

Scoil Chrónáin



Mol an Óige

Rolla: 19503H

Polasaí Bia Shláintiúil

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Version 1.0

2026

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1. Réamhrá

Leagtar amach inár bPolasaí Bia Shláintiúil conas a thacaímid mar scoil le cleachtais shláintiúla trí lón sláintiúla a chur chun cinn, agus conas a chuidímid lenár ndaltaí tuiscint níos fearr a fháil ar thábhacht an chothaithe chothromaigh.

I Scoil Chrónáin creidimid gur cheart do na príomhdhaoine fásta i saol na bpáistí (is iad sin tuismitheoirí/caomhnóirí agus foireann na scoile), a bheith ag tacú leo chun tuiscint a fháil ar an gcaoi a chuireann cothú cothrom le sláinte, sonas agus folláine ghinearálta an duine.

Beidh ár gcur chuige scoile uile maidir le bia sláintiúil chun a chinntiú go bhfuil teachtaireachtaí faoi bhia sláintiúil mar chuid de gach gné de shaol na scoile. Gheobhaidh ár ndaltaí teachtaireachtaí comhsheasmhacha maidir le bia sláintiúil, sa bhaile agus ar scoil araon.

2. Aidhmeanna Ár bPolasaí Bia Shláintiúil

Is iad aidhmeanna ár bpolasaí bia shláintiúil:

- Cur chuige uile scoile maidir le bia sláintiúil agus cothú a chur chun cinn
- Tuiscint a fháil ar na buntáistí a bhaineann le aiste bia sláintiúil chothrom a leanúint
- Feasacht a fhorbairt go mbíonn tionchar ag dea-nósanna iteacháin a fhoirmítear sa luath-óige ar shláinte agus ar fholláine ar feadh an tsaoil
- Leibhéil dírithe sa rang a ardú trí bhia sláintiúil a ithe
- Eolas soiléir a chur ar fáil do bhaill foirne, do tuismitheoirí/chaomhnóirí agus dóibh siúd atá páirteach i ngníomhaíochtaí na scoile

3. Gníomhartha Scoile a Thacaíonn lenár bPolasaí Bia Shláintiúil

Mar scoil, cuirfimid na gníomhartha seo a leanas i bhfeidhm chun tacú lenár bPolasaí Bia Shláintiúil:

- Ceachtanna OSPS
- Ní úsáidfeair milseáin mar duaiseanna laethúla ag múinteoirí

4. Bricfeasta

Iarraimid go dtagann páistí ar scoil tar éis bricfeasta maith sláintiúil a ithe a mhairfidh go dtí an sos beag ag 10.30r.n.

5. Treoirlínte Sos/Lóin

Chun sláinte agus sábháilteacht gach páiste sa scoil a chur chun cinn agus chun scaipeadh ionfhabhtuithe a chosc, tá treoirlínte maidir le hithe ag am lóin agus am sosa.

- Níor chóir do dhaltaí a mbia ná a ndeoch a roinnt.
- Níor chóir do dhaltaí uirlisí bia ná coimeádáin deochanna a roinnt.
- Ba chóir do dhaltaí a mbia a ithe ag a mbord féin.
- Ba chóir aon bhia nach n-itear a chur ar ais i mbosca lóin an dalta. Cabhróidh sé seo leis an tuismitheoir/caomhnóir a bheith ar an eolas faoi cad atá a bpáiste ag ithe.
- Ba chóir gach bruscar a thabhairt abhaile.

6. Sos Maidine

Le linn an sos maidine ag thart ar 10.30r.n., bíonn thart ar 5 nóiméad ag daltaí lena mbia a ithe. Ba chóir go mbeadh an bia éasca le hithe, mar shampla ceapaire beag nó píosa torthaí. Ba chóir torthaí a bheith de mhéid oiriúnach, mionghearrtha más gá.

7. Am Lóin

Bíonn thart ar 10 nóiméad ag daltaí chun a lóin a ithe.

Ba chóir go mbeadh na nithe seo a leanas i mbosca lóin sláintiúil:

- Ar a laghad cuid amháin de thorthaí/ghlasraí
- Cuid amháin de fheoil, iasc, uibheacha nó pónairí
- Cuid amháin d'arán nó gránach
- Cuid amháin de tháirgí déiríochta
- Bainne nó uisce

