



## **Polasaí Lóin Shláintiúil (Healthy Eating Policy)**

### **Réamhrá (Introduction)**

Is bunscoil lán-Ghaeilge, comhoideachas, idirchreidmheach í Gaelscoil Aogáin, a bunaíodh sa bhliain 1997 faoi phátrúnacht an Fhoras Pátrúnachta. Freastalaíonn an scoil ar an éileamh d'oidreachas bunscoile trí mheán na Gaeilge sa cheantar máguaird.

Cuireadh an polasaí seo le chéile trí phróiseas comhoibrithe idir foireann múinteoireachta na scoile, an Bord Bainistíochta agus Coiste na dTuismitheoirí. Cuireadh an polasaí le chéile é chun cultúr bhia shláintiúil a chothú i measc an phobal scoile.

*Gaelscoil Aogáin is an all-Irish co-educational, Catholic primary school, established in 1997 under the patronage of the Foras Pátrúnachta. The school caters for the demand for primary education through the medium of Irish in the locality.*

*This policy was formulated through a process of collaboration between the teaching staff of the school, an Bord Bainistíochta and the Parents' council. This policy was put together to promote a culture of healthy eating within the school community.*

*Should there be any discrepancy between the Irish and English in this policy, it is accepted that the Irish is the correct version and the English is provided as a translation.*

### **Sainmheon na scoil (School Ethos)**

Réitíonn an polasaí seo le sainmheon na scoile sa chaoi is go gcothaíonn sé atmaisféar dearfach do na daltaí agus tugtar tús áite do leasa agus so chúram an pháiste. Moltar agus spreagtar na tuismitheoirí/caomhnóirí a bheith páirteach in oideachas a bpáistí ón am a chláraíonn said bpáistí sa scoil linn. Tugtar cuireadh do thuismitheoirí/Chaomhnóirí bheith páirteach i Seachtain Bhia Shláintiúil mar chuid den pholasaí seo.

*This policy complements the ethos of the school in that it fosters a positive atmosphere for the pupils and prioritises the welfare and care of the child. Parents/Guardians are encouraged and motivated to become involved in their child's education from the time they enrol with the school.*

*Parents/Guardians are invited to be part of our Healthy Eating Week as part of this policy.*

### **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
- Múineadh go na páistí an tábhachtacht a bhaineann leis an mbia ceart a roghnú
- Moltaí a thabhairt do thuismitheoirí/chaomhnóirí maidir lón/bia scoile feiliúnach a roghnú

- Deiseanna a thabhairt do pháistí bia shláintiúil a bhlasadh i rith na bliana.
- Comhairle a thabhairt faoi na rudai nach ceadáítear mar chuid 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.
- Seachtain Bhia Shláintiúil a reachtáil gach bliain.

*The aim of this policy is to promote healthy eating. This aim 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.*

Treoirilínte (Guideline)

**DE BHARR AILÉIREG 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.**

Tá sos bheag (10 nóiméad) agus lón (30 nóiméad) ag na páistí gach lá (seachas as leath-laethanta)

Chun bosca loin 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, bainne nó sú thorthaí gan siúcra níos sláintiúla. Tá deochanna an-tábhachtach agus moltar do pháistí deoch a thabhairt le oar scoil gach lá.
- Braitheann an mead bia atá ar aois agus ar ghoile an pháiste.

**Ní cheadáítear:**

- cannaí nó gloiní de bharr chúrsaí slándála.
- Líreacháin nó guma coganta ar scoil.
- Bia le cnónna agus síolta iontu.

**AS THERE ARE CHILDREN IN THE SCHOOL WITH SEVERE NUT AND SEED ALLERGIES, FOOD CONTAINING NUTS AND SEEDS ARE PART OF THE LISTED INGREDIENTS**

The children have a small break (10 mins) and a lunch break (30mins) daily (other than on half days).

In order to create a healthy lunchbox, the following are encouraged:

- Athrú dearfach le feiscint sna boscaí loin
- Aiseolas dearfach ó mhuinteoírí agus ó thuismitheoirí/chaomhnóirí
- A positive change visible in the children's lunchboxes
- Positive feedback from the teachers and parents/guardians

### **Athbheithniú (Review)**

Déanfar athbheithniú ar an bpolasaí i 2014.

### **Daingniú agus Cumarsáid (Ratification and Communication)**

Dhaingnigh an Bord Bainistíochta an polasaí ar an 23 Bealtaine 2011. Cuirtear cóip den pholasaí ar fail do gach ball foirne. Déanfar tagairt dó, agus cuirfear cóip ar fail do gach tuismitheoir/caomhnóir nua agus iad ag glacadh le háit dá bpáiste sa scoil.

This policy was ratified by the Board of Management on the 23<sup>rd</sup> May 2011. A copy of the policy is made available to each member of staff. Reference will be made to the policy, and copies made available to all new parents/guardians when they accept a place for their child in the school.

Sínte: \_\_\_\_\_

Dáta: \_\_\_\_\_

Cathaoirleach