

Ithe Sláintiúil

Míle buíochas daoibh go léir as an tacaíocht ollmhór a fuaireamar agus sinn ag obair ar an bpolasaí nua. D'éirigh linn an t-uafás eolais agus tuairimí a bhailiú tríd na suirbhéanna agus measaimid nach bhféadfaimis am níos fearr a fháil chun iad a chur i bhfeidhm.

- Mí Eanáir- tús nua! Bhí go leor suime i smaointí a fháil don bhosca lóin. Mar thús, chuireamar cluaisín nua dár teideal 'Lón an Lae' ar shuíomh na scoile chun dea-shamplaí a thaispeáint. Tá Food Dudes ar siúl faoi láthair sna ranganna sóisearacha agus beidh daltaí na scoile ar fad páirteach ann roimh dheireadh na míosa. Tugann an clár seo seans do na páistí glasraí agus torthaí a bhlaiseadh. Chomh maith leis sin beidh cur i láthair á dhéanamh ag Linda, atá ina diaitéitic, ar an **Máirt, 31ú Eanáir, 1-2in.** chun cuid de na ceistanna a ardaíodh sa suirbhé a fhreagairt agus chun tuilleadh smaointí a thabhairt dúinn Chun ceangail a dhéanamh idir an scoil agus an baile táimid chun twitter agus Facebook na scoile a úsáid. Ba bhreá linn bhuir sneaiceanna agus béilte sláintiúla a fheiceáil. Cuir grianghraf chugainn @scoilneasain nó roinn linn ar facebook/scoilneasain.
- Tá cinneadh déanta deireadh a chur le dáileadh cácaí/borróga/milseáin ar laethanta breithe. Nuair a ceistíodh na páistí bhí an-éileamh ar phas saor obair bhaile ina ionad agus tá na múinteoirí an-shásta an nós sin a thosnú.
- B'fhiú a chur i gcuimhne dár bpáistí go bhfuil cead ag gach éinne bainne scoile a fháil.
- Bhí suim ag go leor agaibh i ngairdín glasraí/torthaí scoile a chruthú. Ba bhreá linn tacaíocht agus cabhair a fháil uaibh. Buailigí isteach chuig seomra na Naíonán Bheaga le bhur saineolas!

Many thanks to you all for the wonderful support we received in our work on the new healthy eating policy. We got a lot of information and opinions through the surveys and what better time to implement them than now.

- *January – a new beginning! Great interest was shown in lunchbox ideas as well as information on what foods are healthy/unhealthy. For starters we put a new tab on the school website called 'Lón an Lae' showing very tasty lunchboxes. Food Dudes has begun in the junior classes and will include all classes by the end of the month. This initiative gives children the opportunity to taste a variety of fruit and vegetables. As well as this Linda, who is a dietician, has kindly offered to host a meeting on **Tuesday, 31st of January 1-2pm.** to answer some questions and share some suggestions. In order to tie home and school together we plan to use our school twitter and Facebook. We would love to see your healthy snacks and meals. Send us your photographs @scoilneasain or share with us on facebook/scoilneasain.*
- *A decision has been made to discontinue the habit of distributing cakes/buns/ sweets on birthdays. When children were surveyed they were very much in favour of a free homework pass instead. The teachers are more than happy to implement this.*
- *Don't forget to remind your children that free school milk is available to all.*
- *Many of you raised the concept of creating a fruit/ vegetable patch. We would welcome your help and support in this regard. All with expertise in this area should come to me in Naíonán Bheaga!*

Míle buíochas.

Bríd de Lónra, Martina Mullin & Linda Hogan