

Polasaí Lón Folláin, Gaelscoil Uí Ríordáin, 2018.



# Gaelscoil Uí Ríordáin

*Lón Folláin / Healthy Lunch Eating Policy.*



Polasaí Lón Folláin agus cur  
chun cinn um ithe go Folláin  
*Healthy Lunch Eating Policy.*



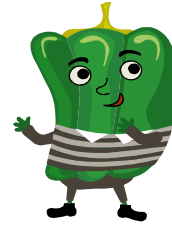
## Raiteas Tosaigh

- Scríobhadh chuig tuismitheoirí na scoile chun aischothú agus a dtuairimí a fháil
- An clár pléite go mion le daltaí na scoile chun a chinntiú go dtuigeann said an tábhacht a bhaineann le h-ithe go folláin
- Pléadh an clár seo leis an mBord Bainistíochta agus bhíodar an sásta tacú leis

### Introductory Statement

*All parents were invited to help formulate a healthy food policy through correspondence with the school*

- *This programme was discussed in detail with each class to ensure that all children understood the importance of healthy eating*
- *This programme was discussed with the Board of Management and has their full support*



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## **Cur i bhFeidhm**

Cuirfear an polasaí seo i bhfeidhm 30<sup>ú</sup> Lúnasa 2018.

## **Implementation**

*This policy will be implemented 30<sup>th</sup> August 2018.*

## **Athbhreithniú**

Déanfar athbhreithniú nuair is gá.

## **Review**

*This policy will be reviewed when necessary.*

## **Tuairisciú**

- Cuirfear an polasaí seo abhaile go gach teaghlach mar ríomhphost agus beidh sé ar fáil ar an suíomh idirlíne chomh maith
- Cuireadh an polasaí seo faoi bhráid an Bhoird Bainistíochta 21/02/2018

## **Reporting**

- *This draft policy will be circulated to every family by email, as well as being available on the school's website*
- *This policy was be presented to the Board of Management on 21/02/2018*

## **Reasún**

Tá an polasaí seo;

- Riachtanach do shláinte leanaí na scoile
- Chun comhtháthú éifeachtach a dhéanamh leis an gclár O.S.P.S. sa scoil
- Chun dul leis an gClár Eolaíochta
- Chun aire na bpáistí a dhíriú ar an tábhacht a bhaineann le h-ithe go folláin agus bheith freagrach as a sláinte féin chomh fada agus is féidir

## **Rationale**

*This policy is necessary to:*

- *Promote the health of our pupils*
- *To integrate effectively the S.P.H.E. Programme*
- *Support the “Human Life Processes” strand of the Science programme*
- *Encourage the children to be responsible for their health and the importance of healthy eating*

## **Gaolmhaireacht le hÉiteas Féiniúlacht na Scoile**

Tá meas ag ár scoil ar gach uile dhalta agus is chun cabhrú leo a cuireadh an polasaí seo le chéile

## **Relationship to Characteristic Spirit of the School**

*In this school we encourage all children to reach their full potential and healthy eating is a vital part of this process*



## Aidhmeanna

- Na leanaí a spreagadh le roghanna ciallmhara a dhéanamh faoi bhia agus cothú
- Nósanna deachleachtas ó thaobh bia a thosnú sa scoil
- Cabhrú le leanaí an t-aighe a choimeád dírithe ar obair ranga trí bhia sláintiúil a ithe
- Múineadh do na páistí bheith aireach maidir le mearbhia, bia réamhullmhaithe, brúscar



## Aims

- *To encourage the children to make sensible food choices*
- *To develop healthy eating in school*
- *To raise levels of concentration due to healthy eating*
- *To teach the children to be mindful of fast food, pre-packed and junk food*

## Lón

Ba chóir go gcuireadh lón folláin trian den riachtanais bhia don lá ar fáil don pháiste. Bealach simplí chun lón folláin a chur ar fáil ná bia amháin as gach grúpa bídh a roghnú.

