Polasaí Bia Sláintiúil Scoil Neasáin

Cúlra

Tá bia agus deoch an-tábhachtach don saol. Glacann siad ról lárnach inár bhforbairt – go fisiciúil, go meabhrach agus go mothúchánach. Ós rud é go gcaitheann daoine óga go leor ama ar scoil tá sé an-thábhachtach oideachas a chur orthu agus tacaíocht a thabhairt dóibh ar an ábhar seo chun go nglacfaidh siad freagracht maidir le cúrsaí bia agus cothú agus conas roghanna cearta a dhéanamh.

Táimid chun cur chuige iomlánaíoch i leith an pholasaí bia sláintiúil a ghlacadh le tacaíocht againn ó phobal Scoil Neasáin ar fad – baill foirne, tuismitheoirí agus scoláirí. Leis an dtacaíocht seo creidimid go n-éireoidh linn ár spriocanna a bhaint amach.

Background

Food and drink are an essential part of our daily lives. They play a fundamental role in the development of the human being, physically, mentally and emotionally. As young people spend such a large part of their life in school it is important that we educate, support and create a sense of responsibility around food, nutrition and making good choices.

Here at Scoil Neasáin we are taking a holistic approach to our healthy eating policy and believe that being supported by the whole school community including staff, parents and students will lead to success.

Réasúnaíocht

Is iad sláinte agus cothú bunchlocha an tsaoil sona, folláin agus fada. Leis an méadú sna huimhreacha i murtall i measc leanaí creidimid go bhfuil an t-am tagtha chun athraithe a dhéanamh dár dtimpeallacht scoile. Athraithe, atá cruthaithe ag taighde, a chuirfidh le dea-shláinte na bpáistí agus a chuirfidh le laighdú neamhláithreachais chomh maith le feabhsú ar chomhdhíriú, iompar agus féin-mhuinín na bpáistí dá bharr.

Cruthaíodh ár bpolasaí de réir Feachtas na Roinne Cur Chun Cinn na Sláinte 'Bia Sláintiúil don Bheatha' (seolta 2016). D'oibrigh Bríd de Lóndra, le tacaíocht ón gCoiste Bia Sláintiúil agus ón bhfoireann scoile ar an dréacht pholasaí seo. Is cuid den churaclam é an polasaí seo ina chlúdaítear na hábhair OSPS, OSIE agus Corpoideachas.

Rationale

Health and nutrition form the basis for long, healthy, happy lives and with increasing rates of childhood obesity we feel now is the time to make pro-active changes to our school environment. Research has proven that good nutrition not only leads to good health and consequently less absentee days, but also positively impacts on concentration and behaviour as well as self-esteem.

Our policy is being created in line with the Department of Health Promotion's Healthy Food for Life Campaign (launched 2016). The draft policy was developed by Bríd de Lóndra in conjunction with the the Healthy Eating committee and staff. This policy forms part of our educational curriculum through the subjects SPHE, SESE and PE.

Aidhmeanna agus Cuspóirí

Is iad príomhaidhmeanna an Pholasaí Bia Sláintiúil ná

- cur le forbairt phearsanta agus sláinte an pháiste.
- cabhrú le páistí stíl mhaireachtála sláintiúil don saol a fhorbairt trí fhoghlaim faoi bhia agus cothú de réir Feachtas na Roinne Chur Chun Cinn na Sláinte 'Bia Sláintiúil don Bheatha'.
- tuismitheoirí agus páistí a spreagadh chun smaoineamh go criticiúil faoi bhia sláintiúil, éagsúlacht bhia a thriall agus roghanna chiallmhara a dhéanamh ag gach béile.
- cur ar chumas an pháiste tábhacht an bhia folláin agus na corpachmhainne a thuiscint don saol amach rompu agus freagracht a ghlacadh ar roghanna maithe a dhéanamh.
- athraithe beaga dearfacha a aithint agus a mholadh i measc pobal na scoile.
- sláinte ghinearálta, comhdhíriú, iompar agus tinreamh na scolairí a fheabhsú mar thoradh de bhia slaintiúil.
- caidreamh sláintiúil le bia a chur chun tosaigh.
- sábháltacht na scolairí le hailléirgí a chinntiú.

