



Gaelscoil an tSeanchaí

- I nGaelscoil an tSeanchaí, déanaimid an-iarracht cinntiú go mbíonn sos agus lón sláintiúil ag na páistí. Faoi láthair, molaimid go n-itheann páistí R1-3 torthaí amháin don sos ach tharla sé cuid mhór anuraidh go raibh bia míshláintiúil ag na páistí ag am lóin (m.sh. méara cnó cócó, deochanna súilíneacha, barraí móra seacláide srl.).
- I mbliana, ba mhaith linn cinntiú go n-itheann gach páiste go sláintiúil ag am lóin. Molaimid daoibh ceapairí, torthaí agus iógairt mar shampla a thabhairt do na páistí don lón le deoch sláintiúil (uisce, bainne nó súnna torthaí sláintiúla).
- Beidh spotduaiseanna agus moladh breise ann do pháistí a mbíonn lón sláintiúil acu. Bia ar bith nach bhfuil ite, cuirfear chun an bhaile sna boscaí lóin é.
- Beidh cead ag na páistí rud speisialta amháin bheith acu ar an Aoine m.sh. cúpla briosca, barra beag seacláide, mála beag brioscáin phrátaí srl. Tabharfaimid 'Aoine Aoibhinn' ar na laethanta seo.
- Ba mhaith linn go mór nach mbeidh bia breise ag páistí a itheann dinnéar scoile m.sh. sú, brioscáin phrátaí srl.
- Níor mhaith linn go mbeidh deochanna súilíneacha ag na páistí in am ar bith. Bíonn uisce i gcónaí ar fáil sna seomraí ranga.

*******TÁ COSC IOMLÁN AR CHNÓNNA*******

Cuirigí in iúl dúinn le bhur dtoil má tá smaointe agaibh ar na rudaí thuasluaite.

Go raibh maith agaibh as ucht bhur gcuid tacaíochta.



GAELSCOIL AN tSEANCHAÍ

Healthy Eating

- In Gaelscoil an tSeanchaí, we try to ensure that the children eat a healthy break and lunch. Children encouraged to eat only fruit/veg at break times but there were numerous incidences last year of unhealthy foods being eaten at lunch-times (e.g. coconut fingers, fizzy juice, large chocolate bars etc.).
- We want to ensure that all children eat healthily at lunch-time. We ask that you give your children, for example, sandwiches (wholemeal), pasta, fruit and yoghurts for lunch with a healthy drink (water or milk).
- There will be spot prizes and extra praise for children who eat healthy lunches. Whatever is not eaten will be sent home in the lunch-boxes.
- One treat will be permitted on Fridays e.g. a few small biscuits, a small chocolate bar, a small bag of crisps etc. Fridays are known as 'Aoine Aoibhinn' or 'Fun Fridays'.
- We would like to stress that children who eat school dinners are discouraged from bringing any extras to the dining-hall e.g. juice, crisps etc.
- Fizzy drinks are not permitted at school. Water is always available in the classrooms.

*******NUTS ARE STRICTLY FORBIDDEN*******

Please let us know if you have any thoughts on any of the above.

Thank-you for your continuing support.