



Seven Hills School Nut Safe Allergy Policy

Seven Hills School is committed to providing a safe and healthy learning environment for all students. Given the growing number of students with life threatening food allergies especially to peanuts and tree nuts, and to their products and oils, it has become important to adopt a more extensive, campus-wide policy. Because children do not necessarily have to eat allergens to have a serious reaction – inadvertent contact through the nose, eyes or mouth can be sufficient – the following policies are intended to minimize the chance of a severe reaction including an anaphylactic reaction that can constrict their breathing and quickly become a life and death crisis.

We cannot guarantee a completely allergen-free environment or that allergens will never be present on campus or at any school-sponsored event. However, for the most common allergens we've adopted the following safety guidelines to mitigate risks. Other allergens will be managed on a case by case basis.

SCHOOL POLICIES

1. Every family and staff member is expected to the best of your ability to refrain from bringing items on the list below to school premises or to off-campus school events or activities:
 - Peanuts,
 - Tree nuts such as almonds, Brazil nuts, cashews, hazelnuts (filberts), macadamia nuts, pine nuts, pistachios, walnuts, pecans,
 - Products containing any of the above items such as nut butters and certain of snack bars, candy, garnishes in salads, ice cream topping, baking mixes, breadings, sauces, desserts, and baked goods.
2. ECE/PK and Extended Day will only provide nut-free snacks.
3. When Teachers/Staff become aware of an unsafe food, they will exchange it for a safe choice, which will be provided by the School. ChoiceLunch does not use nuts or nut by-products in its preparation of meals (c.f. see appendix for caveat)
4. Families will be periodically reminded of this policy at all school events including fundraising events, whether on or off-campus, and to avoid having unsafe food brought to the school for parties or classroom events.
5. Students will be educated to this policy at assemblies, in class, and will be reminded through signage.
6. The [SAFE SNACK GUIDE](#) list is found in the [Living Room portal](#).

FAMILY EXPECTATIONS

1. Families must notify the school of all known food allergies and maintain/update the student's medical information and profile.
 - In your student's health record, families must distinguish life threatening allergies separately from other food allergies.
 - *Families of students with life-threatening allergies (nut, egg, soy etc.) must submit a **Food Allergy Action Plan with a doctor's signature advising the school of the allergy and action to be taken concerning the allergy.** (see Appendix)*
 - Seven Hills School strongly recommends that your student wear a [bracelet](#) that lists the allergy or medical condition.
2. Snacks and lunches for those with allergies should be provided by the families.
3. Provide properly labeled medications for both the front office and the classroom for your child(ren) and replace medications after use or upon expiration.
4. Educate your allergic child in the self-management of her/his condition, as is age-appropriate, covering topics of :
 - Safe and unsafe foods
 - Strategies for avoiding exposure to unsafe foods/allergens or other triggering events
 - Symptoms of a reaction or onset of their condition
 - How and when to tell an adult she/he may be having a medically-related problem
 - How to read food labels
5. Be sure that grand-parents, nannies, and other caregivers understand these policies.
6. Educate your child about the student expectations below.

Helpful Links:

http://www.allergyhome.org/schools/food_allergy_awareness_for_school_kids/

<http://www.brainpop.com/educators/community/bp-jr-topic/allergies/>

<http://www.foodallergyaware.com.au/wp-content/uploads/2013/04/Food-Allergy-Awareness-Toolkit-for-schools.pdf>

STUDENT EXPECTATIONS

- All students shall review these guidelines with their families and agree to abide by them.
- Students must not share or trade food with others.
- Students should wash hands before and after meals and snacks.
- Students with allergies should not eat food with unknown ingredients or known to contain any allergen.
- Students with allergies or medical conditions should be proactive in the care and management of their condition based on their developmental level.
- Students who become aware that they've eaten food with their allergy trigger, or are exposed to anything that they believe may cause a reaction, should notify an adult immediately.

APPENDIX

CHOICELUNCH POLICY (www.choicelunch.com)

ChoiceLunch take allergens very seriously, as the health and well-being of your students is our highest priority. We take pride in serving our scratch-made meals out of our peanut/ tree nut free kitchens, and take every precaution to prevent cross-contamination between allergens and ensure the accuracy of the information presented. We go to great lengths to source our ingredients with our most sensitive customers in mind, and often make decisions based on the allergen composition of an ingredient.

In order for a vendor to be considered by us as a potential provider, they must be able to provide us with documentation proving they operate as a peanut/tree nut free facility. In some cases we accept documentation that proves thorough and extensive HACCP cleaning/sanitizing processes in place for facilities that happen to process other products containing peanuts or tree nuts, but don't include these ingredients in the products we source.

In terms of allergen severity, we're fully aware that this can vary greatly among students. With this in mind, we cannot guarantee with absolute certainty that every entree will be completely free of trace amounts of allergens, as product substitutions that impact the allergen makeup of an ingredient, though rare, may occur.

Chocelunch does not recommend that customers with severe or life-threatening allergies participate in the program. We caution against this only because, ultimately, the health and well-being of your child is our first priority.
