



Gaelscoil na Ríthe, Domhnach Seachnaill, Co. na Mí

www.gaelscoilnarithe.ie 01-8259933 gsnarithe@gmail.com
Príomhoide: Rónán Mac Giolla Ruaidh Príomhoide Ionaid: Pól Ó hAoláin
Cathaoirleach: Órla Ní Shuilleabháin



Polasaí Lóin Shláintiúil

AIDHMEANNA

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

- Dearcadh dearfach a chothú maidir le bia sláintiúil agus na leanaí a spreagadh le roghanna ciallmhara a dhéanamh maidir le bia agus cothú
- Múineadh do na páistí an tábhacht a bhaineann leis an mbia ceart a roghnú
- Moltaí a thabhairt do thuismitheoirí/chaomhnóirí maidir le lón/bia scoile feiliúnach a roghnú.
- Tacú le leanaí an t-aighe a choimeád ar obair ranga trí bhia sláintiúil a ithe
- Deiseanna a thabhairt do pháistí bia sláintiúil a bhlaiseadh i rith na bliana.
- Comhairle a thabhairt faoi na rudaí nach gceadaítear mar chuid den lón scoile.
- An teachtaireacht sláintiúil a thabhairt go foirmiúil trí cheachtanna OSPS (Oideachas Sóisialta, Pearsanta agus Sláintiúla) agus go neamh-foirmiúil is rith an lae.

DE BHARR AILÉIRGE TROMCHÚISEACH A BHEITH AR PHÁISTÍ SA SCOIL LE CNÓNNA AGUS SÍOLTA, NÍ CHEADAÍTEAR DO PHÁISTÍ BIA A THABHAIRT AR SCOIL INA BHFUIL CNÓNNA NÓ SÍOLTA MAR CHOMHÁBHAR.

Níl cead ag páistí a lón a roinnt mar gheall ar ailéirge

Má tá ailéirge ag páiste do bhia éigin beidh cosc ar an bhia sin sa rang nó sa scoil.

TREOIRLÍNTE

Treoracha don bhosca lón sláintiúil:

- Ta bia folláin riachtanach i mbia aiste an phaiste.
- Féach ar an bpirimid bia chun an bia ceart a fháil. Déan iarracht bia úr is neamh oibrithe a ithe.
- Úsáid píosa beag ime is leatháin. Úsáid iad siúd atá íseal i saill sháithithe.
- Léigh lipéidí go cúramach. Féach amach le haghaidh siúcra mar shampla glúcós, súcrós, frúchtós.
- Roghnaigh glasraí agus torthaí bunaithe ar réimhse dathanna. Tá glasraí glasa lán le cothaitheacha le haghaidh croí sláintiúil. Tá torthaí buí nó oráiste lán le vitimín A agus C. Tá gach toradh lán le snáithín/ábhar intuaslagtha a chuidíonn le díleá.
- Tá formhór de pháistí in Éirinn íseal i gcalciam. Tabhair bainne mar dheoch agus féach amach le haghaidh iógart a bhfuil calciam sa bhreis ann.
- Athchúrsáil! Roghnaigh bosca lóin le cúpla urrann atá éasca don bpáiste é a oscailt/a dhúnadh. Úsáid buidéal plaisteach le haghaidh uisce.



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Chun bosca lóin shláintiúil a chruthú,

Moltar	
Bia	Deoch
• ceapairí feoil/sailéid/cáise • arán difriúil - arán gráin, arán slánghráin donn, arán pita, naan, bagels, tortilla wraps. • craicéir • pasta, cous-cous agus rís • glasraí, torthaí agus torthaí tirime – risíní, bansabhdáin, aibhreoige, figí. Ba chóir go mbeadh bia atá éasca le láimhseáil do na páistí óga m.sh. an craiceann a bhaint d'oraistí.	• uisce nó bainne Tá deochanna an-tábhachtach agus moltar do pháistí deoch a thabhairt leo ar scoil gach lá. Molaimid buidéal uisce le caipín smeacha bheith fágtha ar an deasc i rith an lae. Is féidir an buidéal céanna a úsáid gach lá.

Ní cheadaítear:	
Bia	Deoch
• Aon bia le cnónna iontu. • Milseáin nó Líreacáin • Criospaí agus Grán Rósta • Seacláid nó Brioscaí • Gránbharraí atá lán le siúcra, Rice Krispies Squares & rl. • Frubes, Íogairt le cúinní mhilse, • BÁCÁIL próiseáilte (Vaiféil Danish pastries/pain au chocolat) • Guma Coganta Ní cheadaítear bia atá míshlachtmhar nach n-oireann don scoil	• Deochanna giosála • Deochanna spóirt nó deochanna lán le siúcra • Sú thorthaí With children's dental health in mind diluted fruit squash and fruit juice are not allowed. Many juices are little more than sugary water, are made from concentrate and are not good for developing teeth. Ní cheadaítear cannaí nó gloiní de bharr chúrsaí slándála



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Beidh cead ag na páistí soláistí beaga a bheith acu ar na h-ócáidí speisialta seo a leanas amháin

- Laethanta saoire na Nollag, laethanta saoire na Cásca agus laethanta saoire an tSamhraidh
- Turais scoile agus ócáidí eile eisceachtúla, roghnaithe ag an mhúinteoir ranga nó ag an scoil

RÓLANNA AGUS FREAGRACHTAÍ

Tuismitheora/Caomhnóra:

- Lón sláintiúil a thabhairt don pháiste agus labhairt le na páistí faoin mbia sláintiúil a thugann siad.
- Buidéal a bheith ag gach páiste gur féidir a úsáid arís- gan buidéal phlaisteacha a úsáid.

