



Island Academy International

An IB World School



Nut-Free Policy

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Island Academy is a Nut-Free school. We aim to protect children who have allergies to nuts yet also help them, as they grow up, to take responsibility as to what foods they can eat and to be aware of where they may be put at risk. We do not allow nuts or nut products to be brought into school as some of our students suffer from nut allergies, which can be life threatening.

Our “Nut-Free Policy” means that the following items should not be brought into school:

- Packs of nuts
- Peanut butter or Nutella sandwiches
- 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 for packed lunches that are made from nuts

We have a policy not to use nuts in any of our food prepared on site at our school. Our suppliers provide us with nut-free products. However, we cannot guarantee freedom from nut traces.

What types of food are nuts?

- Almonds (badam)
- Cashew nuts (kaju)
- Hazelnut
- Pistachio (pista)
- Walnuts
- Brazil nuts
- Nut oils
- Peanuts

Parents and carers must notify staff if their child has any known or suspected allergy to nuts and provide all medical and necessary information. Additionally,

Homemade snacks or party food contributions must not contain nuts. The school requests that families observe the nut-free policy and therefore do not include nuts, or any traces of nuts, in packed lunches or snacks.

All children are regularly told about the good hygiene practice of washing hands before and after eating which helps to reduce the risk of secondary contamination. Although children are reminded and carefully supervised to minimise food sharing, if your child does have a nut allergy, we ask that you talk to him/her about not sharing snacks with or accepting food from others in the likelihood of contamination from a different source.