

Scoil Naomh Ciarán

Polasaí Lón Folláin ~ Healthy Eating Policy

Déanaimid iarracht i Scoil Naomh Ciarán gach páiste a spreagadh chun barr a chumais a bhaint amach, i dtaobh aiste bia sláintiúil a chothú. Cuirtear béim ar an tábhacht atá ag baint le stíl maireachtála sláintiúil a spreagadh sna páistí agus i bpobal na scoile. Tá an bia ceart mar chuid lárnach den iarracht seo - don tsláinte agus don fhoghlaim ar scoil agus sa saol mór. *We encourage each pupil to reach his/her potential and a proper diet and healthy lifestyle are important factors in helping children to do their best in school and in life outside school.*

Mar Scoil Deis Tuaithe, tá Scoil Naomh Ciarán ag fáil deontas ón Roinn Coimirce Sóisialaí gach bliain, agus ullmhaítear lón do na páistí chúig lá sa tseachtain. Sé'n aidhm atá leis an gcóras seo ná go gcuirfí bia úr, sláintiúil ar fáil do na páistí chun a gcuid aistí bia sláintiúla a chothú, agus cabhrú leo díriú ar an obair i rith an lae. *As a Deis Rural School, Scoil Naomh Ciarán is in receipt of a grant from the Department of Social Protection for the School Meals Scheme. A healthy school lunch is provided to all children in the school, to provide further nourishment and help their concentration during the school day.*

D'ullmhaigh baill de phobal na scoile agus an príomhoide an polasaí seo chun spreagadh a thabhairt do pháistí agus do mhuintir na scoile, agus chun tacú le Oideachas Sláinte agus bia sláintiúil a chur chun cinn sa scoil. *This policy was prepared by members of the school community and the school principal, to help encourage school children and the school community to embrace healthy eating, and to help with Health Education in our school. Its main aim is to support health and healthy eating among pupils and other members of the community.*

Bhí gá le athbhreithniú a dhéanamh ar an bPolasaí do Lón Sláintiúil sa scoil, agus tugann an polasaí seo comhthéacs leathan ar conas an slí beatha sláintiúil seo a chomhlíonadh. Tá tacaíocht Foireann na Scoile, an Bord Bainistíochta agus Coiste na dTuistí faighte i gcur le chéile an pholasaí seo. *There was a need for renewal of our Healthy Eating Policy to stress the importance of a healthy lunch at school, and this policy tries to give an overall context for healthy eating. This policy is supported by the School Staff, our Board of Management and our Parents Council.*

Réasúnaíocht / Rationale

- Tá an polasaí seo riachtanach chun comhtháthú éifeachtach a dhéanamh leis an gclár O.S.P.S sa scoil. (Oideachas Sóisialta, Pearsanta agus Sláinte.)
This policy is necessary to ensure there is effective integration with the S.P.H.E curriculum. (Social, Personal and Health Education.)
- Tá an polasaí seo riachtanach chun treoir éafachtach a thabhairt don té a bhíonn ag réiteach an Lón Scoile do Scoil Naomh Ciarán. *This policy is necessary to give guidance to those who prepare our school meals, which are funded by the Department of Social Protection.*
- Chun dul leis an gclár eolaíochta - An Próiséis Beatha Dhaonna. *To integrate with our Science curriculum - Human life process.*
- Chun aire na bpáistí a dhírú ar an tábhacht a bhaineann le bia folláin. *To direct the children's awareness to the role and importance of healthy foods in our lives.*
- Páistí a spreagadh chun a bheith freagrach as a sláinte fein chomh fada agus is féidir é. *To encourage children to be responsible for their health insofar as possible.*
- Tá sé tábhachtach go bhforbróidh na páistí deá - nósanna i dtaobh beatha sláintiúil a ithe agus iad ag fás aníos, chun bunús mhaith a thabhairt dhóibh don todhchaí. *It is important to develop the habit of healthy eating in childhood, to lay the foundation for a healthy lifestyle.*
- Cuireadh an polasaí seo le chéile chun tacú le tuismitheoirí agus caomhnóirí atá ag réiteach lón sláintiúil dá bpáistí, agus treoir a thabhairt do gach tuismitheoir/caomhnóir an polasaí seo a leanúint. *This school policy is designed to support those parents who are already committed to healthy lunches and to encourage those who have not yet adopted this approach.*

Treoirínte / Guidelines

- Cuireann treoirínte na scoile tríd an bpolasaí seo dualgas ar thuismitheoirí lón folláin a thabhairt dá leanaí ag teacht ar scoil agus cuireann siad cosc ar saghasanna áirithe bia. *The school encourages the child to bring a healthy lunch and recommends that certain foods be avoided.*
- Cuirfear biachlár sláintiúil ar fáil do na daoine atá ag réiteach an lón scoile, agus beidh rogha bianna úr/sláintiúil ar fáil do na páistí gach lá thríd an biachlár seo. *A healthy menu (provided by the school) will be prepared by the caterers, and a selection of fresh healthy foods will be provided to the children each day.*

