

Polasaí Lón Folláin

Réamhrá & Aidhmeanna:

Aithníonn Gaelscoil Dara go bhfuil lón folláin thar a bheith tábhachtach don pháiste, ní amháin maidir le sláinte an pháiste ach don fhoghlaím freisin. I ngeall ar seo, leagadh polasaí lón folláin amach don scoil ina moltar do thuismitheoirí bia agus deochanna folláine a thabhairt do na páistí don lón.

Tá an scoil páirteach sa bhfeachtas 'Bratach Glas' agus tá sé mar aidhm againn athchúrsáil a chur chun cinn agus laghdú a dhéanamh ar bhruscar sa timpeallacht scoile. Ag eascairt as seo, iarrann muid ar thuismitheoirí boscaí lóin agus soithí athúsáidthe a chur ar fáil don lón. Iarrann muid ar na páistí an bruscar lóin a thabhairt abhaile agus athchúrsáil a dhéanamh air ansin. Tá buntáiste anseo freisin don tuismitheoir mar go bhfuil siad in ann measúnú agus monatóireacht a dhéanamh ar an méid atá á ithe ag an bpáiste ag am lóin.

Tugann muid aitheantas don Chúrsa Food Dudes, ar ghlac an scoil páirt ann roinnt uaireanta go dtí seo, mar thaca agus an polasaí seo á chur i bhfeidhm.

Seo a leanas liosta den chineál bia atá molta ag an bpolasaí:

Ceapairí, torthaí, glasraí, iógart, cáis &rl agus deochanna folláine – uisce, sú oráiste, sú úll, bainne, deochanna gan súilíní.

Ní cheadaítear seacláid, barraí, criospaí, grán rósta, guma coganta, briosaí, smailc le lion ard siúcra nó seacláide ann, aon mhilseán ná deochanna súilíneacha. Cuirtear an-bhéim ar fad ar bhia atá folláin agus go maith duit.

Ní thugtar milseán mar dhuaisianna do na páistí sa scoil.

Iarrann muid ar thuismitheoirí/caomhnóirí gan soláistí don rang a chur isteach ar bhreith-laethanta páistí, mar nach mbeidh muid in ann iad a thabhairt amach faoin bpolasaí seo.

Tá an polasaí lón folláin i bhfeidhm ó bunaíodh an scoil i 1984, agus tugann tuismitheoirí na scoile an-tacaíocht dó.

Meabhróidh an fhoireann scoile do na páistí faoin bpolasaí lón folláin. Má leanann páistí ag tabhairt isteach bia nach bhfuil molta, cuirfear nóta nó glaoch teileafóin chuig na tuismitheoirí/caomhnóirí.

Eisceachtaí: Déanfar eisceacht ó am go ham ar ócáidí speisialta m.sh. Cóisir na Nollag nó mar fhéirín ag múinteoirí don rang nó do ghrúpa áirithe.

Muna mbíonn lón ar bith ag dalta: Má tharlaíonn sé, iarrtar ar dheartháir nó ar dheirfiúr an pháiste an bhféadfaidís lón a roinnt leis/léi nó cuirtear scéala chuig tuismitheoir. Tá lón saor in aisce le fail ón scoil le fadhbanna mar seo a mhaolú. Ar mhaithe le cúrsaí slainte agus sábháilteacht ní mholtar lón a roinnt le páistí eile sa rang (cé's moite de bhaill teaghlaigh). Más rud é a bhíonn ag tarlú go minic déanfar plé leis na tuismitheoirí chun an fadhb a réiteach. Beifear dearfach i gcónaí faoin lón folláin agus cuirfear an bhéim ar shláinte na ndaltaí.

Healthy Lunch Policy

Aims and Objectives:

Gaelscoil Dara recognises the importance of healthy lunch for children, not only in the interest of the child's health but also as part of his/her education and learning. Parents are encouraged to provide healthy and nutritional food and drinks for their child's/children's school lunch.

Gaelscoil Dara is part of the *Green Flag* project and as such, we encourage recycling of waste in the school environment. To this end, we encourage parents to provide re-usable lunchboxes and drinks containers for lunches. We also ask the children to take home their waste for recycling there. This also helps the parent in ascertaining how much/little their child is eating in school at lunchtime.

We also recognise the success of the Food Dudes Programme, which the school has taken part in on a number of occasions, as a support in the implementation of this policy.

The following foods are recommended by our policy:

Sandwiches, fresh fruit and vegetables, yogurt, cheese and healthy drinks – water orange or apple juices, milk and other non-fizzy drinks.

Chocolate, bars, crisps, popcorn, chewing gum, sweets, snacks with a high sugar content and fizzy drinks are not permitted.

Rewards of sweets are not given in school.

We ask that parents/guardians do not send in treats for the class on birthdays, as we will be unable to give them out under this policy.

This policy of healthy lunches has been in place since the foundation of the school in 1984 and parents have always supported it.

Staff will remind children of our healthy lunch policy. If pupils persist in bringing in unhealthy foods, a note or phonecall will be made to parents/guardians.

Exceptions: There will be exceptions to the policy on special occasions, (e.g. end of term) where the teachers may give a *treat* to the class or to a particular group.

If a child is without a lunch:

If this occurs, siblings may be asked to share their lunch or parents are informed.

Lunches are provided by the school without cost to reduce such occurrences. Because of health and safety issues, children are discouraged from sharing lunches (family members excepted). If the problem persists, parents will be contacted with a view to solving the issue.