



## Gaelscoil Chnoc Liamhna

### Polasaí Lón Shláintiúil

### Health Eating Policy

#### **Réamhrá (Introduction)**

Is bunscoil lán-Ghaeilge, comhoideachas, comhoideachas í Gaelscoil Chnoc Liamhna. Freastalaíonn an scoil ar an éileamh d'oideachas bunscoile trí mheán na Gaeilge sa cheantar máguaird.

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

#### **Ráiteas Ginearalta**

Mar is eol do chách is cuid an tábhachtach d'fhorbairt an pháiste go n-íosfadh an páiste lón de bhia folláin. Is é polasaí na scoile é go mbéarfaidh na páistí lón sláintiúil le oar scoil gach lá. Iarrtar ar na daltaí gan milseáin, seacláid, deochanna gasacha ná brioscáin a bhreith ar scoil leo mar chuid dá lón.

#### **Sainmheon na scoile**

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 do chúram an pháiste. Moltar agus spreagtar na tuismitheoirí/caomhnóirí a bheith páirteach in oideachas a bpáistí ón am a chláraíonn siad a bpáistí sa scoil linn.

#### **Aidhmeanna (Aims)**

- Dearcadh dearfach a chothú maidir le bia shláintiúil.
- Chun dea nósanna sláintiúla ithe a thacu agus a mholadh.

- 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.

## **Treoiríníte**

### **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.**

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

Iarrtar ar thuismitheoirí bosca lóin shláintiúil a sholáthar do na páistí (bia ó Rannóg 2 – 6 de Pharmid an Bhia)

### **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,
- bia gan clúdach pháipéir,
- uisce, bainne nó sú thorthaí gan siúcra níos sláintiúla.

### **Ní mholtar:**

- gránbharraí áirithe atá lán le siúcra.
- Pancóga

### **Ní cheadaítear:**

\*Is féidir treat amháin a thabhairt isteach ar an Aoine nach bhfuil aon chnónna nó síolta iontu.

- Briosaí
- deochanna giosála, deochanna spóirt nó deochanna lán le siúcra.
- Criospaí
- Milseáin
- Leíreacháin

- Guma Coganta
- **Bia le cnónna agus Síolta iontú**
- Seacláid
- Cácaí/Cístí

Moltar gur choir do na páistí torthaí nó glasraí a ithe ag am sosa gach lá.

Tá grán rósta ceadaithe sa scoil anois.

## **Nótaí**

- Foghlaimíonn na páistí faoi bhia sláintiúil agus tionchar ar bhia sin san Oideachas Soisialta Pearsanta Scoile (O.S.P.S.) agus san Eolaíocht.
- Ní cheadaítear do pháistí lón a mhalartú le cheile.
- Ar ócáidí speisialta ceadaítear do na páistí rud beag milís a thabhairt leo ar scoil. Is féidir bríosca, mion-barra seacláide, bunóg nó criospaí a thabhairt ar scoil na laethanta seo. Iarrtar ar thuismitheoirí / chaomhnóirí gan paicéid milseáin nó barraí móra seacláide a chur sna malaí scoile ar na hocáidí seo.
  - Samplaí d'ócáidí speisialta
    - Turais Scoile
    - An Lá Spóirt
    - Deireadh Téarma

Sna ranganna ina bhfeictear go bhfuil lón sláintiúil ag na daltaí ar fad d'fheadfadh an múinteoir duais speisialta a bhronnadh m.sh. 10 nóiméid breise d'aclaíocht sa chlós.

Tá bosca / mála lóin ag teastáil ó gach páiste. Tógann an páiste aon bhia nach bhfuil ite abhaile leo sa bhosca lóin.

## **Rólanna agus Freagrachtaí**

### **Tuismitheoirí/Caomhnóirí**

- Lón sláintiúil a thabhairt don pháiste gach lá.
- An tacaíocht a bhaineann le lón sláintiúil a mhíniú dá bpáistí

### **Múinteoirí**

- 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 faoi pháistí nach bhfuil ag tabhairt lón sláintiúil ar scoil go rialta.