8. Samplaí don Bhosca Lóin:

Glasraí, Sailéad & Torthaí (5+ chuid sa lá)	Feoil, Iasc, Uibheacha, Pónairí (2+ chuid sa lá)	Gránaigh, Arán, Prátaí, Pasta & Rís (4+ chuid sa lá)	Bainne, Iógart & Cáis (3+ chuid sa lá)
<ul style="list-style-type: none"> • Úll, oráiste, banana nó piorra meánmhéide • 2 thoradh bheaga (plumaí, kiwi srl.) • Leath stáin torthaí ina sú féin • Dornán torthaí triomaithe • Braisle bheag fíonchaor • Glasraí gearrtha (cúcamar, cairéad) 	<ul style="list-style-type: none"> • 2 shlisne feola chócaráilte • 1–2 ubh chrua-bhruite • Stán beag tuinnín, bradáin, sairdíní nó ronnach • 4 spúnóg bhoird de hummus 	<ul style="list-style-type: none"> • 2 shlisne tanaí aráin lánchruithneachta • Rolla beag • Arán pitta • 4–6 bhrioscaí tirime nó bataí aráin • Cupán rís, pasta nó couscous cócaráilte • Bagel beag 	<ul style="list-style-type: none"> • Pota iógairt nó custard • 2 thriantán cáise • 2 chuid bheaga cáise

Ba chóir do gach dalta buidéal uisce in-athlíonta a thabhairt ar scoil gach lá.

9. Bianna nach bhfuil Ceadaithe i Scoil Chrónáin

Ní thacaíonn na bianna seo lenár bPolasaí Bia Sláintiúil agus níor chóir iad a chur i mbosca lóin:

- Deochanna súilíneacha, deochanna spóirt nó deochanna/sú le cion ard siúcra
- Bia te deli
- Guma coganta
- Milseáin
- Brioscáin agus grán rósta milsithe
- Brioscaí, cácaí, muifíní (seachas Dé hAoine)
- Seacláid (seachas Dé hAoine)

10. Tabhair faoi deara:

Tá páistí agus baill foirne againn a bhfuil ailléirgí cnónna acu; mar sin níl cnónna ná bianna ina bhfuil cnónna ceadaithe sa scoil.

11. Dé hAoine

Tá cead ag daltaí rud deas bheag a thabhairt leo ar an Aoine. Moltar dóibh í a ithe tar éis a lóin.

Ceadaítear:

- Barra beag seacláide
- Mála beag milseán
- Briosca beag
- BÁCÁIL bhaile bheag

Féadfar laethanta eile a bheith ann ag deireadh téarma, Oíche Shamhna, turais scoile nó imeachtaí scoile. Beidh múinteoirí aireach i gcónaí ar ailléirgí agus cinnteoidh siad sábháilteacht na bpáistí.

12. Cur i bhFeidhm

Má leanann dalta ar aghaidh ag tabhairt bia míshláintiúil ar scoil, rachaidh an múinteoir i dteagmháil leis an tuismitheoir/caomhnóir chun an Polasaí a mheabhrú dóibh.

Cuirfidh foireann na scoile an Polasaí seo i bhfeidhm go comhsheasmhach.

13. Ailléirgí

Má tá ailléirge bia tromchúiseach ag páiste, ní mór do thuismitheoirí/chaomhnóirí an scoil a chur ar an eolas i scríbhinn agus na bianna le seachaint a liostú.

Cuirfear sonraí an pháiste ar Chlár Leighis na Scoile, lena n-áirítear:

- Bearta chun an riosca a laghdú
- An prótacal i gcás imoibriú ailléirgeach

Beidh cód dath buí ar Aladdin chun a chur in iúl go bhfuil an dalta ar an gClár Leighis.

Tá tuilleadh sonraí le fáil i bPolasaí Riaracháin Cógais Scoil Chrónáin.

1. Introduction

Our Healthy Eating Policy outlines how we as a school support healthy eating practices through the promotion of healthy snacks and healthy lunches and how we help our pupils to gain a greater understanding of the importance of balanced nutrition.

In Scoil Chrónáin we believe that key adults in the children's lives, namely parents/guardians and school staff, should be good role models and support them in understanding how balanced nutrition contributes to a person's health, happiness and general wellbeing.

Our whole school approach to promoting healthy eating will actively involve teachers, parents/guardians and children to ensure that healthy eating messages are part of every aspect of school life. Our pupils will receive consistent messages regarding healthy eating, both at home and at school.

2. Aims of Our Healthy Eating Policy

The aims of our healthy eating policy are:

- To promote a whole school approach to healthy eating and nutrition
- To understand the benefit of a healthy well-balanced diet
- To develop an awareness that good eating habits formed in early childhood influence health and wellbeing throughout our lives
- To raise levels of concentration within class through the consumption of healthy food
- To provide members of staff, parents/guardians and those involved in school activities with clear information.

3. School Actions which Support Our Healthy Eating Policy

As a school, we will implement the following actions to support our Healthy Eating Policy:

- SPHE lessons
- Sweets and/or food treats will not be used as daily rewards by teachers

4. Breakfast

We ask that children come to school having had a good healthy breakfast that will sustain the child until small break at 10.30am.

