthy lunches, we would ask parents to confine treats to Friday only.

Eolas Breise/Healthy Lunches

Ba chóir do thuismitheoirí a bheith aireach agus bia ‘folláin’ a roghnú.

Parents should be aware that certain foods advertised as ‘healthy’ may not be quite so healthy.

Iarraimid ar thuismitheoirí cloí leis an bpolasaí mar tá sé tabhachtach don pháiste go mbeadh an teachtaireacht chéanna ag teacht ó bhaile agus ón scoil maidir le ‘Lón Folláin’.

We would request that parents adhere to the Healthy Lunch Policy as it is important for its successful implementation that children get support both from home and school.

Mar chuid den iarracht chun gearradh siar ar bhruscar agus cabhrú le comhshaol glan, b’fhiú do thuismitheoirí fiosrú a dhéanamh maidir le lón a chlúdach gan an iomad scragall ná plaisteach a úsáid.

As a way of reducing waste and reusing material, parents are asked to be mindful of the packaging of lunches and to avoid overuse of plastic or foil wraps where possible and to avail of containers or reuseable ziplock bags.

Deirtear gur é an bricfeasta an béile is tábhachtaí sa lá. Cabhróidh sé go mór leis an obair scoile má tá bricfeasta ceart ite ag gach páiste.

Breakfast is considered the most important meal of the day. Ensuring that your child has a proper breakfast before school will benefit him/her in school and make the presentation of a healthy lunch more meaningful.

Rólanna/Roles

- Tabharfaidh na múinteoirí cabhair agus spreagadh do na páistí roghanna maithe bídh a dhéanamh.
- Beidh freagracht ar thuismitheoirí lón folláin a thabhairt dá leanáí ag teacht ar scoil.
- Déanfaidh foireann na scoile monatóireacht ar éifeacht an pholasaí agus beidh Múinteoir Siobhán ag déanamh comhordú air.

- *The class teachers will give encouragement and help the children to adopt a healthy lifestyle.*
- *Parents are responsible for providing healthy lunches for their children going to school.*
- *The school staff will monitor the effectiveness of this policy and Múinteoir Siobhan will co-ordinate it.*

Cur i bhfeidhm/Implementation

Cuirfear an polasaí i bhfeidhm i Mí Mheán Fómhair 2015 agus bhí sé faofa ag an mBord.

Athbhreithniú/Review

Déanfar athbhreithniú i 2018 nó níos luaithe má lorgaíonn múinteoir, tuismitheoirí athraithe.

Tuairisciú/Reporting

- Cuirfear eolas maidir leis an polasaí seo chuig tuismitheoirí.
- Cuirfear faoi bhráid an Bhord Bainistíochta é.
- Cuirfear faoi bhráid an Choiste na dTuismitheoirí é.