

Lón Folláin / Healthy Lunch Eating Policy.

➤ Polasaí Lón Folláin agus cur chun cinn um ithe go Folláin (Healthy Lunch Eating Policy).

Reasúnaíocht:

Tá an polasaí seo;

- riachtanach do shláinte leanaí na scoile.
- Chun comhtháthú éifeachtach a dhéanamh leis an gclár O.S.P.S. sa scoil.
- Chun dul leis an gClár Eolaíochta.
- Chun aire na bpáistí a dhíriú ar an tábhacht a bhaineann le h-ithe go folláin agus bheith freagrach as a sláinte féin chomh fada agus is féidir leo.
- Gaolmhaireacht le hÉiteas Féiniúlacht na Scoile; Tá meas ag ár scoil ar gach uile dhalta agus is chun cabhrú leo a cuireadh an polasaí seo le chéile.

Aidhmeanna:

- Na leanaí a spreagadh le roghanna ciallmhara a dhéanamh faoi bhia agus cothú nósanna deachleachtais ó thaobh bia a thosnú sa scoil.
- Cabhrú le leanaí an t-aighe a choiméad ar obair ranga trí bhia sláintiúil a ithe.
- Múineadh do na páistí bheith aireach maidir le mearbhia, bia réamhullmhaithe, brúscar.

An Lón:

Ba choir go gcuireadh lón folláin trian den riachtanais bhia don lá ar fáil don pháiste. Bealach simplí chun lón folláin a chur ar fáil ná bia amháin as gach grúpa bídh a roghnú.

- Torthaí/Glasraí
- Grúpa an Bhainne
- Grúpa na Feola
- Arbhair/prátaí

Bia/Deochanna atá ceadaithe :

- Bainne
- Uisce
- Is féidir blas thortha a chuir leis an uisce
- Íogairt sláintiúil

Gach saghas aráin leis na rudaí seo istigh iontu:

- Feoil
- Iasc
- Sailéid
- Torthaí
- Glasraí
- Cáis

Moltar bianna reámhullmhaithe a sheachaint.

Moltar go mbeadh torthaí agus glasraí sa bhosca loin gach lá.

Bia/Deochanna nach bhfuil ceadaithe:

- Deochanna fizzy i gcannaí nó i mbuidéal
- Criospaí de gach sort
- Peanuts – iarraimid ar thuismitheoirí gan aon táirge ina bhfuil peanuts iontu a sheoladh ar scoil de bharr roinnt páistí a bheith ailléirgeach dóibh.
- Guma coganta
- Brioscaí
- Milseáin/Seacláid (cereal bars??)

Soláistí:

Uaireanta beidh cead ag na páistí soláiste a thabhairt isteach ar na hócáidí seo a leanas.

- Laethanta Saoire na Nollag
- Laethanta Saoire an tSamhraidh
- Turas Scoile
- Ócáidí ar leith fógraithe ag an scoil

Eolas Breise;

Iarraimid ar thuismitheoirí cloí leis an bpolasaí mar go bhfuil sé tabhachtach don pháiste go mbeadh an teachtaireacht chéanna ag teacht ó bhaile agus ón scoil maidir le ‘ Bia Folláin’.

Mar chuid den iarracht chun gearradh siar ar bhrúscar agus cabhrú le comhshaol glan, b’fhiú do thuismitheoirí iarracht á dhéanamh an lón a chlúdach gan an iomad foil ná plaisteach a úsáid.

Deirtear gurb é **an bricfeasta** an béile is tábhachtaí sa lá. Cabhróidh sé go mór leis an obair scoile má tá bricfeasta ceart ite ag gach páiste.