5. Break/Lunchtime Guidelines

In order to promote the health and safety of all children in the school and prevent the spread of infection, guidelines for eating at lunch and break times are necessary.

- Pupils should not share their food or drink.
- Pupils should not share food utensils or drinks containers.
- Pupils should eat their food at their own table.
- Any uneaten food should go back into the pupil's lunch box. This will help the parent/guardian to be aware of what their child is actually eating.
- All recycling/rubbish should be taken home.

6. Morning Break

During morning break times at 10.30am approximately - Pupils have approximately 5 minutes to eat at their morning break. Food at this break should be easy to eat, ideally a small sandwich or a piece of fruit. Fruit should be of a manageable size, peeled/chopped if necessary.

7. Lunch Break

In Scoil Chrónáin children have approximately 10 minutes to eat their lunch. A healthy lunchbox should contain:

- At least one portion of fruit/vegetables
- One portion of meat, poultry, fish, eggs or beans
- One portion of bread or cereal
- One portion of dairy
- Milk or water.

8. Please see table below for lunchbox ideas:

Vegetables, Salad & Fruit <i>5+ portions per day</i>	Meat, Poultry, Fish, Eggs, Beans <i>2+ portions per day</i>	Cereals, Breads, Potatoes, Pasta & Rice <i>4+ portions per day</i>	Milk, Yogurt & Cheese <i>3+ portions per day</i>
<ul style="list-style-type: none"> • 1 medium apple, orange, banana, pear or similar size fruit • 2 small fruits – plums, kiwis or similar size fruit. • Half a tin of fruit in its own juice • Handful of dried fruit • 1 small bunch of grapes • Chopped vegetables, e.g. cucumber, carrot, celery 	<ul style="list-style-type: none"> • 2 slices of cooked meat • 1 to 2 hardboiled eggs • Small can of tuna, salmon, sardines or mackerel • 4 tablespoons of hummus 	<ul style="list-style-type: none"> • 2 thin slices of wholemeal bread • 1 small bread roll • 1 tortilla wrap • 1 pitta bread • 4 to 6 crackers or breadsticks • 1 cup of cooked rice or pasta or couscous • 1 small bagel 	<ul style="list-style-type: none"> • 1 pot of yogurt or custard • 2 cheese triangles • 2 thumbs of cheese

All pupils should bring a refillable water bottle to school every day.

9. Foods Not Permitted in Scoil Chrónáin

The following foods do not support our healthy lunch policy and should be excluded from your child's lunch box:

- Fizzy drinks, sports drinks and drinks or juices with high sugar content
- Take away food or hot deli food
- Chewing gum
- Sweets
- Crisps & sweetened popcorn
- Biscuits, cakes, muffins (except on Friday Treat Day)
- Chocolate (except on Friday Treat Day)

Please note that we have children and staff with nut allergies, therefore, nuts and foods containing nuts are not permitted.

10. Friday Treat Day

Children are allowed a small treat on a Friday. The pupils are encouraged to eat the treat after they have eaten their lunch.

On this day, pupils can bring one of the following:

- Treat or fun sized bar
- Treat or fun sized bag of sweets
- Small biscuit
- Small home bakes

Other treat days may include:

- End of term parties
- Halloween
- School trips and events

On these occasions, teachers may provide treats for the class or children may be invited to bring in items to share. Teachers will be aware of pupils with allergies and will ensure safety and inclusivity.

11. Implementation

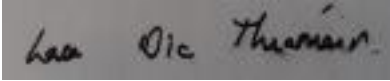
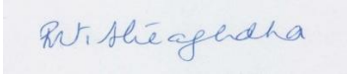
If a pupil continuously brings in unhealthy food to school, the teacher will contact the child's parent/guardian to remind them of Scoil Chrónáin's Healthy Eating Policy. School staff will consistently implement the Healthy Eating Policy to ensure that it is adhered to.

12. Allergies

If a child has a serious food allergy, the parents/guardians must notify the school stating the implications of the allergy and listing the foods to be avoided.

The child, and their details, will be placed on the School's Medical Register with details of how best to minimise the risk of an allergic reaction for the child and it will outline the protocol to be implemented if an allergic reaction occurs. They will also have a yellow have a colour coding on Aladdin so teachers are immediately aware the child is named on the Medical Register.

Further details can be found in Scoil Chrónáin's Administration of Medication Policy.

Próiseas Athbheithniú	Rinne an Bord Bainistíochta daingniú ar an bPolasaí seo ar an 26/02/2026	
Dáta Don Athbheithniú	Márta 2027	
Signed	 Cathaoirleach	 Príomhoide
Dáta	25/02/2026	25/02/2026