



No Nut Policy

In conjunction with this policy, parents are encouraged to familiarize themselves with the guidance contained within the Parent Handbook.

Repton Abu Dhabi is a **nut free school**.

Peanut/ nut allergy is the most common food allergy in children and this is increasing. It now occurs in greater than 1 in 50 children.

We are aware that some pupils in our school have a nut allergy. In some cases, the allergy is so severe that, if they come in contact with a nut product, they can suffer life-threatening consequences. An allergic reaction may occur through the ingestion of nuts or foods containing nut traces. However, a reaction may also occur by physical contact with a person or object that has come into with nuts.

To help keep all of our children safe, it is vital that you *do not* provide the following foods in your child's lunch box in school or for school trips. Such things should also not be provided for party food/ special occasions or school functions:

- Any nuts
- Peanut butter
- Nutella
- Chocolate containing nut traces
- Muesli bars
- Baklava
- Nougat
- Biscuits containing nuts of nut traces
- Turkish Delight
- Homemade cakes
- Marzipan

If in doubt please check packaging carefully for details. If still in doubt, exercise caution and do not risk sending the food into school.



What can you put in your child's lunchbox that is nut free?

- Cheese sandwiches
- Turkey sandwiches
- Dried fruit
- Vegemite
- Yoghurt
- Cheese sticks
- Chopped or tinned fruit
- Fruit strips

Check all biscuit labels and if you are not sure please leave it out.

Most bread-based foods (beware sesame seeds)

Your child's teachers will be checking their lunch. Our school caterer has also adopted this policy.

If your child has a nut allergy, please inform the school, the school nurse and their teacher as soon as possible so that we can ensure your child does not come into contact with any triggers.

Please help us providing a nut free school and assisting those parents who have children who may have a life threatening reaction.

Reviewed Date: January 2018

Next Review Date: January 2019