

## ***NUT MINIMISATION POLICY***

Holy Family Catholic Primary School is committed to providing a safe environment that meets the special needs of our pupils. Anaphylaxis is the most severe form of allergic reaction and is potentially life threatening. We have children at Holy Family who have severe anaphylactic allergies triggered by peanuts. The key to preventing an anaphylactic reaction is to avoid exposure to the trigger. For that reason we have developed a nut minimisation policy in line with the Department of Education and Training Duty of Care Policy. Emergency response plans are in place for all school activities.

It is possible to minimise the risk factors within the school environment with parent/carer assistance in adopting the following strategies:

- Please do not send nuts or peanuts to school. There is an increased risk of other food allergies in peanut allergic children and because of the risk of cross contamination it is usually recommended that children with peanut allergies avoid **all** nuts.
- Please do not send foods containing nuts or peanuts to school. In particular peanut butter, hazelnut spread (Nutella), certain muesli bars, chocolate bars and biscuits containing nuts. This applies to items with nuts as a listed ingredient, but does not apply to those foods labelled 'may contain traces of nuts'.
- Please avoid nuts and peanuts in birthday cakes or treats that may be brought to school.
- Please encourage thorough washing of hands and face with a damp cloth if children have eaten these foods before coming to school.
- Provide drink containers and lunch boxes which are clearly labelled with the name of the child for whom they are intended.
- Discourage any trading or sharing of food.
- Continue vigilance when there is a change from usual routines e.g. excursions, family picnic days at school, sports events or discos.

A continuing awareness program will be provided through a range of strategies. Support for this initiative will be demonstrated through:

- teaching the children about the need for appropriate health and hygiene when raising awareness of the range of allergic reactions that may affect people in the community;
- highlighting values such as tolerance, understanding and an appreciation for the uniqueness of others and their needs through values education programs; and reminders of our allergy friendly approach which will regularly appear in the school newsletters.

This policy has been prepared by in consultation with teaching staff and Governors and as part of the food policy. This policy was agreed by the Curriculum Committee in January 2015.

Review date: 2017