



Gaelscoil Thulach na nÓg,
Bóthar Rúisc,
Dún Búinne,
Co. na Mí

Polasaí Bia Sláintiúil

Tá polasaí bia sláintiúil sa scoil. Fad is nach bhfuil morán dochar ag baint le ‘treats’ anois is arís, bíonn tionchar díobhálach ag aiste bia atá lán de bhia míshláinte agus cuireann sé isteach go mór ar iompar agus ar dhúthracht/ dul chun cinn na bpáistí.

Chun é seo a chur i bhfeidhm sa scoil iarraim oraibh gan criospaí, seacláid, deochanna fizzy, briosaí, pis thalúin nó milseáin a thabhairt do do pháiste le haghaidh lón.

Bheadh ceapairí, cáis, torthaí agus deoch (sú oráiste/ uisce srl) i bhfad níos oiriúnaí i mbosca lón do pháiste.

Níl cead ag na páistí lón a roinnt nó a mhalartú ar chor ar bith de bháir ailéirge

Beidh cúpla eiseacht don pholasaí seo agus seo nuair a bheidh féasta sa scoil nó más rud go bhfuil an múinteoir ag iarraidh ‘treat’ beag a thabhairt do a rang féin.

Iarrtar oraibh bhúr gcomhoibriú le seo ionas go mbeidh an scoil in ann é a chur i bhfeidhm.

We have healthy eating policy into the school.

While treats are harmless occasionally poor diet can have a detrimental affect on children's behaviour and application.

Parents are asked to avoid foods such as crisps, chocolate, fizzy drinks, biscuits, peanuts and sweets and foods such as sandwiches, cheese, fresh/dried fruit and a healthy non-fizzy drink would be more appropriate in your child's lunch box.

Children should be told not to share food with other children in school because of the prevalence of food allergies.

There will be a few exceptions to this policy and that is for parties at end of term/mid term or at the teacher's discretion. By doing this, these foods will become more of a novelty and a treat rather than a part of every day diet.

We ask for your cooperation in implementing healthy eating in the school by giving your child a healthy lunch daily.