



## **Polasai Lóin Sláintiúil /Healthy Eating Policy.**

Bhi an Polasai seo curtha le cheile mar dhréacht ag cruinniú foirne i nGaelscoil Phortlaoise ar an 9ú la de Shamhain 2007. Bhi na múinteoiri foirne i láthair.

*Policy formulated in draft form at a Staff meeting in Gaelscoil Phortlaoise on 9/11/07  
All teachers were present.*

### **Cuspóiri an Pholasai/This policy aims to:**

- Cabhrú le dianmhachnamh agus foghlaim/ *Help concentration and learning.*
- Feabhas a chur le sláinte agus leas an duine/ *Improve overall health and well-being.*
- Sláinteachas déadach agus aiste bia cothrom a chothú/ *Promote dental hygiene and balanced diet.*
- Brúscar a laghdú/ *Reduce litter*

Beidh measúnú déanta ar an bpolasai seo i gcoinne na gcuspóiri seo a leanas:

*The success of this policy will be assessed against the above aims.*

### **Stair an Pholasai**

- Cuireadh an polasai seo le cheile ar dtús sa bhliain 1998.  
*This Policy was implemented initially in the 1990s.*
- Beidh an Priomhoide agus na múinteoiri foirne á chur le chéile i gcomhairle le tuismitheoiri agus leis an mBord Bainistíochta.

The Principal and Staff Teachers, following consultation with the parents, together with the

BOM, will be responsible for the implementation of this Policy.

- Déineadh an polasai seo a athbhreithniú ar 9/11/07 agus déanfar é a athbhreithniú go bliaintiúil amach anseo.

This policy was reviewed at a staff meeting on 9/11/2007 and will be reviewed annually.

- Déineadh e a fhaobhú ag an mBord ar 04/ 11/07

**This Policy was ratified by the BOM on 4/11/2007.**

## **Polasai Lón Sláintiúil/ Healthy Eating Policy.**

## 1. Réamhrá/ Introduction

Tá Polasai Lón Slaintiúil i nGaelscoil Phortlaoise ó 1998 agus tugtar billeog do na tuisti le saghsanna bia a mholtar agus nach moltar don phaiste a bheith aige nó aici don lón.

*Gaelscoil Phortlaoise has had a Healthy Eating Programme since 1997. The parents are annually sent a leaflet outlining lists of recommended foods and foods not recommended.*

## 2. Molaimid don lón/Recommended for Lunches:

ceapairi, rolla, arán, pléascoga, torthai, glasrai, bainne, uisce, sú tortha, borroga, Iogairt (gan seacláid) Grán Rosta

*Sandwich, roll, bread, crackers*

*Fruit, vegetables*

### Milk, water, fruit juice

*Scones, Yoghurt, fromage frais, yoghurt drinks( Without chocolate)*

*Cereal bars( Without chocolate)Pop-Cor*

## 3. Ní Mholaimid don Lón/Not Recommended for Lunches:

Deochanna Coipeacha, milseáin, seacláid ar bith, barrai seacláide, criospai, Pringle, brioscáí.

*Fizzy drinks, sweets, bars, chocolates, crisps, pringles, popcorn, biscuits.*

## 4. Cur i bhFeidhm /Implementation.

- Tá an fhoireann ar fad eolasach bpolasai agus tá siad toilteanach é a chur i bhfeidhm. The whole staff team is familiar with the policy and is prepared to work within it.

- Beidh siad eolasach faoi na hathraithe practiciúla a bhaineann leis an bpolasai. *Everyone is aware of changes that policy will make in practice.*

## 5. Monatóireacht/Monitoring.

- Déanfar sampla searfach as na lóin is slaintiúla sa seomra ranga.

Positive aspects of individual lunches are highlighted in the classroom.

- Pléifear na saghsanna bia éagsúla ar chóir dúinn a bheith sa bhosca lóin.

Contents of school lunch boxes are discussed in class.

- Múinfear ar a laghad dha rang in aghaidh na bliana bunaithe ar bhia slaintiúil.

At least two lessons will be taught a year that focus on healthy eating.