



Nut Free Policy

Nuts are a great source of protein and most of us love them. BUT, nuts are a source of serious allergies to some people, and it is essential that within a school community, we ensure that nobody is put at risk. A person who has a nut allergy can suffer an anaphylactic shock, which can be life-threatening.

As in all schools, there are students and staff at Shimna who have a nut allergy. As a result, Shimna is a nut free school, and everyone is asked to ensure that they do not bring food which may contain nuts in to school. If you are lucky enough not to be allergic, enjoy them all the rest of the time!

Problem foods are:

- Nuts – particularly common nuts in snack foods are peanuts and hazelnuts;
- Peanut butter;
- Other spreads and pastes which contain nuts, eg. Nutella, pesto;
- Cereal bars which contain nuts;
- Biscuits and cakes which contain nuts.

Please be particularly careful with food for celebrations or fundraising.

If you aren't sure that a snack or lunch item is nut free, please err on the side of caution and choose something else to bring in to school.

We cannot guarantee that Shimna will always be completely nut free. It is essential that parents/guardians inform us if their daughter/son is allergic to nuts, and provides our first aid team with all the medical information available to manage a potential allergic attack. Medication will be stored, administered and documented in accordance with our Medication Policy.

In 2020, many more students will be taking packed lunches than before, and it is even more important for every family to be aware of our nut free policy.

This policy is agreed by the Board of Governors of Shimna Integrated College and will be reviewed according to our policy review cycle.

September 2020