Aims & Objectives

The overall aims of Healthy Eating Policy are:

- *to contribute to the personal development and well-being of the child.*
- *to establish a healthy lifestyle for life by educating them on facts around food and nutrition in line with the new Department of Health Promotion's Healthy Food for Life Campaign.*
- *to encourage parents and children to think critically about healthy eating, experience a wide variety of foods and make healthy food choices at each meal.*

- *to enable the child appreciate the importance of good nutrition and fitness as a foundation for healthy living for life and to accept responsibility for making good food choices.*
- *to promote the importance of encouraging and praising positive behaviour when small, sustainable changes are evident.*
- *to improve overall health and wellness, concentration, behaviour and attendance at school.*
- *to promote a healthy relationship with food*
- *to help ensure the safety of children with allergies.*

Sainmhíniú

'Cad is brí le bia sláintiúil don bheatha?'

Díreoidh cur chuige iomlánaíoch na scoile ar na moltaí thíos:

- Taitneamh a bhaint as bianna éagsúla ón cúig ghrúpa bia.
- Teacht ar bhealaí taitneamhacha le bheith gníomhach go fisiciúil gach lá.
- A bheith airdeallach ar mhéid an sciar – roghnaigh níos lú agus go leor glasraí, sailéad nó torthaí leis.
- Tuiscint go dtugann arán lánchruithneachta, gránaigh, prátaí, pasta agus rís na calraí is fearr do mheáchan sláintiúil.
- Go leor glasraí, sailéad agus torthaí de dhathanna difriúla a ithe– ar a laghad 5 cinn sa ló.
- Go leor uisce a ól.

Definition:

'What does Healthy Food for Life mean?'

Our holistic approach will focus on the following recommendations:

- *Enjoy a wide variety of foods from the five food groups.*
- *Find enjoyable ways to be physically active every day.*
- *Keep an eye on your serving sizes – choose smaller serving sizes and add plenty of vegetables, salad and fruit.*
- *Plain wholemeal breads, cereals, potatoes, pasta and rice provide the best calories for a healthy weight.*
- *Eat plenty of different coloured vegetables, salad and fruit – at least five a day.*
- *Drink plenty of water.*

Na Treoirlínte

Seo thíos treoirlínte an Pholasaí Bia Sláintiúil:

- Leanfaidh na múinteoirí treoirlínte an pholasaí agus léireoidh siad meon dearfach ina leith.

- Moltar píosa bia ón gcéad cheithre seilf den phirimid bia a bheith i mbosca lóin sláintiúil – glasraí, sailéad agus torthaí; arán, gránaigh, pasta srl. (slánghráinigh más féidir); déiríocht (bainne, cáis, iógart) agus próitéin (feol, iasc, pónairí, uibheacha).

- Chun polasaí lóin sláintiúil a chur chun tosaigh tá cosc ar na bianna seo sna boscaí lóin – brioscáin agus grán rósta, guma coganta, deochanna le súilíní, milseáin, seacláid, barraí gránaigh, borróga agus cácaí.

- Moltar fíor-uisce agus/nó bainne a ól. Soláthraítear bainne saor in aisce sa scoil agus tá cead ag gach páiste é a thógáil.

- Déantar eisceachtaí ar an riail seo le cead an mhúinteora/ na scoile amháin.

- Moltar bianna le clúdaigh a sheachaint chun ár dtimpeallacht a chosaint. Moltar soithigh athúsáide a úsáid in ionad scragall stáin agus málaí plaisteacha/ páipéir.

- Tógtar bia nach n-itear abhaile.

The Guidelines

These are the guidelines of the Healthy Eating Policy:

- *Teachers will provide positive modelling and supportive attitudes.*

- *A healthy lunch box includes a piece of food from the first four shelves of the food pyramid - vegetables, fruit and salad bread, cereals, pasta etc. (preferable whole grain) ; dairy (milk, cheese, yogurt) and protein (meat, fish, pulses, egg).*

- *To help maintain a healthy eating policy the following foods are not allowed in school: crisps, popcorn, chewing gum, fizzy drinks, sweets, chocolate, cereal bars, buns and cakes.*

- *Pupils are encouraged to drink pure water and/or milk. Milk is provided free of charge in the school every day and every child is encouraged to drink it.*

- *Exceptions to the rule are allowed only with the permission of the school/ teacher.*

- *Foods that have wrappers are to be kept to a minimum to protect our environment. Try to use recyclable and reusable containers instead of items like tinfoil, plastic and paper bags.*

- *Any uneaten food is brought home.*

Cur i bhfeidhm an Pholasaí Bia Sláintiúil

- Seolfar an Polasaí Bia Sláintiúil do gach clann agus beidh se le feiceáil i dtimpeallach na scoile. Glactar leis go dtabharfaidh tuismitheoirí lán-tacaíocht don pholasaí.

