



Allergy Aware Policy



MEDICAL DANGER – ANAPHYLAXIS

Rotherglen School is required to inform you that there are students in our school with life threatening allergies to peanuts/tree nuts, as well as shellfish. These students are in danger when they come in contact with peanuts, tree nuts or shellfish. Some students have such a high sensitivity to the peanut/tree nut protein that even a trace amount from a known peanut/nut product or a food product/item that has come in contact with a peanut/nut source (cross-contamination) and is ingested, can result in a life threatening anaphylactic reaction. The most serious reaction being respiratory difficulties/blockage of the airways, which if not medicated immediately, can lead to death. Given the severity of these allergies, *nuts and shellfish are not permitted at Rotherglen School.*

STUDENTS AT RISK: SABRINA'S LAW: BILL 3 PROTECTS

Bill 3.
heard about it?

IT'S AN ACT TO PROTECT
ANAPHYLACTIC STUDENTS.

Bill 3, otherwise known as Sabrina's Law, was named after 13 year old Sabrina Shannon who died in September 2003, after eating lunch at her school cafeteria. She had a known, severe food allergy.

AVOIDANCE AND PREVENTION

Our school anaphylaxis plan conforms to the Peel District School Board and the Dufferin-Peel Catholic District School Board anaphylaxis protocols. The plan is designed to ensure that students at risk are identified, strategies are in place to minimize the potential for accidental exposure and staff and key volunteers are trained to respond in an emergency situation. To provide a minimized allergen environment, we need the support and cooperation of parents/guardians/caregivers and the school community to adhere to the following rules:

- Students must bring lunches and snacks *free* of peanuts, tree nuts or shellfish. We kindly ask that parents read food product labels carefully to ensure that peanuts or *traces of peanuts* do not appear as an ingredient. Any parent, guardian or caregiver who prepares food for a Rotherglen student must be made aware of this policy.
- Send snack items (cookies, granola bars, etc.) in their original packaging, when possible.
- If your child consumes peanut butter, any nut/seed product, or shellfish before coming to school, please ensure that his/her teeth are brushed and his/her face and hands are washed carefully.
- In keeping with the Halton Boards' protocol, fake peanut butter spreads, such as Peabutter® or soy based products are not permitted.

- Sunscreen/moisturizer: Please read the label carefully to ensure that no nut based ingredients are present. (i.e. shea butter is derived from hazel nuts)
- Parents of students with an anaphylaxis allergy must also take responsibility for their child's safety by continually reminding their child not to trade or share food with other students, and not to eat food with unknown ingredients.
- Any and all food items brought in from home to share must always be accompanied by an ingredient list.
- Items that are sent in to school that do not have an ingredient list will not be shared.

Truly, these are *life saving measures*. We appreciate your co-operation in helping to make Rotherglen School a safe environment for all of our students. Although Rotherglen is proud to be an Allergy Aware school, we do not and cannot **guarantee** a nut-free or shellfish-free environment. The Halton Board has provided some helpful information on product ingredients, which we have reproduced below.

PEANUT – TREE NUT ALLERGEN INGREDIENT CHECKLIST

Direction from Anaphylaxis Canada is NOT to provide an exhaustive list of “safe” peanut/tree nut-free snacks by trade name. The contents of products, and the lines on which they are produced, change often and companies cannot always guarantee their product is peanut/tree nut free. We request that all parents/caregivers read package labels and, in the case of products which “may contain nut products,” NOT send those items to school.

The following is a partial list of ingredients on the labels that will inform you if **peanut protein** could be in the product and therefore, not to be sent to school:

- Arachis oil, cold pressed peanut oil;
- Goober nuts, goober peanuts, goober peas;
- Hydrolyzed peanut protein, hydrolyzed plant protein, sweet lupine flour;
- Nu-nuts, beer nuts, ground nuts, mandolena nuts, mixed nuts, nuts, peanuts;
- Peanut butter, peanut flour, peanut meal, peanut oil, peanut protein.

The following is a partial list of ingredients on the labels that will inform you if **tree nut protein** could be in the product and therefore not to be sent to school:

Almonds, Brazil nuts, cashews, chestnuts, filberts/hazelnuts, hickory nuts, macadamia nuts, pecans, pine nuts, pinon, pignolias, pistachios, shea nuts, walnuts Mixed nuts, nut butters, nut oils, nut paste, chocolate nut spreads, mandelonas, marzipan, nu-nuts, nut meats.

Commercial food products may contain trace amounts of peanut/tree nuts from equipment used during processing or touching another product containing nuts. (e.g. donuts cookies and other baked goods from local doughnut shops) These small amounts have been known to cause a life threatening anaphylactic reaction. If you have doubts about what is in a product or do not know what the ingredient word means, do not send the product to school.

We thank you for your cooperation and support in safe guarding our children.