



# *Gaelscoil na Lochanna*

## **Polasaí Lóin Sláintiúil**

**Dáta: Meitheamh 2008**

Chuir foireann teagaisc na scoile an Polasaí seo le chéile agus ghlac Bord Bainistíochta agus Tuismitheoirí na scoile leis.

### **Réasúnaíocht**

Is treoir é an Polasaí seo ar bhia slán agus sláintiúil a ithe. Mar scoil nua, chuireamar an Polasaí le chéile chun nósana sláintiúla a chothú lena páistí ón tús.

### **Aidhmeanna**

1. Chun feasacht agus eolas ar chothú a chur chun cinn.
2. Chun dea nósanna agus nósanna sláintiúla ithe a thacú agus a mholadh.
3. I dtreo aird sa rang a ardú tré bhia sláintiúla a ithe i rith an lae.

### **Ábhar**

Iarrtar ar thuismitheoirí bosca lóin sláintiúil a sholáthar do na páistí.

Ní cheadófar bia ón liosta thíos sna boscaí lóin:-

- briosaí
- criospaí
- gráinní rósta
- milseáin
- cáca / cístí
- deoch fizzy / siúcra
- barraí
- borrhóga
- guma coganta

Seo a leanas moltaí dona boscaí lóin:-

(San áireamh tá bia ón 4 bun rannóg den Phirimid Bia)

- 2 cheapaire
- sú torthaí (neamh siúcra)
- píosa cáise
- íogairt (seachas i rang Naí Shóis) / píosa torthaí

### **Nóta**

- (1) Tugtar buidéal uisce dona páistí (uisce scagtha) gach lá.
- (2) Fóghlaimíonn na páistí faoi bhia sláintiúil agus tionchar an bhia sin sna hábhair scoile OSPS & Eolaíocht.
- (3) Ní cheadaítear lón a mhalartú le chéile idir na páistí.
- (4) Ar ócáidí speisialta – ceadófar rud milis amháin. San áireamh anseo, tá lá an turais scoile, an lá spóirt, deireadh téarma.
- (5) Ar bhonn sábháilteachta – ní cheadaítear gloiní nó cannaí a thabhairt ar scoil.
- (6) Do na naíonáin – iarraidimid ar thuistí ‘an lóin’ a chleachtadh sa bhaile roimh teacht ar scoil.
- (7) Tógtar gach píosa bruscar abhaile.

Síniú: \_\_\_\_\_ Síniú: \_\_\_\_\_



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## **Healthy Lunch Policy**

**Date: June 2008**

This policy has been put together by the teaching staff and approved by the Board of Management and parents.

### **Rationale**

The policy is intended as a guide to healthy and safe eating for the school. As a new school we formulated this policy to promote 'healthy eating' for all the children.

### **Aims**

1. to promote nutrition awareness.
2. to support and encourage healthy eating habits.
3. to raise concentration in class through consumption of healthy food.

### **Context**

Parents / guardians are asked to provide children with a healthy lunch box.

The following items are not permitted in the lunch box:-

- biscuits
- crisps
- popcorn
- sweets
- cake
- fizzy / sugary drinks
- bars
- buns
- chewing gum

The following are suggestions for a child's lunch box:-

(They include items from the bottom 4 shelves of the Food Pyramid)

- 2 sandwiches
- fruit juice (unsweetened)
- piece of cheese
- yoghurt (except in junior infants) or fruit

### **Note:**

- (1) Children are given a plastic bottle of filtered water each day (Parents pay €6 annual fee for this – included in the 'combined payment')
- (2) The children learn about the effects of healthy eating as part of Science and OSPS subjects (SPHE)
- (3) Lunch-swapping between children is not allowed.
- (4) On special occasions lunchboxes may include 1 treat. Special occasions include School Tour, Sports Day, Last Day of Term party.
- (5) No glass bottles or cans are permitted for safety reasons.
- (6) For junior infants we ask parents to practice 'lunch time' with the children before they come to school.
- (7) All lunch litter is taken home.

*GRMA for your cooperation.*