



Sgoil Uibhist a Tuath

Thursday 29 September 2022



Our Vision

To work as hard as we can to reach our full potential



We are a Peanut and Nut Free School

Dear Parent/Carers,

At Sgoil Uibhist a Tuath we have a responsibility to keep our children, staff and visitors safe. We aim to reduce risk of harm and in a busy school environment this can be a challenge. We feel the only way to protect others would be to remove the allergens from the school and make Sgoil Uibhist a Tuath a Peanut and Nut Free School.

Severe allergic reactions can result in anaphylaxis and this can be fatal.

What products are not allowed in school?

It is important that you check the labelling of food products before sending your child in to school with them. It is not always apparent that products contain nuts or traces of nuts.



The following food items should not be brought into school:

- Peanuts and nuts and products containing peanuts or nuts.
- Packets of nuts.
- Peanut butter or peanut based chocolate snacks e.g. Nutella
- Fruit and cereal bars that contain nuts.
- Chocolate bars or sweets that contain nuts
- Sesame seed rolls (children allergic to nuts may also have a severe reaction to sesame)
- Cakes made with nuts
- Any home cooked meals or snacks that are made from nuts
- Peanut butter or items where peanuts or nuts are listed as main ingredients.
- Nut or peanut based oils or products.
- All pre-packaged food that declare and highlight the presence in the ingredient list of major allergens even if they appear in small quantities. These allergens include: peanuts and common tree nuts, almonds, hazelnuts, walnuts, cashew nuts, pecan nuts, Brazil nuts, pistachio nuts, macadamia nuts and Queensland nuts.

What does this mean for the school?

- Peanut and nut-based products will no longer be available in the canteen.
- Children, staff and visitors will not be able to bring products containing nuts or peanuts into school.
- Items that are found to contain peanuts or nuts will have to be disposed of safely.
- Nuts will not be used in any of our food prepared on site at our school.
- Our suppliers will provide us with nut-free products. However, we cannot always guarantee freedom from nut traces.

Children will be regularly reminded about the good hygiene practice of washing hands before and after eating. This will help to reduce the risk of secondary contamination. Likewise, children will be reminded and carefully supervised to minimise the act of food sharing with their friends during breaks and lunchtimes.

It is important that children are never stigmatised or discriminated against in any way due to their allergy. We would never want to draw attention to an allergy by separating them at mealtimes or excluding them from class activities, so inclusivity and overall awareness amongst pupils is vital.

Please notify the school if your child has any known or suspected allergy to nuts and provide all medical and necessary information. This information will determine whether your child will require a Health care plan and if necessary, a meeting organised with the school nurse.

I appreciate that this is a big change for you and apologise for any inconvenience this may cause. If you have any questions, please contact me directly at the school or if you would like to find out more information about nut and peanut allergies please follow the link below:

<https://www.allergyuk.org/>



Thank you for your continued support in keeping our children, staff and visitors safe in our school.

Kind regards,

A handwritten signature in cursive script that reads 'Sarah Jane MacSween'.

Sarah Jane MacSween
Head Teacher