No Nut School Policy

At our school we have some children who have allergies to certain foods. One child in particular has a severe allergy that can cause life-threatening consequences if they come into contact with nuts or products that contain nuts. This can include eating or touching nut products and coming into contact with other people who have themselves been in contact with nuts.

Our school therefore has a 'NO NUT' policy. We ask parents to please not send in nut products as part of children's packed lunches, snacks or at any other time. Our policy aims to protect children who have allergies to nuts yet also support them, as they grow up, to take responsibility as to what foods they can eat and to be aware of where they may be put at risk.

As parents/carers we ask you to please;
Not include food containing nuts in children's packed lunches, snacks, or any other time when food is brought to school.

This includes things such as…

- *packs of nuts*
- *peanut butter sandwiches*
- *fruit and cereal bars that contain nuts*
- *chocolate bars that contain nuts (such as Snickers)*
- *Nutella*
- *muesli bars*
- *cakes with nuts in them*

You may find it useful to read the allergy advice and ingredients on food packaging. Advice can be complex and sometimes confusing so if packaging says…

- nuts are an ingredient - please don't bring into school **X**
- 'unsuitable for nut allergy sufferers' - please don't bring into school **X**
- 'for allergy sufferers see ingredients in bold' - please check and don't bring if nuts are in bold
- 'may contain nuts' – you may bring these into school ✓
  (this tends to be a manufacturer being cautious and not being able to give a guarantee)

At school we will:

- Explain to children why we are asking them not to bring nuts to school and teach them about allergies, allergic reactions and food choices
- Train staff in understanding and dealing with allergic reactions and anaphylaxis (severe allergic reaction)
- Ensure that our school meal provider does not provide lunches that contain nuts and are produced in a nut free environment (as we do now)
- Ask children not to share food
- Ask children to wash their hands before eating or handling food
- Make the school community aware of our no nut policy
- Remind parents of our no nut policy with a note if we find nut products are brought into school

We have considered this action carefully and, like many other primary schools, feel this policy is the best way to help all children and families feel safe. A relatively small action we make may save a child's life.

Thank you very much for your understanding and co-operation with this matter.