Critéir Rathúlachta:

Beidh a fhios againn go bhfuil an polasaí éifeachtúil;

- breathnóireacht laethúil an mhúinteora
- aischothú ó phaistí na scoile
- aischothú ó thuistí na scoile

Róil & Freagracht

- Tabharfaidh na múinteoirí cabhair agus spreagadh do na páistí roghanna maithe bídh a dhéanamh tré phlé a dhéanamh agus dea-shampla a thabhairt.
- Beidh freagracht ar na tuistí bia folláin a thabhairt dá leanaí ag teacht ar scoil.
- Déanfaidh foireann na scoile monatóireacht ar éifeacht an pholasaí agus beidh **Mae bh Mullins** ag déanamh comhordú air.

Cur i bhFeidhm:

Cuireadh an polasaí seo i bhfeidhm Bealtaine 2008.

Déanfar athbhreithniú nuair is gá.

Tuairisciú:

- Cuirfear an polasaí seo abhaile go gach teaghlach agus beidh sé ar fáil ar an suíomh idirlíne chomh maith
- Tá sé i gceist againn (Cuireadh faoi bhráid an Bord Bainistíochta) an polasaí seo a phlé ag cruinniú Bord Bainistíochta na scoile ar an 13 Meán Fómhair 2022

Healthy Lunch / Eating Policy.

Rationale:

This policy is necessary to;

- Promote the health of our pupils
- To integrate effectively the S.P.H.E. Programme
- Support the “Human Life Processes” strand of the Science programme
- Encourage the children to be responsible for their health and the importance of healthy eating
- Relationship to Characteristic Spirit of the School;
- In this school we encourage all children to reach their full potential and healthy eating is a vital part of this process

Aims:

- To encourage the children to make sensible food choices
- To develop healthy eating in school
- To raise levels of concentration due to healthy eating
- To teach the children to be mindful of fast food, pre-packed and junk food

Lunches

A healthy lunch should provide one-third of a child's food requirements for the day. One choice from each of the food groups is recommended.

- Fruit/Veg
- Milk group
- Protein group
- Carbohydrate group

Healthy Food/Drinks permitted:

- Milk
- Water/flavoured water
- Healthy yoghurts

All types of bread with the following fillings:

- meat
- fish
- salad
- cheese
- fruit
- vegetables

We recommend not giving the children pre-packed lunches eg; lunchables

We recommend that the children have fruit and vegetables each day as part of their lunch

Food/Drinks not permitted;

- Fizzy drinks in cans or any type of bottle
- Crisps of any kind
- Peanuts – due to allergies in the school community parents are requested not to send peanuts, tree nuts or food that contain nuts (such as Nutella, peanut butter or bars containing nuts) to school.
- Chewing gum
- Biscuits
- Sweets/Chocolate

Treats:

Children **may** be allowed to bring in a treats on the following occasions;

- Christmas Holidays
- Summer Holidays
- School Tours

- Special occasions organised in the school from time to time

Additional information:

We would request that parents adhere to the Healthy Eating Policy as it is important for its successful implementation that children get support both from home and school.

As a way of reducing waste and reusing material, parents are asked to be mindful of the packaging of lunches and to avoid overuse of plastic or foil wraps where possible and to avail of containers or reuseable ziplock bags.

Breakfast is considered the most important meal of the day. Ensuring that your child has a proper breakfast before school will benefit him/her in school and make the presentation of a healthy lunch more meaningful.

Successful criteria:

We will know the effectiveness of the policy by;

- daily observation of children's lunches
- feedback from children
- feedback from parents

Roles & Responsibilities

- The class teachers will give encouragement and help to the children to adopt healthy eating habits, by discussion and good example
- Parents are responsible for providing healthy food for their children going to school
- The school staff will monitor the effectiveness of the policy and **Múinteoir Maebh** will co-ordinate it

Implementation:

This policy was implemented in May 2008.

This policy will be reviewed when necessary.

Reporting:

- This draft policy will be circulated to every family, as well as being available
- on the school's website
- This policy was presented to the Board of Management and accepted on 24th January 2017
- This policy has recently been reviewed and will be presented to the Board of Management of our school once again at our November meeting 2022