- Má thugann paiste lón mí-oiriúnach isteach go rialta labhrófar leis na tuismitheoirí.

- Tá an dualgas ar na tuismitheoirí an scoil a chur ar an eolas faoi aon riachtanas cothaithe speisialta nó/ agus ailéirge atá ag an bpáiste.

- Crochfar achmhainní ag baint leis an bhfachtas 'Bia Sláintiúil don Bheatha' timpeall na scoile.

Implementation of the Healthy Eating Policy

- *The Healthy Eating Policy will be sent to every family and will be visible in the school environment. It is expected that all parents will support the Healthy Eating Policy in every way possible.*

- *If a child brings in foods which are deemed unacceptable on a regular basis, parents will be contacted and the matter discussed.*

- *It is the obligation of the parent/guardian to inform the school office of any special dietary requirements or allergies pertaining to their child*

- *Promotional materials pertaining to the Healthy Food for Life Campaign will be evident around the school.*

An Polasaí Bia Sláintiúil a chur chun cinn

Le linn na bliana bainfear úsáid as go leor bealaí chun an polasaí bia sláintiúil a chur chun cinn

- Labhairt le tuismitheoirí ag Oíche na dTuismitheoirí Nua.

- Seachtain Bia sláintiúil a eagrú le linn na bliana.

- 'Lón an Lae' a phiocadh agus griangraf den lón a chur ar shuíomh gréasáin na scoile.

- Gníomhaíochtaí traschuraclaim a eagrú gach téarma chun an cur chuige iomlánaíoch i leith bia agus cothú sláintiúil a chur chun cinn.

- Baill foirne a spreagadh chun páirt a ghlacadh i bhforbairt ghairmiúil leanúnach a bhaineann leis an ábhar.

- Am pleanála a chur ar leataobh chun cur i bhfeidhm an pholasaí a mheas agus a chur chun cinn.

- Leanfaidh na múinteoirí treoirlínte an pholasaí agus taispeánfaidh siad meon dearfach ina leith.

- Crochfar achmhainní ag baint leis an bhfachtas 'Bia Sláintiúil don Bheatha' timpeall na scoile.

Promotion of the Healthy Eating Policy

Throughout the year there will be a number of ways to promote the healthy eating policy:

- *Speak with parents annually at the Infant Parents' Meeting.*

- *A 'Lunch of the day' will be chosen where the photograph of a healthy lunch is uploaded on the school web site.*

- *A whole school Healthy Eating Week.*

- *Cross - curricular activities will be organised each term to promote a holistic positive approach to good food and nutrition.*

- *Staff will be encouraged to partake in CPD in this areas throughout the year.*

- *Some planning time will be dedicated to the planning, implementation and review of the Healthy Eating Policy*

- *Continual modelling, monitoring and positive reinforcement by teachers and staff.*

- *Promotional Materials pertaining to the Healthy Food for Life Campaign will be evident around the school.*

Rólanna agus freagrachtaí

Glacfar le cur chuige iomlánaíoch i leith an Pholasaí Bia Sláintiúil

Ról an Mhúinteora

- An polasaí a chur i bhfeidhm sa rang agus a dhul chun cinn a thabhairt faoi deara.
- Treoirlínte an pholasaí a leanúint, na páistí a ghríosadh agus a n-iarrachtaí a mholadh.
- Tugtar go leor ama do gach páiste a lón a a ithe sa rang.

- I ndeireadh na dála áfach, is iad na tuismitheoirí agus caomhnóirí atá freagracht as itheacháin a bpáistí.

Ról na dTuismitheoirí

- Tacú le héiteas agus le treoirlínte an Pholasaí Bia Sláintiúil.
- Lónta de réir na treoirlínte a sholáthair do na páistí.
- Lónta atá neamhdhíobhálach don timpeallacht a sholáthair do na páistí.
- An scoil a chur ar an eolas faoi aon riachtanas cothaithe speisialta nó ailléirge atá ag páistí.

Ról na bPáistí

- Triail a bhaint as bianna nua agus go leor uisce a ól.
- Meon dearfach i leith an pholasaí a bheith acu agus a bheith freagrach as a roghanna bia féin.
- Cabhrú lena lónta féin a dhéanamh sa bhaile agus treoirlínte an pholasaí a chur i gcuimhne dá dtuismitheoirí.

