

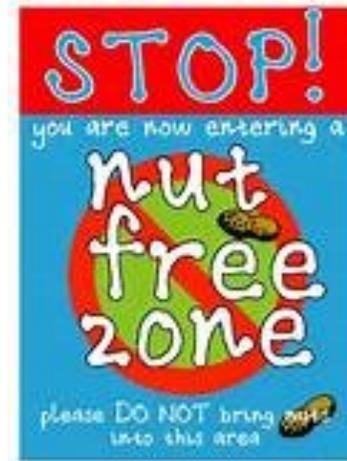
Nut Free School Information

Remember!

Be a PAL! Protect a Life!

Help keep our children safe, avoid the following in school:

- Nutella
- Nut filled cookies
- Cereal bars containing nuts!
- Almond/ Peanut oil or milk.



Please check labels of

all birthday treats, cakes

or buns as we may have to

avoid sharing them in class.

If in doubt choose Haribo!



Mercy Primary School
614 Crumlin Road
BT14 7 GL



Mercy
Primary
School



Nut Free
Information for
Parents.

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Why is Mercy Primary a nut free zone?

What is Anaphylaxis?

This term refers to a number of reactions within the body, to a number of substances, particularly nuts.

They include:

- Hives / Itching
- Watery eyes
- Vomiting/Diarrhoea
- Stomach cramps
- Coughing/wheezing/throat tightness
- Difficulty swallowing/breathing
- Dizziness
- Fainting, loss of consciousness or a change of skin colour.



The most dangerous symptoms are breathing difficulties or a drop in blood pressure, which can be potentially fatal.

What is our responsibility as a school?

Anaphylaxis is rare but preventable and treatable.



It is the aim of Mercy Primary School to establish and maintain a nut-free environment.

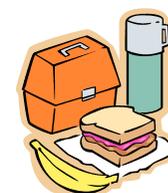
How can we control exposure to the allergen & what is your responsibility as a parent?

- We will discourage sharing of food, food utensils or food containers.
- Surfaces such as tables/equipment will be washed clean of contaminating foods.
- The use of food in crafts and cooking time may need to be restricted.
- Staff will be trained annually in the use of an Epipen and of the importance in recognising a potential anaphylactic reaction.
- Children attending the school will be educated on the danger of allergies and anaphylaxis.
- Ingredients labelled “**may contain nuts**”

are not to be provided to any child attending the school.

- Parents/guardians of children will be requested and encouraged to not provide food containing nut products within the school grounds.

What will happen if my child brings nuts or food containing nuts to school?



The food will be removed from your child and given to the class teacher to store safely until collected by an adult

when school is finished for the day.

- Alternative food will be provided from the canteen and if a child should not be collected by an adult, a note will be sent home with the child explaining the reason for a nut free environment

