

# Polasaí Lón Sláintiúil

## Scoil Iognáid

### Aidhmeanna (Aims)

Is é aidhm an pholasaí seo ná lón sláintiúil a chothú. Comhlíonfar an aidhm seo trí:

- Dearcadh dearfach a chothú maidir le bia shláintiúil
- An tábhacht a bhaineann leis an mbia ceart a roghnú a mhúineadh do na daltaí
- Moltaí a thabhairt do thuismitheoirí/chaomhnóirí maidir le lón/bia scoile feiliúnach a roghnú.
- Deiseanna a thabhairt do pháistí bia shláintiúil a bhlaiseadh i rith na bliana.
- Comhairle a thabhairt faoi na rudaí nach gceadaítear mar chuid den lón scoile.
- An teachtaireacht shláintiúil a thabhairt go foirmiúil trí cheachtanna OSPS (Oideachas Sóisialta, Pearsanta agus Sláintiúla) agus go neamh-foirmiúil i rith an lae.
- Seachtain Bhia Shláintiúil a reachtáil gach bliain.

The aim of this policy is to promote healthy eating. This 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.
- Running a Healthy Eating Week annually.

## Treoirínite (Guidelines)

Tá sos beag (10 nóiméad) agus lón mór (30 nóiméad) ag na páistí gach lá (seachas ar 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'oraistí,
- bia gan clúdach pháipéir,
- uisce nó bainne. Tá deochanna an-tábhachtach agus moltar do pháistí deoch a thabhairt leo ar scoil gach lá.
- Braitheann an méid bia atá ann ar aois agus ar ghoile an pháiste.

Ní mholtar:

- gránbharraí áirithe atá lán le siúcra.
- iógairt nó bia atá míshlachtmhar nach oireann don scoil.

Ní cheadaítear:

- cannaí nó gloiní de bharr chúrsaí slándála.
- deochanna súilíneacha, deochanna spóirt nó deochanna lán le siúcra.
- líreacáin nó guma coganta ar scoil.
- criopsaí, milseáin, briosaí agus seacláid.

D'fhéadfadh sé go mbeadh riachtanais chothaithe faoi leith i ranganna éagsúla toisc go bhfuil daltaí áirithe le dianailéirge bhia i Scoil Iognáid. Déileofar leis na riachtanais seo ar bhonn ranga nuair is gá.

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,
- wrappers are best kept to a minimum,
- drinks such as water or milk. Fluid intake is very important and children are encouraged to bring a drink to school every day.
- The child's age and appetite should be taken into account when deciding on portion size.

The following are discouraged:

- Certain cereal bars with high sugar content.
- Yoghurts and other messy foods that are not appropriate for school.

The following are not permitted:

- Cans and glass bottles, for safety reasons.
- Fizzy drinks, sports drinks and drinks with high sugar content.
- Chewing gum and lollipops.
- Crisps, sweets, biscuits and chocolate

There may be special dietary needs in certain classes since several children in Scoil Iognáid have severe food allergies. Specific dietary needs will be addressed on a class basis if necessary.

## **Rólanna agus Freagrachtaí (Roles and Responsibilities)**

### Tuismitheoirí/Caomhnóirí (Parents/Guardians)

- Lón sláintiúil a thabhairt don pháiste gach lá.
- Labhairt leis na páistí faoin mbia shláintiúil atá tugtha dá bpáistí
- Labhairt leis an múinteoir ranga, ar dtús, maidir le buairt faoi chúrsaí lóin scoile.
- 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.

### Múinteoirí (Teachers)

- 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 lóin sláintiúil a ithe.
- Labhairt leis na tuismitheoirí/príomhoide faoi oiriúnacht lóin na bpáistí más gá
- 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.

### Príomhoide (Principal)

- Tuismitheoirí/caomhnóirí a choinneáil ar an eolas faoi athruithe sa pholasaí seo.
- Dul i gcomhairle leis na múinteoirí maidir leis an mbia shláintiúil.
- Meabhrú faoin bpolasaí seo a chur i litreacha agus nuachtlitreacha i rith na bliana.
- Keeping parents/guardians informed regarding changes in this policy.
- Liaise with the teachers regarding issues pertaining to healthy lunches.
- Write reminders of this policy in letters and newsletters during the school year.

## **Food Safety/ Sábháilteacht Bia**

Tá sé tábhachtach a chinntiú go bhfuil bosca lóin do pháiste glan agus sábháilte. Ní mór ceapairí ina bhfuil feoil agus beatha eile a dteastaíonn cuisniú uathu a choinneáil fuar i mála lóin inslitheach.

It is important to ensure that your child's lunchbox is clean and safe. Remember that sandwiches containing meat or other foods that require

refrigeration should be kept as cool as possible until lunchtime. You can help keep lunches cool and safe by using an insulated lunch bag or a small ice pack.

## **Green Schools/ Scoileanna Glasa**

Mar is eol díobh tá bratach ghlas don athchúrsáil ag Scoil Iognáid. Caithfidh na páistí a mbruscar lóin ar fad a thabhairt abhaile leo. Molann muid go mbeadh bosca lóin phlaisteach ag gach páiste in ionad scragall 'cling film' nó málaí plaisteacha.

As you know Scoil Iognáid has a green flag for recycling. Every child must bring all wrapping and food packaging home to be disposed of. As a green school we recommend a plastic lunch box be used. In this way the need for plastic wrappers, cling film and tin foil is kept to a minimum.

## **School tours and party days / Turais scoile agus cóisirí scoile**

Ó am go chéile gheobhaidh na páistí milseáin ó mhúinteoirí ach is ar ócáidí speisialta agus ag discríd an mhúinteora amháin é seo.

Children may receive occasional treats from their class teachers at his/her discretion. This will apply on days where children are on school tour and on party days.

I gcás aon difríocht idir an leagan Béarla agus an leagan Gaeilge den pholasáí seo 'sí an leagan Gaeilge a mbeidh tús áite aici i gcónaí.

In the case of any discrepancy between the English and Irish versions of this policy the Irish version will take precedence.

**Síniú an Chathaoirligh:** Peadar Ó hAilín

**Dáta athbhreithnithe:** Meán Fómhair 2015