



## Sacred Heart's position statement on managing nut allergies in school

We want to remind parents and carers that Sacred Heart endeavours to be a nut free school in order to best manage the risk of allergic reactions to nuts and keep our children safe.

We have taken advice from Manchester Healthy School's and we adopt the following approach to managing nut allergies in school: -

As a school we have:

- Ask parents and carers to inform school immediately if their child is allergic to nuts.
- Removed nuts from school meal menus
- Removed nuts from After school club snacks or cooking club provisions.
- Removed nuts from any school activities involving food – e.g. cookery classes, Design technology that involves cooking/baking, Sacred Heart Bake Off or Christmas parties i.e. we provide food that does not contain nuts and request that food brought in by children does not contain nuts.
- Ask parents to ensure pupils do not bring any products containing nuts into school, as snacks or in their lunch boxes.

Therefore, we respectfully remind all parents and carers **NOT TO SEND IN NUT PRODUCTS** for children's snacks or in their packed lunches.

Examples of the items that we do **NOT** want children to bring to school either as a snack or in their packed lunch include:

- packs of nuts
- peanut butter sandwiches
- fruit and cereal bars that contain nuts
- chocolate bars such as Snickers that contain nuts
- sesame seed products including rolls
- Nutella
- muesli bars
- cakes with nuts in them

In general, on food products there is a section that contains allergy advice. If this says that it 'does contain nuts' or 'may contain peanuts' then we DO NOT want you to send these products into school. Many product labels say that the product 'may contain nuts' and this tends to be manufacturers being cautious, so these products are allowed to be brought into school.

Although we strive to be a nut free school, there is no guarantee that this will ensure there are no nuts on school premises. This approach may give a false sense of security to any of our pupils with a nut allergy as they are not then learning ways to avoid allergens.

Therefore, we work to teach everyone at school how to manage the risk of allergic reactions to nuts and encourage children to be aware of allergic reactions so that they can keep themselves and others safe.

We would ask that all parents adhere to this approach for the safety of all children. If there are any issues that you feel arise as a result of this policy, please do get in touch to discuss them.