

## Polasaí Bia

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

## Aidhmeanna

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 do na páistí an tábhachtacht a bhaineann leis an mbia ceart a roghnú

..Moltaí a thabhairt do thuismitheoirí/chaomhnóirí maidir le lón/bia scoile feiliúnach a roghnú.

..Comhairle a thabhairt faoi na rudaí nach ceadaítear 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, NÍ CHEADAÍTEAR DO PHÁISTÍ BIA A THABHAIRT AR SCOIL INA BHFUIL CNÓNNA MAR CHOMHÁBHAR.**

Tá sos bheag (10 nóiméad) agus lón mór (30 nóiméad) ag na páistí gach. 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,

\* Tá deochanna an-tábhachtach agus moltar do pháistí deoch sláintiúil ar nós uisce nó bainne a thabhairt leo ar scoil gach lá.

\* Braitheann an méad bia atá ann ar aois agus ar ghoile an pháiste.

Ní mholtar:

- gránbharraí áirithe atá lán le siúcra.

Ní cheadaítear:

- cannaí nó gloiní de bharr chúrsaí slándála.
- líreacáin nó guma coganta ar scoil.
- bia le cnónna iontu
- deochanna coipeacha, deochanna spóirt nó deochanna lán le siúcra.

Ní cheadaítear ach féasta amháin ranga i rith na bliana. Nuair atá féasta ranga ar siúl, cheadaítear do na páistí rud beag milis a thabhairt leo ar scoil. Is féidir briosca, mion-bharra seacláide, bunnóg nó grán rósta.

Ní cheadaítear do thuismitheoirí/caomhnóirí cácaí breithlá/ paicéid milseáin/ barraí móra seacláide nó criospaí a chur ar scoil.

Ní cead ag aon pháiste a lón a roinnt le páiste eile seachas gur deartháireacha/deirfiúracha iad.

Má dhéanann páiste dearmad ar a lón, cuirfidh an rúnaí glaoch abhaile á lorg. Munar féidir le thuismitheoir/caomhnóir teacht leis beidh craicéirí sa scoil gur féidir leis an bpáiste a thógáil le cead ón thuismitheoir.

Rólanna agus Freagrachtaí

Tuismitheora/Caomhnóra

\_ Lón sláintiúil a thabhairt don pháiste gach lá.

\_ Labhairt leis na páistí faoin mbia shláintiúil a thugann siad.

\_An scoil a chur ar an eolas maidir le riachtanaisí speisialta bia/ aon ailéirge atá ar a bpáiste.

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Múinteoirí

**DE BHARR AILÉIRGE TROMCHÚISEACH A BHEITH AR PHÁISTÍ SA SCOIL LE SEACLAID NÓ TÁIRGÍ DÉIRÍOCHTA, NÍ CHEADAÍTEAR DO**

## MÚINTEOIRÍ NA RANGANNA ÁIRITHE SIN SEACLÁID A THABHAIRT AMACH MAR DHÚISEANNA.

- \_ Bheith iomlán ar an eolas faoi riachtanaisí sláinte na bpáistí ina rang.
- \_ 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 lón shláintiúil a ithe.
- \_ Labhairt leis na tuismitheoirí/príomhoide má tá buairt faoi oiriúnacht lóin na bpáistí go minic

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### Príomhoide

- \_ Tuismitheoirí/caomhnóirí a choinneáil ar an eolas faoi athruithe sa pholasáí seo.
- \_ Comhairle a dhéanamh leis an múinteoirí maidir le cúrsaí bhia shláintiúil.
- \_ Meabhrú a thabhairt faoin bpolasaí seo a chur i litreacha agus nuachtlitreacha i rith na bliana.
- \_ Tá sé de chead ag an bPríomhoide soláthar bia a cheadú

Feabhra 2017

### Aims

The aim of this policy is to encourage a health lunch. This will be achieved through:

- ...Encouraging a positive attitude to healthy food.
- ...Teaching the children the importance in choosing the right food.
- ...Suggesting to parents/guardians regarding suitable food/lunch for school.
- ...Advising on items that are not permitted as school lunch.

...Presenting the healthy message both formally through SPHE (Social Personal and Health Education) lessons and informally through the day.

**NO CHILD IS PERMITTED TO BRING FOOD CONTAINING NUTS OR SEEDS INTO SCHOOL AS SOME CHILDREN IN THE SCHOOL HAVE A SEVERE ALLERGY TO NUTS AND SEEDS.**

The children have a short break(10 minute) and lunch break (30minutes) in school every day. The following items are recommended for a healthy lunchbox;

- \* sandwiches containing meat, salad or cheese
- \* Crackers
- \* Pasta
- \* Fruit and vegetables
- \* Food that is easily handled by children i.e. have the peel removed from oranges/ mandarins
- \* Drinks are very important , the children are recommended to bring a healthy drink like water or milk to school everyday.

The quantity of the food in the lunchbox depends on the age and appetite of the child

Not recommended:

- \* Cereal bars which are full of sugar

Not allowed:

- \* Cans or glass bottles –for safety reasons
- \* Lollypops or chewing gum in school
- \* Food containing nuts or seeds
- \* Fizzy drinks, sports drinks or sugar-laden drinks

Only one class party will be allowed each year. When a class party is happening, the children are allowed to bring a small sweet into school with them. They can bring biscuits, small chocolate bars buns or popcorn.

Parents/ guardians are not allowed to send birthday cakes/ packets of sweets/ big bars of chocolate or crisps to school.

No child is allowed to share their lunch with another child unless they are siblings.

If a child forgets their lunch, the school secretary will phone the parent/guardian. If the parent/guardian cannot bring the lunch to the child, the school will with the parent's/guardian's permission give the child crackers.

## 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 inform the school of any special food restrictions/allergy that pertains to their child

### Teachers

**SOME CHILDREN IN THE SCHOOL HAVE A SEVERE ALLERGY TO CHOCOLATE NÓ DAIRY FOODS, THE TEACHERS IN THOSE CLASSES ARE NOT PERMITTED TO GIVE OUT CHOCOLATE AS PRIZES**

- \_ To be fully conversant with the special dietary requirements/ allergies of all the children in their class
- \_ 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

### Principal

- \_ 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.
- \_ The Principal may permit food on special occasions