Tógtar gach píosa bruscar abhaile.

Chun tacú leis an obair atá á dhéanamh againn mar Scoil Ghlas, iarraimid ar thuismitheoirí iarracht a dhéanamh an lón a chlúdach ach gan an iomad plaisteach nó scragall stáin a úsáid

Múinteoirí:

- Labhairt leis na páistí faoi lón sláintiúil ag tús gach scoilbhliain
- Ceachtanna a dhéanamh ar bhia sláintiúil i rith na bliana mar chuid den churaclam OSPS
- Páistí a mholadh de bharr lón sláintiúil a ithe.
- Meabhrú a thabhairt go bhfuil ar na páistí a mbruscar féin a thabhairt abhaile sna boscaí lóin agus meabhrú dóibh faoin bPolasaí Scoil Glas.
- Labhairt leis na thuismitheoirí/príomhoide má tá buairt faoi oiriúnacht lón na bpáistí go minic



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Healthy Eating Policy

Lunch is an important meal for school-going children. It should provide one third of their recommended daily allowance of nutrients without being high in fat, sugar or salt. However, we cannot stress enough the importance of the children getting a good breakfast each morning before they come to school.

In line with Department of Education's Time allocation for recreation in the Primary School Day all classes get 10 minutes break to eat their lunch before they enter the yard. In addition to this children may have the opportunity to eat during DEAR (silent reading) time after lón mór every day.

AIMS

The aim of this policy is to promote healthy eating. This aim will be achieved by:

- Creating a positive attitude towards healthy food and to encourage children to make well informed food choices
- Teaching the children the importance of choosing the right foods.
- To support pupils to maintain adequate levels of concentration in class through healthy eating
- 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.

AS THERE ARE CHILDREN IN THE SCHOOL WITH SEVERE NUT AND SEED ALLERGIES, FOOD CONTAINING NUTS AS PART OF THE LISTED INGREDIENTS ARE NOT PERMITTED IN THE SCHOOL.

Children are not allowed to share their lunch due to allergies

If a child has an allergy to a specific food that food may be banned within the class or school.

GUIDELINES

Creating a healthy lunch box:

- Children need small amounts of a variety of good food.
- Always base your choice on the food pyramid and try to choose the most pure and unprocessed forms of food. Use butter and spreads sparingly and use those low in saturated fat.
- Read labels carefully. Watch out for disguised sugars such as glucose, sucrose and fructose in foods.



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- Try to choose a variety of different fruit and veg based on their colour. For example, green veg contain nutrients for a healthy heart. Yellow or orange coloured fruit/veg are high in vitamin A and C. All fruit contain soluble fibre which helps digestion.
- Many Irish children are not meeting their calcium requirements. Give your child milk as a drink and look for yoghurts with added calcium.
- Recycle! Choose a lunch box with several compartments which is easy to open. Re-use plastic bottles for water.

In order to create a healthy lunchbox, the following are

Encouraged	
Food	Drink
• Meat/salad/cheese sandwiches, • Different breads, wholegrain brown bread, bagels, pita bread, naan bread, tortilla wraps. Avoid white bread as it is very low in fibre. • Wholegrain/wholewheat crackers • Pasta, cous cous and rice • Vegetables, fruit and dried fruit - raisins, sultanas, apricots, figs. Please give food that is manageable for younger children e.g. give the child a peeled orange	• water or milk Fluid intake is very important and we ask that each child has a bottle of water with a non-spill flip top which they can keep on their desks and take a sip during class. These bottles can be recycled and reused by filling them with tap water.



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Not permitted:

Food	Drink
• Any foods containing nuts. • Sweets or Lollipops • Crisps or Popcorn • Chocolate or Biscuits • Cereal bars with high sugar content, Rice Krispies Squares & etc. • Frubes, yogurts with sweet corners, • Processed baking (waffles, Danish pastries, pain au chocolate & etc) • Chewing Gum Please do not give messy foods that are not appropriate for school,	• Fizzy drinks, • Sports drinks and drinks with high sugar content. • Fruit juice & squash Keeping children's teeth in mind diluted fruit squash and fruit juice are not allowed.. Many juices are little more than sugary water, are made from concentrate and are not good for developing teeth. Cans and glasses are not allowed for safety reasons.

Children will be allowed to have small treats on the following special occasions only

- Christmas, Easter and Summer holidays
- School tours
- Other special (exceptional) occasions, chosen by the class teacher or the school

ROLES AND RESPONSIBILITIES

Parents/Guardians:

- To provide the child with a healthy lunch every day.
- To discuss the healthy food they have given with their children

To support our school as a Green School, children are asked to take home (in lunchbox) all uneaten food, silver paper, wrappings, containers and cartons. Parents are also asked to be mindful of the packaging of lunches and to avoid overuse of plastic or tinfoil where possible – containers or reusable ziplock bags are preferable.

Teachers:

- 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.