- Moltar roghanna folláine sa seomra ranga go rialta. *Class teachers regularly promote healthy lunch choices.*
- Spreagann cuairteoirí proifeisiúnta deá-nósanna mar chuid den chlár O.S.P.S mar shampla an Fiaclóir, an Banaltra. *Visiting health professionals encourage healthy eating in the course of their activities e.g. Dental Hygienist, Doctor.*

Aidhmeanna / Aims

- An tábhacht a bhaineann le cothú cothromaíoch a chur chun cinn. *To heighten awareness of the importance of a balanced diet.*
- A chur ar chumas na ndaltaí roghanna maithe a dhéanamh maidir le bia agus cothú. *To encourage the children to make wise choices about food and nutrition.*
- Go mbeadh gach dalta in-ann díriú ar an obair níos éifeachtaí sa rang mar thoradh ar bhiana shláintiúla a ithe. *To raise levels of concentration within class due to the consumption of healthy food.*
- Nósanna deá chleachtais ó thaobh bia de a bhunú sa scoil agus don tsaol. *To develop healthy eating habits for life.*
- Tá tabhacht ar leith ag baint le aclaíocht agus cuidíonn deá-nósanna maidir le bia leis an gcleachtas seo. *There is a growing awareness of the importance of children being active and the healthy eating habits they develop will assist in this area.*
- Múineadh do leanaí a bheith aireach maidir le bruscar agus freagrach as é a sheachaint. *To encourage pupils to be aware, alert and responsive to litter problems caused by junk food, prepared food and juice cartons.*

Lóin Shláintiúil / Healthy Eating Habits

Ba chóir go gcuirfeadh 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 bianna a roghnú: *A healthy lunch should provide one third of a child's food requirements for the day. One choice from each food group is recommended:*

- | | |
|-----------------------|----------------------|
| 1. Fruit / Veg | 1. Torthaí / Glasraí |
| 2. Dairy Group | 2. Grúpa an Bhainne |
| 3. Protein Group | 3. Grúpa na Feola |
| 4. Carbohydrate Group | 4. Arbhair / Prátaí |

Tá Scoil Naomh Ciaránag fáil deontas le haghaidh Lón Scoile bhreise shláintiúil a chur ar fáil do pháistí na scoile chúig lá sa tseachtain. Tá sé tábhachtach go gcuirfidh an té atá ag réiteach an lón scoile bianna sna réimsí thuasluaite ar fáil

do na páistí. Tá biachlár leagtha amach do bhianna atá feiliúnach dona lóin scoile, le feiceál ag deireadh an pholasaí seo. Scoil Naomh Ciarán receives a grant to provide healthy lunches every week day. It is important that caterers prepare foods from the above list. The school has prepared a menu which is appropriate for our school lunches, which is available in this policy.

Bia/Deochanna nach bhfuil ceadaithe ~

Please, do not bring the following to school:

- Deochanna i gcannaí (i.e. cóc/fanta srl) / Minerals and other drinks in cans.
- Deochanna i mbuidéil gloine / Any drinks in glass bottles.
- "Smoothies" ceannaithe sa siopa / Shop bought "Smoothies"
- Barraí Seacláide/Milseáin / Chocolate bars / sweets
- Nutella / Leathán Cnónna (mar gheall ar pháistí le ailléirgí sa scoil) / Nutella / Peanut Butter (because of children with nut allergies in the school)
- Criospaí
- Barraí Arbhair/Bhricfeásta ~ Cnónna de shaghas ar bith / Cereal or Nut Bars of any type
- Guma Choganta / Chewing Gum

Mar chuid den pholasaí agus chun cabhrú lena chur i bhfeidhm, bheadh muid ag iarraidh ar thuismitheoirí gan bia ó bharr an "Phirimid Bia" a thabhairt sa bhosca lóin. To assist parents in implementing this policy and to facilitate the cleaning of the school, we ask them not to give children food from the top of the "Food Pyramid" in their lunch boxes.

Deochanna / Drinks

Tá sé riachtannach go mbeadh go leor le n-ól ag daltaí ar scoil agus iad ag obair agus ag súgradh. Cabhraíonn sé leo díriú ar an obair atá faoi lámha acu. Sufficient fluid intake is very important for young children, who are both working and playing in school. It helps greatly with concentration on work and hydration after play. Moltaí / Recommendations:

- Bainne / Milk
- Uisce / Water
- Súanna torthaí ~ glasraí / fruit juices, or home made fruit/vegetable smoothies

Eisceachtaí / Exceptions

De ghnáth, bíonn cead ag páistí sólaistí a thabhairt isteach ar na hócáidí seo a leanas/ Generally, children are allowed to bring treats on special occasions.

