

Gaelscoil na Mí

Uimhir Rolla: 20382F



Polasaí Um Lóin Fholláin

Réamhráiteas

Is dréacht é seo agus beidh ar an mBord Bainistíochta (BB), múinteoirí, agus tuismitheoirí teacht le chéile chun glacadh leis. Cuireadh an polasaí seo le chéile chun tacú leis an gá atá ann polasaí éifeachtach a bheith ann i dtaobh Bia Folláin i gcómhthéacs éiteas na Scoile.

Gaolmhaireacht le hÉiteas na Scoile

An aidhm atá againn i nGaelscoil na Mí ná go mbeidh meas ag ár scoil ar gach uile dhalta, chun cabhrú leo a bpoitéinseal ceart a bhaint amach agus go mbeidh pobal na scoile ina iomlán ag cleachtadh dea-nósanna bhia.

Sainmhiniú

I lóin fholláin, bíonn na príomhghrúpaí bia ann, mar aon le bia nach bhfuil mórán saille, siúcra nó salainn ann, bia le go leor próitéine agus gairbhsí ann agus bia a thugann fuinneamh do na paistí a chumais féin a bhaint amach i rith an lae. Seo sampla den bia/deoch a mholtar i nGaelscoil Na Mí: arán, cáca rís, craicear, torthaí, glasraí, barra arbhar, risíns, grán rósta, uisce, sú, yoghurt, anraith agus bainne

Réasúnaíocht

Cuireadh an pholasaí seo i gcrích le cinntiú go ndéanfar freastal ar

- Sláinte Leanaí
- Nasc le OSPS: Snáithaonad: Ag Tabhairt Aire do mo Chorp Féin: Bia agus Cothú, (Curaclam na Náionáin Shóisearacha - Rang a 6) Ag Déanamh roghanna.
- Nasc leis an Eolaíocht: Snáithe Nithe Beo: Snáithaonad: Mé Féin: Próiseas Saoil an Duine Daonna (Curaclam na Náionán Sóisearach - rang a 6)

Treoiríníte

- Ní ceadaítear seacláid, milseáin, criospaí, brioscaí, barraí seacláide gránach, ciste, gumma cogaint, deochanna coipeach a thabhairt ar scoil ach amháin ar laethanna ar leith.
- Beidh ar thuismitheoirí/chaomhneoirí glacadh leis an pholasaí seo agus é a shiniú nuair a thosaíonn an phaiste i nGaelscoil Na Mí.
- Molfar na paistí i gcónaí ó thaobh dea-chleachtas de.
- Molfar píosa de toradh nó glasra nua a thabhairt do do pháiste ar Aoine Súmhar ionas go bhfaigheann said deis triall a bhaint as rud nua.
- Cuirfear an pholasaí seo i gcuimhne do gach tuismitheoirí/caomhneoir ag tús Mean Fómhair.

Conas an Polasaí a chur i bhfeidhm

Tabharfaidh an príomhoide agus múinteoirí na scoile tacaíocht leis an bplean ar bhonn rialta. Cuirfear é i gcuimhne do Choiste na dtuismitheoirí go minic.

Má thógann leanaí bia/deoch nach moltar ar scoil leo?

- Beidh cead acu é a ithe/a ól ach déarfad leo gan iad a thabhairt ar ais laethanta eile.
- Déarfad leo é a thabhairt abhaile.
- Má leanann siad orthu ag tabhairt bia neamhfolláin ar scoil leo, déanfar teagmháil le tuismitheoirí an pháiste sin.
- Ní féidir le tuismitheoirí féirín a thabhairt dá leanbh más maith leo.

Eisceachtaí:

- Imeachtaí scoile - ceolchoirmeacha, cluichí 7rl.
- Cóisir ag deireadh an téarma
- Turais scoile
- Is féidir le múinteoirí féiríní a thabhairt do na leanaí i gcásanna eisceachtiúla.

Critéir Rathúlachta

Beidh a fhios againn go bhfuil an polasaí seo i bhfeidhm má

- tá ullmhúchán, pleanáil agus múineadh na múinteoirí bunaithe ar an bplean seo
- tá an chur chuige sa pholasaí seo á leanúint go seasta
- beidh a fhios againn go bhfuil an polasaí éifeachtach má spreagtear na páistí roghanna ciallmhara a dhéanamh faoi bhia agus cothú.

