Polasaí le hAghaidh Bia Níos Sláintiúla ar Scoil

A Policy for Healthier Food at School

fonn a dhéanann foghlaim

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Aidhm

Is é is aidhm leis an pholasaí seo a chinntiú go gcuireann gach gné de bhia agus de dheoch sa scoil le sláinte agus le folláine na ndaltaí, na foirne agus na gcuairteoirí sa scoil.

Cuspóirí

Is iad na cuspóirí atá againn ná:

- athbhreithniú a dhéanamh ar an churaclam foirmiúil le deimhniú go bhfuil an t-eolas faoi bhia agus faoi chothú a thugtar sna ceachtanna comhsheasmhach agus suas chun dáta;
- oibriú i gcomhair le tuismitheoirí dhaltaí chun an córas ar shos sláintiúil a choinneáil;
- oibriú i gcomhair le tuismitheoirí dhaltaí na scoile chun córas a bhunú ina mbíonn cosc ar bhianna neamhshláintiúla sna lóin phacáilte gach seachtain ón Luan go dtí an Déardaoin;
- seachtain bia a reáchtáil sa scoil chun teachtaireachtaí faoi bhia agus deochanna sláintiúla a chur chun cinn; agus
- deimhniú go bhfuil oiliúint bhunúsach maidir le sláinteachas bia ag na múinteoirí sin atá freagrach as bia sa seomra ranga.

Gníomh

Is iad na gníomhaíochtaí a chuirfear i bhfeidhm chun na cuspóirí a bhaint amach ná:

- forbairt phearsanta: plé agus gníomhaíochtaí a dhéanamh ar chúrsaí bia, cothaithe agus sláinteachais mar chuid d'am ciorcail
- an curaclam foirmiúil: tabharfar ceisteanna bia, cothaithe agus sláinteachais isteach in obair thopaice amháin, ar a laghad, in achan bhliainghrúpa achan bhliain;
- tuismitheoirí: eolas a scaipeadh le tuismitheoirí maidir le bia, cothú agus sláinteachais, le heolas ar na bianna a bhfuil cosc orthu ón Luan go dtí an Déardaoin san áireamh (féach Aguisín 1)
- lóin phacáilte: lón pacáilte sláintiúil a chur chun cinn 4 lá sa tseachtain ina mbíonn cosc ar bhianna neamhshláintiúla;
- bianna nach bhfuil ite ar chóir ar bith a thabhairt chun an bhaile, nuair a fheictear go bhfuil an dalta ag iarraidh é a chur sa bhosca bruscair (m.sh. torthaí nó ceapairí iomlána neamh-ite);
- Gníomhaireachtaí Seachtracha: Nascadh le himeachtaí náisiúnta chun sláinte a chur chun cinn (m.sh an Bord Margaíochta Bainne)
- Forbairt ghairmiúil leanúnach: beidh an leas-phríomhoide freagrach as forbairt ghairmiúil na foirne maidir le bia, cothú agus sláinteachas a chur chun cinn.

Monatóireacht agus Meastóireacht

Déanfar dul chun cinn a mheas trí:

- ghrúpaí comhairleacha a bhunú sna ranganna le bia, cothú agus sláinteachas a phlé agus moltaí a chur chun cinn;
- comhairliú leis an fhoireann uilig maidir le sos agus lón
- comhairliú le tuismitheoirí* le héifeachtúlacht an pholasaí a mheas agus moltaí a chur chun cinn chuig an fhoireann bhainistíochta shinsearach

*Tig le tuismitheoirí iarratais a chur chun tosaigh maidir le haiste bia a bpáistí ar scoil. Déanfaidh an fhoireann bhainistíochta shinsearach measúnú ar iarratais, bíodh sé gur tháinig siad ó dhochtúir nó ó na tuismitheoirí féin. Beidh áit ar léith ann sa bhialann do na daltaí sin a ndéantar a leithéid d'iarratas dóibh

Aguisín 1

Is iad na bianna atá molta ná:

- torthaí agus glasraí (cúig chinn sa lá más féidir);
- arán, rís. pasta, núdail (carbaihiodráití);
- cáis, iógairt (le coirnéal torthaí seachas seacláid) - a thugann roinnt próitéine i gcomhair le cailciam agus Vitimíní A agus B12;
- feoil, iasc, uibheacha agus pónairí (a thugann próitéin, iarann agus Vitimíní D agus B12); agus
- bainne nó uisce

Tig tuilleadh eolais a fháil ag www.eatwell.gov.uk

Is iad na bianna a bhfuil cosc orthu:

- milseáin;
- criospaí;
- seacláid;
- brioscaí siúcrúla; agus
- deochanna fiosaí

Tabhair faoi deara le do thoil nach mbaineann seo le Dé hAoine agus tá cead ag na daltaí a rogha rud a thabhairt ar scoil ar an lá sin. Ní bheidh cead ag daltaí a thugann bianna a bhfuil cosc orthu ar scoil iad a ithe/ól. Mar atá amhlaidh le lucht na mbéilí scoile, rachaidh muid i dteagmháil le tuismitheoirí pháiste ar bith nach n-itheann rud ar bith don lón s'acu.

Gaelscoil Uí Néill

- Cuireadh an polasaí i bhfeidhm ar an 17ú Meán Fómhair 2012

- Beidh an chéad athbhreithniú den pholasaí seo ann i mí na Nollag 2012 agus ar bhonn bhliantúil ina dhiaidh sin.

- Ceapadh an polasaí i gcomhairle le pobal uile na scoile, lena n-áirítear, na daltaí, na tuismitheoirí, foireann na scoile, na gobharnóirí agus le Seirbhís Béilí Scoile de chuid Bord Oideachais Leabharlainne an Deiscirt

A Policy for Healthier Food at School

Aim

The aim of this policy is to ensure that every aspect relating to food and drink in the school improves the health and well-being of the pupils, staff and visitors to the school.

Objectives
Our objectives are:

- to review the formal curriculum so that the information delivered in class regarding food and diet is consistent and up to date;
- to work in conjunction with pupils' parents to sustain our healthy break system;
- to work in conjunction with pupils' parents to establish a system whereby unhealthy foods are not permitted in packed lunches each week from Monday to Thursday;
- to organise a food week in the school to promote healthy food and drinks; and
- to ensure that teachers responsible for food in the classroom are aware of basic food hygiene issues.

Action
To achieve these objectives the following activities will be implemented :

- personal development: discussions and activities on issues such as food, diet and hygiene as part of circle time;
- the formal curriculum: issues regarding food, diet and hygiene will be incorporated into at least one topic area, in every year group each year;
- parents: to share information about food, diet and hygiene with parents, including information about the foods which are not permitted from Monday to Thursday (see Appendix 1);
- packed lunches: to promote a healthy packed lunch 4 days each week where unhealthy foods are not permitted ;
- taking home uneaten whole foods: when it is observed that a pupil tries to throw away whole, uneaten foods (e.g. a whole piece of fruit or untouched sandwiches), he/she will be asked to bring such food home;
- Outside agencies: Links with national events to promote health (e.g. The Milk Marketing Board); and
- Ongoing professional development: the vice-principal will be responsible for staff professional development regarding the development of food, diet and hygiene, and seeking advice from outside agencies as well as implementing the yearly plan throughout the school each year.

Monitoring and Evaluation

Progress will be monitored and evaluated through :

- establishing advice groups in classes to discuss food, diet and hygiene issues and to propose suggestions;
- whole-staff consultation regarding break and those who bring a packed lunch
- consultation with parents* to assess the effectiveness of the policy and to submit suggestions to the senior management team

*Parents may submit special applications/ requests regarding their child's diet at school. All applications/requests, either referred by the doctor or those which come directly from the parents, will be assessed by the school's senior management team. A special area of the canteen will be set aside for pupils for whom such a request is made.

Appendix 1

Recommended foods are as follows:

- fruits and vegetables (aim for five a day);
- bread, rice, pasta, noodles (carbohydrates);
- cheese, yoghurt (with fruit corners rather than chocolate) - providing some protein as well as calcium and Vitamins A and B12; and
- meat, fish, eggs and beans (providing protein, iron and Vitamins D and B12)
- milk or water

More information can be found at www.eatwell.gov.uk

Prohibited foods are as follows:

- sweets;
- crisps;
- chocolate;
- biscuits; and
- fizzy drinks

Please note that this does not apply to Fridays, pupils are allowed to bring any foods to school. Pupils who bring prohibited foods to school will not be allowed to eat/drink them. As is currently the case for pupils who take school dinners, we will contact the parents of children who do not eat anything for lunch.

Gaelscoil Uí Néill

- This policy was adopted on the 17th September 2012
- The next review will take place in December 2012 and annually after that.
- This policy was drawn up in consultation with the school community, including, pupils, parents, school staff, the Governors and the School Meals Service of the Southern Education and Library Board.