1. Lá laethanta saoire na Nollag / Day of Christmas Holidays
2. Lá laethanta saoire an tSamhraidh agus na Cásca / Day of Summer ~ Easter holidays
3. Turais Scoile (**Seachas ranganna snámha**) / School Tours (**Except trips to swimming lessons**)
4. Ócáidí ar leith fógraithe ag an scoil ~ ag tógáil laethanta gréine san áireamh. Má bhíonn an lá go deas i rith an 3ú Téarma, **b'fhéidir** go mbeadh uachtar reoite againn. Ní minic go mbíonn laethanta bhreá gréine againn anseo in Éirinn, dá bhrí sin beidh laethanta gréine mar ócáidí speisialta sa scoil! / Special occasions in school from time to time. If the weather is particularly hot or sunny during the 3rd term, teachers **may** buy an ice-cream for the children. It's not often we have fine weather in Ireland, so it is considered a special occasion!
5. **Iarraimid ar thuismitheoirí gan sólaistí sláintiúla ar nós cácaí rís seacláide/srl ach amháin ar an Aoine.** / To encourage children to adapt to healthy lunches, we would ask parents to confine healthy treats to Friday only, for example chocolate rice cakes and other such items.

Eolas Bhreise

- **Ba chóir do thuismitheoirí a bheith aireach agus bia folláin a roghnú. Iarraimid ar thuismitheoirí cloí leis an bpolasaí mar tá sé tábhachtach don pháiste go mbeadh an teachtaireacht chéanna ag teacht ón mbaile agus ón scoil maidir le "Lón Folláin".** Parents should be aware that certain foods advertised as "healthy" may not be quite so healthy. We would request that parents adhere to the Healthy Lunch Policy as it is important for its successful implementation and that the children get support both from home and from school.
- **Mar chuid den iarracht dár mBratach Glas, agus chun gearradh siar ar bhruscar agus cabhrú le comhshaol glan, b'fhiú do thuismitheoirí fiosrú a dhéanamh maidir le lón a chlúdach gan "tinfoil" nó "clingfilm" a úsáid.** As a way of reducing waste and reusing material, parents are asked to be mindful of the packaging of lunches and to avoid the use of plastic or foil wraps where possible, and to avail of lunch boxes or containers for your

child's lunch. Your child will bring home any waste material from their lunch, to be disposed of at home.

- Deirtear gur é an bhriceásta an béile is tábhachtaí sa lá. Chabhróidh sé go mór leis an obair scoile má tá bricfeásta ceart ite ag gach páiste. 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.

Rólanna / Roles

- Tabharfaidh na múinteoirí cabhair agus spreagadh do na páistí roghanna maithe bia a dhéanamh. The class teachers will give encouragement and help the children to adopt a healthy lifestyle.
- Beidh freagracht ar thuismitheoirí lón folláin a thabhairt dá leanaí ag teacht ar scoil. Parents are responsible for providing healthy lunches for the children going to school.
- Beidh freagracht ar an té atá ag réiteach an Lón Scoile bianna sláintiúla a chuir ar fáil do pháistí na scoile gach lá. Cuirfidh an scoil liosta bianna feiliúnach ar fáil. Ní thabharfar amach aon bhianna nach bhfuil ar an liosta seo do na páistí. The person who is preparing the School Lunches on behalf of the school is responsible for providing healthy food options to our school children each day. The school will provide a list of suitable menu options to be provided to the children weekly. Any foods that are not on this list will not be distributed to the children.
- Déanfaidh foireann na scoile monatóireacht ar éifeacht an pholasáí. The school staff will monitor the effectiveness of this policy.

Athbhreithniú / Review

- Déanfar athbhreithniú tar éis bliana nó nos luaithe má lorgaíonn Múinteoir/Tuismitheoir aon athruithe atá le déanamh. This policy will be reviewed after a year or earlier, if requested by teachers or parents.

Tuairisciú / Reporting

- Cuirfear eolas maidir leis an bpolasaí seo chuig tuismitheoirí
- Cuirfear faoi bhráid an Bhoird Bainistíochta é
- Cuirfear faoi bhráid Coiste na dTuistí é
- This policy will be made available to the parents, the Board of Management and Coiste na dTuistí.

Lóin laethúla do Pháistí Scoil Naomh Ciarán

*ní féidir beatha friochta (fried) ná milis a chuir ar fáil./ fried foods and sweets will not be allowed.

Dé Luain	<ul style="list-style-type: none"> - Boscaí beaga rísíní - Iogairt - Torthaí - Uisce
Dé Máirt	<ul style="list-style-type: none"> - Meascán Torthaí - bananaí, - sú-talúin, (strawberries) - fíonchaora (grapes) - kiwi - oráistí - ullaí - Uisce
Dé Céadaoin	<p>Bia Te:</p> <ul style="list-style-type: none"> - Curaí Sicín le rís, nó - Pasta BÁCáilte le sicín (pasta saor ó ghlutan) - Uisce
Déardaoin	<ul style="list-style-type: none"> - Craicéir & Cáis - Iogairt - Torthaí - Uisce
Dé hAoine	<ul style="list-style-type: none"> - Cácaí Ríse agus torthaí - Uisce