

Gaelscoil
Chaoibh na Coille



Lón Scoile

Polasaí Bia Sláintiúil

Tá polasaí bia sláintiúil i bhfeidhm sa scoil. Mealltar na daltaí le bia sláintiúil ar nós torthaí & glasraí a ithe mar chuid den lón scoile. Iarrtar ar na daltaí torthaí nó glasraí amháin a ithe ag am lón beag agus an chuid eile den lón a ithe ag am lón mór.

Iarrtar nach mbeadh milseáin, seacláid, crispí, brioscaí nó deochanna milse ag na páistí mar chuid den lón scoile laethúil. Moltar ceapairí, torthaí agus deoch a bheith acu mar lón.

Ní ceadáítear cnónna/bia le cnónna mar chuid den lón mar go bhfuil ailléirge ag roinnt daltaí sa scoil le cnónna.

Ní ceadáítear do na daltaí a bheith ag roinnt lón lena chéile (ar chúiseanna sláinte)

Am Sosa : Bíonn dhá shos spraoi ag na daltaí gach lá. Sos 10 nóiméad ag a 10.30am agus sos 30 nóiméad ag a 12.15pm. Itheann na daltaí an lón sula dtéann siad amach ag súgradh.

Gaelscoil
Chaobh na Coille



School Lunch

Healthy Eating Polasaí

The school has a healthy eating policy. The pupils are encouraged to eat healthy foods such as fruits and vegetables as part of their school lunch. The pupils are asked to eat fruit and vegetables at little break with the remaining lunch being eaten at big break.

We that sweets, chocolate, crisps, biscuits and fizzy drinks be excluded from the pupil's lunchboxes. A lunch consisting of sandwiches, fruit and a drink is advised.

Nuts & foods containing nuts are not allowed in school & should not be sent in to school for lunch as several children in the school suffer from severe nut allergies.

Pupils are not allowed to share their lunches (for health reasons).

Break Times : The pupils have two breaks during the day. A ten minute break at 10.30am and a thirty minute break at 12.15pm. The pupils eat their lunch before going out to play.