



Gaelscoil Thulach na nÓg

Bóthar Rúisc

Dún Búinne

Co na Mí

Uimhir rolla: 20082Q

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 ionpar agus ar dhúthracht/dul chun cinn na bpáistí.

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

Bheadh ceapairí, cáis, thorthaí agus deoch (bainne nó uisce i bhfad níos oiriúnaí i mbosca lón do pháiste.

Ní féidir seacláid, cnónna nó aon rud atá bainte le cnónna a thabhairt isteach. Is scoil 100% saor ó cnónna é.

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

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

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

We have a healthy eating policy in the Gaelscoil.

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

Parents are asked not to send in foods such as crisps, chocolate, fizzy drinks, biscuits, peanuts and sweets. The following food *is* considered appropriate/healthy: sandwiches, cheese, fresh/dried fruit and drinks such as milk or water.

The Gaelscoil is a 100% nut-free environment and no nuts, nut-spreads or any foods with nut products may be eaten at school.

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

There are some exceptions made to the policy if there are parties at the end of term or at a teacher’s discretion.

We ask for your full cooperation in implementing healthy eating at the Gaelscoil.