

# COSC AGUS BAINISTÍOCHT AR FHRITHGHNÍOMHÚ AILLÉIRGEACH DO BHIA AR SCOIL

## Prevention and Management of Allergic Reactions to Food in Scoil an Duinnínigh

### Comhoibriú pobal Scoil an Duinnínigh ag teastáil -

tuismitheoirí, páistí, múinteoirí, cúntóirí, cuairteoirí na scoile ar fad.

We need your **help** and **co-operation** to keep food allergic children **safe** in our school.

There are many food allergic children enrolled in Scoil an Duinnínigh.

It is our aim to keep **all children safe** and especially food allergic children safe while ensuring they experience a full and inclusive educational experience at Scoil an Duinnínigh.

Scoil an Duinnínigh has a **Healthy Lunch** policy and is also a **NUT FREE** zone.

We promote healthy eating and are very happy to have completed the Healthy Eating Programme with the Food Dudes in 2009, 2017, 2019 & 2021 and currently the children are going through a 5 day refresher course.



Please check out THE FOOD DUDES website for some **Lunchbox ideas, Tips and Suggestions**:

[http://www.fooddudes.ie/html/parents\\_lunchbox.html](http://www.fooddudes.ie/html/parents_lunchbox.html)

#### ***The following foods are not allowed:***

**Sweets, crisps, cereal bars, muffins, biscuits buns, cake, fruit winders, lollipops, chocolate (any food with chocolate will not be allowed), bars, fizzy drinks, chewing gum, Nutella, Nut butters, Nuts, etc.**

Children & Parents will be advised of **special 'treat days'**.

#### **Please think carefully and discuss the following points with your children:**

- Promote the concept of never sharing food **"Sharing is caring but never share food in school"**. Please ensure your child has a lunch every day.
- Remind the children to wash their hands before and after eating. You might consider putting soapy wipes/hand cleanser in their little wash bag.
- Some children in Scoil an Duinnínigh have a severe nut allergy and therefore nuts and any foods containing nuts are not allowed in school. **Please check the packaging and ingredients** of items in the lunchbox. Please do not send bakes or sweets containing nuts into the staffroom also.
- Aistear and Arts & crafts - egg boxes may have raw egg on them, please do not send them into school.

#### **COINNIGH AN SCOIL AR AN EOLAS | Keep the school informed at all times**

- If your child has a food allergy it is very important that this information is shared with the school in order to have good food allergy safety measures in place and for effective emergency preparedness. We require a meeting between parent and teacher to ensure that all elements of the child's emergency plan are in place: adrenaline pen, trainer device, management plan etc.

Because allergy matters visit [www.ifan.ie](http://www.ifan.ie)



**GO RAIBH MAITH AGAT**