



Tá Polasaí Bia Sláintiúil ag Gaelscoil Inse Chór. Iarrimid oraibh tacú linn ag cur an polaisí i bhfeidhim. **Is scoil soar ó chnónna agus ó chíobhuí í Gaelscoil Inse Chór.** Is toradh ar dhaoine sa scoil le ANAPHYLAXIS. Is frithghníomhú ailléirgeach é Anaphylaxis a d'fhéadfadh duine leis a chur i mbaol a mbáis. Is féidir leis tarlú taobh istigh de nóiméid don duine sin a bheith i dteagmháil leis an ailléirgin agus caithfear cóir leighis a cur orthu le peann aidreanailín. Tá an polasaí seo i bhfeidhm go laethiúil sa scoil agus ba mhaith linn go dtabharfadh sibh tacaíocht do na daoine sa scoil a bhfuil Anaphylaxis acu.

Gaelscoil Inse Chór has a Healthy Eating Policy . Gaelscoil Inse Chór is also a nut and kiwi free zone. This is a result of people in the school with ANAPHYLAXIS. Anaphylaxis is a severe and potentially life-threatening allergic reaction. It may occur within minutes of exposure to the allergen and must be treated quickly with an adrenaline pen. This policy is promoted on a daily basis and we would like your help to support the children and adults in our school who are at risk of anaphylaxis.

Ar son sláinte páistí ar leith, tá sé riachtanach nach bhfuil na bianna seo a leanas ar scoil ag páistí:

For the health and safety of certain pupils, it is vital that the following foods are not permitted in the school:

- **CNÓNNA:** pis talúin, cnónna caisiú, almóinní, cnónna piostáise, galchnónna SRL.
 - Im piseanna talún. Nutella agus cieálacha eile leatháin seacláide a bhfuil cnónna ann
 - **IS FÉIDIR** táirgí le rian piseanna cnónna iontu a chur ar scoil. Tá an rabhadh le feiceáil ar an bpacáistiú.
 - Ciobhaíonna
 - Seacláid ó Kinder mar go bhfuil cnónna inti
 - Cuirtear in aghaidh roinnt bhia ar scoil idir na páistí.
 - Ba chóir do pháistí a lámha a nigh roimh agus tar éis dóibh bia a ithe.
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- **ALL NUTS ;** peanuts, cashew, almonds, pistachio, walnuts etc.
 - Peanut butter, nutella and other forms of chocolate spread containing nuts
 - Products containing traces of peanuts **CAN** be sent to the school. This warning is stipulated on the packaging.
 - **Kiwis** are not permitted in the school.
 - No Kinder chocolate is permitted as it contains nuts.
 - All students should be discouraged from sharing food.

- Children should wash their hands before and after they eat.

Seo liosta an bia-deoch sláintiúil; this is our healthy food-drink list:

Bianna

- Ceapairí /Rollóga – sandwiches/rolls
- Cácaí ríse(gan seacláid) – rice cakes (without chocolate)
- Feoil – meat
- Iasc(cloicheáin san áireamh)- Fish(including prawns)
- Ubh – eggs
- Cáis – cheese
- Iógart - yogurts
- Torthaí – fruit
- Sméara - berries
- Glasraí – vegetables
- Sailéad- salad
- Húmas/ peisteo(gan chnónna) – Hummus/ Pesto(not containing nuts)
- Anraith(ó Rang 2) – soup (from Rang 2)
- Grán rósta, sciar beag - Popcorn, small portion
- Barraí gránacha sláintiúla(gan seacláid/cnónna) – (níl cead na táirgí a leanas de bharr an leibhéal ard siúcra iontu: Kellogg's Squares, Kellogg's Rice Crispy/ Frosties/ Crunchy Nut etc Bars)
- Healthy cereal bars (no chocolate/ no nuts) - (The following products are not permitted due to their high level of sugar: Kellogg's Squares, Kellogg's Rice Crispy/ Frosties/ Crunchy Nut etc Bars)

Bianna ar leith NACH BHFUIL cead ar scoil, arís de bharr an leibhéal ard siúcra iontu – Certain foods that ARE NOT PERMITTED at school, again because of their high sugar content

- Kellogg's Fruit Winders
- Criospaí(Doritos san áireamh)- Crisps(including Doritos)
- Sneaicéanna 'torthaí' NACH fíor-thorthaí iad! - 'Fruit' snacks that are not actual fruit! * cuirfear leis an liosta seo agus táirgí dramhbhia nua ar an margadh! This list will be added to with new junk food products emerging on the market!

Deochanna – Drinks

- Uisce - Water
- Bainne – milk (ar fáil ar scoil – provided at school)

** Níl cead coirdial de bharr dochair do na fiacla - cordial is not permitted due to harm to the teeth)

** Níl cead caoineoga torthaí – Fruit smoothies are not permitted

**Níl cead deochanna carbónacha – Fizzy drinks are not permitted

Ceadaítear rud deas amháin ón liosta thíos don chóisir ranga ar leath-lá na leathanta saoire agus ar thuras scoile:

For end of term parties and school trips, the following is a list of permitted items: one treat from the list below:

- Barra seacláide - bar of chocolate (No nuts)
- Paicéad criospaí – packet of crisps
- Líreacán – lollipop
- Paicéad beag mílséan – small bag of sweets
- Níl cead deochanna carbónacha – no fizzy drinks

Níl cead cístí lá bréithe a thabhairt amach ar scoil.

Birthday cakes are not permitted to be given out in school.

Tógfar earraí nach bhfuil ceadaithe as na páistí.

Items that are prohibited will be taken off the children.

Táimid an-bhuíoch as ucht bhur gcabhair agus bhur tacaíocht agus sibh ag déanamh iarracht cláí leis na treoracha thuas chun an aiste bia is folláine a thabhairt do na páistí sna blianta rí-thábhachtacha seo agus iad ag fás. Chuireadh an polasaí seo le chéile le cabhair ón mBord Bainistíochta, ó na múinteoirí, na tuismitheoirí agus ó dhaltaí na scoile. Má tá aon cheisteanna nó moltaí agaibh, le bhur dtoil, téigh i dteagmháil linn.

We very much appreciate your help and support in trying to follow the guidelines above to provide the healthiest diet for the children in these, the most important years for them while they are growing. This policy was put together with help from the Board of Management, the teachers, the parents and the students. If you have any questions or suggestions please contact us.

Gaelscoil Inse Chór