Ról na Scoile

- Athbhreithniú a dhéanamh ar an bpolasaí agus é a chur in oiriúint do riachtanais na scoile.
- Cinntiú go bhfuil cur chuige iomlánaíoch, traschuraclaim á chur i bhfeidhm i leith an Pholasaí Bia Sláintiúil.
- Baill forine a spreagadh chun páirt a ghlacadh i bhForbairt Leanúnach Ghairmiúil.

Roles & Responsibilities

A whole school community approach will be taken.

Role of the Teachers

- *To implement the policy, with each class teacher noting its progress.*

- *Follow the guidelines of the policy, encourage the children and praise their progress.*
- *Adequate time is given to children to eat their lunch.*
- *To model and continually reinforce best practice through praise and encouragement for success but ultimately the responsibility for ensuring that children eat healthily lies with the parent /guardian of each child.*

Role of Parents

- *To support the ethos and guidelines of the healthy eating policy.*
- *To provide healthy, well balanced lunches for children in accordance with the guidelines.*
- *To provide lunches in an as "environmentally friendly" manner as possible*

Role of Children

- *To try new foods and keep hydrated.*
- *To have a positive attitude to the healthy eating policy and be responsible for their food choices.*
- *To help to make their lunch at home and remind parents to follow the guidelines of the policy.*

Role of the school

- *Continually review and adapt the policy to best suit the needs of the school community.*
- *Engage with a holistic, cross curricular approach to the healthy eating policy.*
- *Encourage CPD and teacher development where possible.*

Critéir Ráthúlachta

Beidh rath ar an bpolasaí seo má thugann pobal iomlán scoile lán-tacaíocht dó agus má itheann na páistí lónta sláintiúla dá bharr.

Success Criteria

This policy will have been deemed effective if the whole school community are supportive and children develop a habit of eating a healthy balanced lunch.

Tréimhse Ama

Tháinig an Coiste Bia Sláintiúil le chéile i Meán Fómhair 2016. Rinneamar teagmháil le pobal na scoile ar fad – múinteoirí, tuismitheoirí agus scoláirí – i Mí na Samhna 2016 trí cheistneoirí faoi chúrsaí bia a dhéanamh. Rinne na múinteoirí scrúdú ar fhoinse carbaihiodráite na mboscaí lóin i Marta 2018 chun lónta na bpaistí a mheas. Bunaithe air sin agus ag tógáil an eolais sin ar fad san áireamh, cuireadh an dréacht den Pholasaí Bia Slaintiúil seo le chéile. Cuireadh an dréachtpholasaí seo os comhair phobal na scoile i mí

Aibreáin 2018 le haiseolas/ tuairimí a fháil. Cuirfear é i bhfeidhm le linn na bliana 2018 - 2019. D'fhaomhaigh an Bord Bainistíochta an polasaí seo ar an 20 Meitheamh.

Time Frame

The Healthy Eating Committee was established in September 2016. We made contact with the whole school community - teachers, parents and pupils – in November 2016 through food-related questionnaires. Class teachers noted the carbohydrate source in the children's lunch boxes in March 2018. This information provided the basis for this draft policy. This draft policy was communicated to the whole school community in April 2018 for feedback and opinion purposes. Provisional implementation will take place throughout 2018 - 19. This policy was ratified by the BOM on the 20th June 2018.

Athbhreithniú an Pholasaí

Déanfaidh an Coiste Bia Sláintiúil agus na múinteoirí i gcomhair le Coiste na dTuismitheoirí athbhreithniú ar an bpolasaí go débhliantiúil.

Policy Review

The policy will be reviewed biennially by the Healthy Eating Steering Committee & the staff in consultation with the Parents Association Committee and Staff.

Daingniúchán

Cuireadh an leagan deireanach den Pholasaí Bia Sláintiúil os comhair an Bhord Bainistíochta agus tuismitheoirí na scoile i mí Bealtaine. D'fhaomhaigh an Bord Bainistíochta an polasaí seo ar an 20 Meitheamh 2018. Cuirfear an polasaí seo ar fáil do thuismitheoirí nua gach bliain agus déanfar tagart dó i Nuachtlitir Mheáin Fómhair gach bliain.

Ratification

The final draft of the Healthy Eating Policy was presented to the Board of Management and the school parents in May 2018. It was approved by the board on the 20th June 2018. It will be communicated to each parent by means of our school information booklet which is distributed to each family as the children enroll in the school and referred to annually in the September Newsletter.

Date of Ratification: 20 Meitheamh 2018

Síniú an Phríomhoide: _____

Síniú Chomhordaitheora an Choiste Bia Sláintiúil : _____

Síniú an Chathaoirligh : _____