## **Príomhoide**

- Tuismitheoirí/caomhnóirí a choinneáil ar an eolas faoi athruithe sa pholasaí seo.
- A chinntiú go bhfuil an Polasaí Lóin Shláintiúil á chur í bhfeidhm tríd an scoil.
- Meabhrú a thabhairt do thuismitheoirí faoin bpolasaí seo a chur i litreacha agus nuachtlitreacha i rith na bliana.

## **Critéir Ráthúla**

- Athrú dearfach le feiscint sna boscaí lóin
- Aiseolas dearfach ó mhuinteoirí agus ó thuismitheoirí/chaomhnóirí.

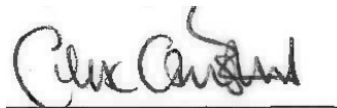
## **Athbhreithniú**

Déanfar athbhreithniú ar an bpolasaí i 2025.

## **Daingniú agus Cumarsáid**

Rinne an Bord Bainistíochta dearthú ar an bpolasaí seo ar 22/02/23. Cuirtear cóip den pholasaí ar fáil do gach ball foirne. Cuirtear na polasaithe scoile ar fad ar shuíomh gréasáin na scoile, [www.gaelscoilchnocliamhna.ie](http://www.gaelscoilchnocliamhna.ie)

Sínithe :



Cathaoirleachleach an Bhoird Bainistíochta

Gaelscoil Chnoc Liamhna is an all-Irish co-educational, catholic primary school. 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 agus Coiste na dTuismitheoirí. The 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.

## **General Statement**

As everyone is aware, healthy lunches are an important component of the development of children. It is school policy that children bring a healthy lunch to school every day. Pupils are asked not to bring sweets, chocolate, fizzy drinks to school as part of their lunch

## **School Ethos**

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.

## **Aims**

- Creating a positive attitude towards healthy food.
- To support and encourage healthy eating habits amongst the pupils.
- 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.

## **Guidelines**

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

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

Parents / Guardians are asked to provide children with a lunchbox full of healthy food.

**In order to create a healthy lunchbox, the following food and drinks are encouraged:**

- meat/salad/cheese sandwiches,
- crackers,
- pasta,
- Fruit and vegetables.
- food that is manageable for younger children e.g. give the child a peeled orange,
- wrappers are best kept to a minimum,
- drinks such as water, milk or unsweetened fruit juice.

**The following are discouraged:**

- Certain cereal bars with high sugar content.
- Pizzas
- Pancakes

**The following are not permitted \*:**

**\*One treat can be brought in on a Friday.**

- Biscuits
- Crisps
- Sweets
- Lollipops
- Chewing gum
- Food containing nuts and /or seeds
- Chocolate

- Cakes / buns
- Fizzy drinks, sports drinks and drinks with high sugar content.

It is recommended that every child should eat a piece of fruit or vegetable at first break ( with another piece of healthy food if required)

Popcorn is now permitted as part of a healthy lunch

## **Notes**

- Pupils learn about the positive effects of healthy eating during science and O.S.P.S. lessons.
- Lunch swapping between children is not allowed.
- On special occasions lunchboxes may include **one** treat. This could include a biscuit, mini-bar, a bun or crisps. Parents are asked not to give the child packets of sweets or large chocolate bars.

Examples of Special Occasions

- School Tour
- Sports Day
- End of Term

Classes where the healthy eating policy is being observed to a very high degree may be rewarded with an activity break such as 10 minutes extra activity in the yard at break/ lunchtime.

Every pupil needs to have a dedicated lunchbox. Any uneaten food has to be taken home in the lunchbox.

## **Roles and Responsibilities**

### **Parents/Guardians**

- To provide the child with a healthy lunch every day.
- To highlight the importance of healthy eating to their children.

### **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.

## **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.

## **Success Criteria**

- A positive change visible in the children's lunchboxes
- Positive feedback from teachers and parents/guardians.

## **Review**

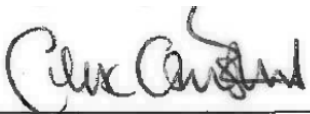
This policy will be revised in 2025.

## **Ratification and Communication**

This policy was ratified by the Board of Management on 22/2/23.

