

BIA SLÁINTIÚIL **Healthy Eating Policy**



Gaelscoil & Naíscoil
Neachtain

Bia Sláintiúil/Healthy Eating

Réamhrá/Introduction

Gaelscoil Neachtain is a child-centred school – all decisions and policies are taken with the best interests of the child at heart.

Gaelscoil Neachtain operates a Health Eating policy. Parents have been consulted about this and agree to the principles. It is also important for parents to take note of letters home advising of any allergies other pupils may have. Children need a healthy diet for normal growth and development. Medical evidence and research shows that a healthy diet for children can prevent a variety of problems as they grow. Gaelscoil Neachtain's Healthy Eating Policy aims to develop healthy eating habits early in life, habits which will have a positive and lifelong impact on health and well-being.

It is also important for parents to inform school staff advising of any allergies a pupil may have.

I nGaelscoil Neachtain, déanaimid an-iarracht a chinntiú go mbíonn sos agus lón sláintiúil ag na páistí. Molaimid go n-itheann na páistí uilig torthaí nó ceapairí don sos.

Chomh maith leis sin, ba mhaith linn a chinntiú go n-itheann gach páiste go sláintiúil ag am lóin. Molaimid daoibh ceapairí, torthaí agus iógairt mar shampla a thabhairt do na páistí don lón le deoch sláintiúil (uisce, bainne nó súnna torthaí sláintiúla). Bia ar bith nach mbíonn ite, cuirfear chun an bhaile é.

Níor mhaith linn go mbeidh deochanna súilíneacha ag na páistí in am ar bith. Bíonn uisce i gcónaí ar fáil sna seomraí ranga.

At Gaelscoil Neachtain, we try to make sure that the children eat a healthy break and lunch. Currently, all children are encouraged to eat fruit or sandwiches at break times.

We also want to ensure that all children eat healthily at lunch-time. We ask that you give your children sandwiches, fruit, yoghurts, cheese, breakfast bars (without chocolate or marshmallow), biscuits (without chocolate) for lunch with a healthy drink (water, milk or healthy fruit juices). **No fizzy drinks, sweets, chocolate bars/biscuits, crisps.**

Whatever is not eaten will be sent home in the lunch-boxes.

Water is always available in the classrooms.

Aidhm an pholasaí/Aim of Policy

To make sure teachers, pupils, and parents are aware of the healthy choices of food.

Cuspóirí/Objectives

- To make the consumption of food an enjoyable, safe, and socialising experience.
- To increase pupil's knowledge of healthy eating and nutrition.
- Where appropriate, reinforce messages in the curriculum relating to food and nutrition.
- Use signage to reinforce healthy eating, i.e. "What is healthy and what is not." The children can get involved in the signs.
- To provide information to parents on all aspects of food in the school especially if there are any pupils who have allergies. Notes must go home regarding this. Also notes can go home in the beginning of the year to advise as to what should be in the lunch bag.

Próiseas/Procedure

- Milk is brought into the school daily and available for break time or lunch time.
- Drinking water is available to children if requested.
- Promote a balanced diet by corresponding with parents to advise of what should be in the packed lunches.
- In the same correspondence, inform parents that fizzy drinks, sweets, crisps and chocolate bars/biscuits are not allowed.
- Have the children involved in making signs that recognise what is healthy food and what is food that is not healthy.
- Reinforce health messages in the curriculum.
- If there are any children with allergies, send notes home to all parents to advise not to bring that particular food in.
- Staff set an example with a healthy lifestyle.
- Children are encouraged to wash their hands before eating.

Monatóireacht, measúnacht agus athbhreithniú/ Monitoring, Evaluation and Review

- This policy is to be reviewed every two years. This policy was put in place in April 2015. Allergies will be monitored as to the type of allergy and what type of food. This policy may be amended accordingly.