Ról agus Freagracht

Tabharfaidh múinteoirí na scoile tacaíocht leis an bplean, chun é a fhorbairt agus a chur i bhfeidhm. Déanfaidh an Príomhoide dul chun cinn an phlean a chomhordú. Spreagfaidh agus glacfaidh sí le haiseolas ar a chur i bhfeidhm agus tabharfaidh sí tuairisc don fhoireann, tuismitheoirí agus BB ar na torthaí.

Cur i bhfeidhm

Cuirfear an polasaí seo i bhfeidhm ó 1 Meán Fómhair 2011.

Athbhreithniú

Déanfaidh an Príomhoide, Bord Bainistíochta (BB) agus Coiste na dTuismitheoirí athbhreithniú ar an bpolasaí seo gach dara bliain. Déanfar athbhreithniú air chomh maith má bhíonn gá leis aon am eile. Inseofar do thuistí agus don fhoireann má athraíonn an BB aon rud sa pholasaí.

Daingniú

Déanadh athbhreithniú ar an bPolasaí seo i Meán Fómhair 2010 agus daingníodh é ar an _____.

Dáta: _____

Siniú a n C h a t h a o i r l i g h :

Gaelscoil na Mí

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Polasaí Um Lóin Fholláin - Healthy lunch

Policy

Introductory Statement and Rationale

This is a draft policy and will need to be developed with representatives of the Board of Management BoM, teaching staff and parents. This policy was formulated to support the need for a policy in relation to Healthy Eating in line with the overall ethos of the school.

Relationship to School Ethos

This policy aims to promote the school's philosophy and ethos, *'that our school cherishes all pupils equally and to aid them in achieving their true potential'* and to promote positive practices for healthy eating.

Definition

A healthy lunch is one, which contains all the main food groups, is low in fat, salt and sugar and high in protein and fibre and which provides energy for children to work to their ability. The following is an example of the foods and drinks that are recommended in our school: Bread, rice cakes, crackers, fruit, vegetables, cereal bars, raisins, popcorn, water, juice, yoghurt, soup and milk.

Rationale

This policy is required to

- *Promote children's health*
- *SPHE: Strand Unit: Taking Care of My Body: Food and Nutrition (Curriculum J. Infants - 6th Class / Making choices.*
- *SESE: Science, Strand: Living Things, Strand Unit; Myself: Human Life Processes (Curriculum J. Infants - 6th Class).*

Guidelines for the promotion of this policy

- *Children will not be permitted to bring fizzy drinks, energy drinks, chocolate, biscuits, crisps, sweets, chocolate covered cereal bars or cakes to school except on special days*
- *Parents will be asked to sign this policy before the child comes to the school*
- *Children are praised for eating healthily and all children are asked to comply with our policy*
- *Parents/guardians will be contacted each September and reminded about our healthy lunch policy*

Promotion of this policy

The principal and future class teachers will promote this policy on a regular basis. Coiste na dtuismitheoirí will be reminded about it regularly also.

If children bring "discouraged" food / drinks to school:

- They will be allowed to eat/drink them on that occasion but warned not to bring them on other days.
- They will be told to bring the unhealthy lunch home if not eaten.
- If a child persists in bringing unhealthy food to school, parents will be contacted.
- Parents may not give a child a treat for eating during school.

Exceptions:

- *End of term parties*
- *School trips*
- *School events - concerts, matches etc.*
- *Teachers may give sweets on occasion when children have earned them.*

Success Criteria

We will know this policy has been implemented if:

- *the teachers preparation, planning and teaching has been based on this plan*
- *procedures outlined in the policy have been consistently followed*
- *We will know it has achieved its aims if the pupils have been inspired to make healthy and clever decisions regarding their food.*

Roles and Responsibilities

The policy will be supported, developed and implemented by all future class teachers. The Príomhoide shall co-ordinate the progress of the policy, encourage and accept feedback on its implementation and report back to the BoM, parents and pupils.

Implementation

This policy will be implemented from 1st September 2011.

Review

This policy will be reviewed by the Principal, Staff, BoM and Parents Association when the initial 12 month period has passed, and every 2 years thereafter. This policy will also be reviewed should a need arise. Parents and staff will be informed of any amendments made by the BoM.

Ratification

This policy will be reviewed in Sept 2012 and ratified on _____.