A copy of the policy is made available to each member of staff. The policy can be viewed by parents on our school website.

Signed :



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Cathaoirleach an Bhoird Bainistíochta





# PIRIMID AN BHIA

ITH GO RIALTA/ GO SLÁINTIÚIL

**Bia/ Deochanna ina bhfuil a lán saille, siúcra, salainn**



Ná hích gach lá



Éirigh gníomhach

**Saill, leatháin, olaí**



Meideanna an-bheag

**Feoil, éineoil, iasc, uibheacha, pónairí, cnónna**



2 SCÍAR SA LÁ

**Bainne, iógart, cáis**



3 SCÍAR SA LÁ

**Caiscín, gránaigh, aráin, prátaí, pasta, ris**



3-5 SCÍAR SA LÁ

**Glasraí, sailéid, torthaí**



5-7 SCÍAR SA LÁ

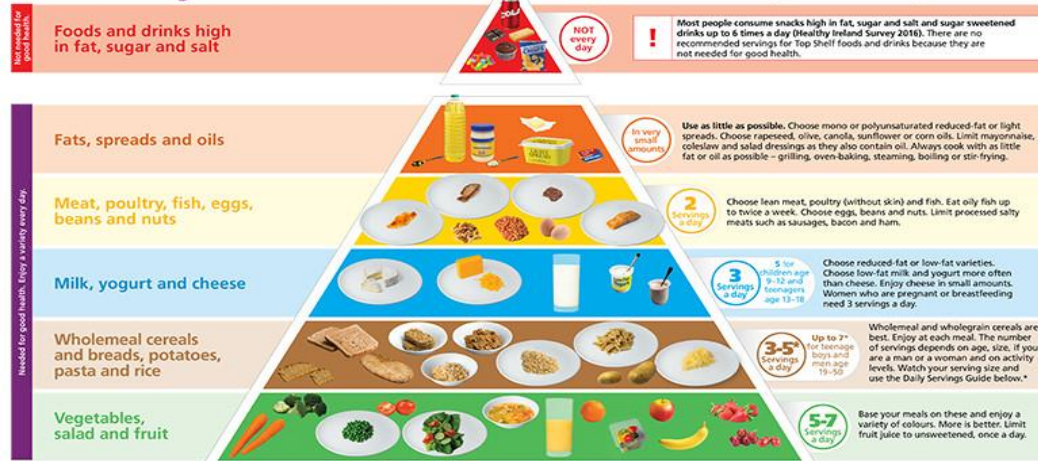
## Healthy Food for Life

www.healthyireland.ie



### The Food Pyramid

For adults, teenagers and children aged five and over



\*Daily Servings Guide – wholemeal cereals and breads, potatoes, pasta and rice

Active	Child (5-12)	Teenager (13-18)	Adult (19-50)	Adult (51+)	Inactive	Teenager (13-18)	Adult (19-50)	Adult (51+)
	3-4	4	4-5	3-4		3	3-4	3
	3-5	5-7	5-7	4-5		4-5	4-6	4

There is no guideline for inactive children as it is essential that all children are active.

Average daily calorie needs for all foods and drinks for adults

	Active 2000kcal	Inactive 1800kcal		Active 2500kcal	Inactive 2000kcal
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#### Serving size guide

- Cereals, cooked rice and pasta, and vegetables, salad and fruit**  
Use a 200ml disposable plastic cup to guide serving size.
- Cheese**  
Use two thumbs, width and depth to guide serving size.
- Meat, poultry, fish**  
The palm of the hand, width and depth without fingers and thumb, shows how much you need in a day.
- Reduced-fat spread**  
Portion packs found in cafes can guide the amount you use. One pack should be enough for two slices of toast.
- Oils**  
Use one teaspoon of oil per person when cooking or in salad.

**Drink at least 8 cups of fluid a day – water is best**

**Get Active!**  
To maintain a healthy weight adults need at least 30 minutes a day of moderate activity on 5 days a week (or 150 minutes a week); children need to be active at a moderate to vigorous level for at least 60 minutes every day.

Source: Department of Health, December 2016.