## Lunches

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

Torthaí/Glasraí

*Fruit/Veg*

Grúpa an Bhainne

*Milk group*

Grúpa na Feola

*Protein group*

Arbhair/prátaí

*Carbohydrate group*



## Critéir Rathúlachta

Beidh a fhios againn go bhfuil an polasaí éifeachtúil

- breathnóireacht laethúil an mhúinteora
- aischothú ó pháistí na scoile
- aischothú ó thuisí na scoile

*We will know the effectiveness of the policy by*

- *daily observation of children's lunches*
- *feedback from children*
- *feedback from parents*

## Róil & Freagracht

- Tabharfaidh na múinteoirí cabhair agus spreagadh do na páistí roghanna maithe bídh a dhéanamh tré phlé a dhéanamh agus dea-shampla a thabhairt
- Beidh freagracht ar na tuisí bia folláin a thabhairt dá leanaí ag teacht ar scoil
- Déanfaidh foireann na scoile monatóireacht ar éifeacht an pholasaí.

## Roles & Responsibilities

- *The class teachers will give encouragement and help to the children to adopt healthy eating habits, by discussion and good example*
- *Parents are responsible for providing healthy food for their children going to school*
- *The school staff will monitor the effectiveness of the policy.*

## Laethanta Breithe

Níl cead ag páistí cístí nó milseáin a thabhairt ar scoil mar cheiliúradh lá breithe.

## Birthdays

*Children are not permitted to bring treats or cakes to school for birthday celebrations.*

## Eolas Breise

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

*We would request that parents adhere to the Healthy Eating 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 bhrúscar agus cabhrú le comhshaol glan, b’fhiú do thuismitheoirí iarracht á dhéanamh an lón a chlúdach gan an iomad foil 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 gurb 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.*

## Bia/Deochanna atá ceadaithe/ Permitted Healthy Food/Drinks

- Bainne/*Milk*
- Uisce/*Water*
  
- Gach saghas aráin/*All types of bread*  
Sconáí/*Scones*  
Craicear/*Crackers*

### **le/ with**

- Feoil/*Meats*
- Iasc/*Fish*
- Sailéid/*Salad*
- Torthaí/*Fruit*
- Glasraí/*Vegetables*
- Cáis/*Cheese*
- Íogairt sláintiúil/*Healthy yogurts*



- Moltar bianna reámhullmhaithe a sheachaint. *We recommend not giving the children pre-packed lunches eg; lunchables*
- Moltar go mbeadh torthaí agus glasraí sa bhosca lóin gach lá. *We recommend that the children have fruit and vegetables each day as part of their lunch*

### Bia/Deochanna nach bhfuil ceadaithe

- Sú nó deochanna fizzy i gcannaí nó i mbuidéal
- Criospaí de gach sórt
- **Cnónna de gach sórt**
- Grán rósta
- Guma coganta
- Frubes
- Briosaí (ach amháin ar an Aoine nó ocaidí speisialta)
- Milseáin/Seacláid (ach amháin ar an Aoine nó ocaidí speisialta)

### Food/Drinks not permitted

- *Juice or fizzy drinks in cans or any type of bottle*
- *Crisps of any kind*
- **All types of nuts**
- *Popcorn*
- *Chewing gum*
- *Frubes*
- *Biscuits (except on Fridays or special occasions)*
- *Sweets/Chocolate (except on Fridays or special occasions)*



### Soláistí/ Treats

Ar an Aoine beidh cead ag na páistí soláiste beag amháin a bheith acu. *One fun-sized treat allowed on Fridays.*

Mar chuid don aischothú a fuairamar ó thuismitheoirí, ní thabharfar amach milseáin i ranganna mar dhuaisianna. *Based on parental feedback, sweets will not be given to children in the classroom as a reward.*

### Eisceachtaí

Beidh cead ag na páistí dhá sholáiste bheag a thabhairt isteach ar na hócáidí seo a leanas.

- Laethanta Saoire na Nollag
- Laethanta Saoire an tSamhraidh
- Turasanna Scoile\*
- Ócáidí ar leith fógraithe ag an scoil

\* Cead acu sú a thabhairt leo



### Exceptions

*Children are allowed two small treats on the following occasions*

- *Christmas Holidays*
- *Summer Holidays*
- *School Tours \**
- *Special occasions organised in the school from time to time*

\* *Juice is permitted for school tours*