



GAELSCOIL MHICHÍL UÍ CHOILEÁIN

Cloch na gCoillte, Co. Chorcaí.
P85 YV90

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“Ar scáth a chéile a mbairimid”

Bia Folláin/Healthy Eating Policy

Introductory Statement

It has been several years since the Bia Folláin /Health Eating Policy of Gaelscoil Mhichíl Uí Choileáin was updated. Following a request from An Bord Bainstíochta (Board of Management), Cairde na Scoile were tasked with updating the school's Healthy Eating Policy. This policy has been updated following feedback from the school's parents and caregivers earlier in the year (via an online survey in December 2020) and consultation with the HSE and the Department of Education & Skills guidelines on school eating policies. The aim of Bia Folláin is to give parents and caregivers clear guidance on what food is suitable/unsuitable for children at school. As you are aware, research and guidelines are constantly evolving and the advice on healthy eating is no different. We understand that this policy is not perfect, but we have tried to achieve a balance between healthy eating and the challenges in packing a daily school lunch. With this in mind, we will aim to review and edit the policy annually.

We are aware that some children may have special nutritional/other requirements which do not line up with this policy. In this case we would ask parents/caregivers to discuss their child's individual needs with their class teacher.

Healthy Lunch Suggestions

We have put together a list of healthy food options for school lunches. The items on the list are examples and we do not expect parents to only use food from this list. However, we ask you follow the spirit of the policy, which is to avoid sweets, cakes (including home baking), chocolate etc. We hope that by setting this example for our children now, they will come to know and choose the healthy options when given the choice of what to eat.

Pack It In

- Sandwiches
- Fruit
- Vegetables
- Bread e.g. pitta bread, bagels, wraps, sliced pan, savoury muffins
- Meat, fish, eggs, beans, (nuts (see below for allergy guidelines))
- Soup
- Yogurts
- Rice cakes/corn cakes
- Crackers

- Spreads such as cheese spread, hummus, pate, jam, marmalade
- Salads
- Pasta
- Cheese
- **Drinks:** Water, smoothies, unsweetened fruit juice, yoghurt or milk drinks, diluted fruit squash

Leave It Out

- Sweets
- Chocolates/chocolate spread e.g. nutella
- Crisps/popcorn
- Food with high added sugar content
- Cereal bars
- Biscuits/cakes/muffins (including home baking)
- Fizzy drinks
- Chocolate/yoghurt rice cakes

Allergies

At the beginning of the school year, your child's teacher will send out an email with information on any known allergy in the classroom. If there is an allergy in your child's classroom, we ask that you **do not** include these items in the school lunch. Please make sure, if your child has an allergy, that the school are notified when returning to school.

Treat Days

On the day of the school holidays (Christmas, Easter and Summer) there will be a treat day where the children can bring in a **small** treat to have with their lunch e.g. a bun, a few biscuits, a packet of sweets, a bar etc. We ask that lollipops are not brought to school for health and safety reasons. Other items that should not be sent in for treats are sherbet dips, hard sweets or large bags of sweets. Fizzy drinks **are not allowed** on the school grounds.

We also hope to have a day, possibly once a month, where the children get the opportunity to taste new healthy food which they may not have tasted before. This would include fruit and vegetables and things such as humous, healthy dips and spreads etc. This would all be complying with any health and safety guidelines at the time along with any allergies in the classrooms.

We hope that you will all find this policy to be beneficial for the children and that you, the parents and caregivers, will bear this in mind when packing the children's lunches.

Reviewing and Evaluating the Policy

The policy will be reviewed and evaluated. On-going review and evaluation will take cognisance of changing information or guidelines. The policy will be revised, as necessary, in the light of such review and evaluation and within the framework of school planning.

Implementation

This policy has been in operation since 18.10.2021 and is next due for review in 2023.

Signed: Traolach Ó Donnabháin

Chairperson of Board of Management

Signed: Pádraig Ó hEachthairn

Principal/Secretary to the Board of Management

Date: 18.10.2021

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