

St Caolan's Primary School Nut Free School Policy

Background:

This nut free policy has been put in place because as a Primary School we take responsibility for the health and wellbeing of our children, staff, families and visiting community.

Aim:

St Caolan's Primary School aims to practise a nut free policy to protect the children in our care who may have allergies to peanuts and similar nut products. This policy refers to nuts but at present includes sesame seeds, pine kernels, coconut and sunflower seeds. This policy serves to set out all measures to reduce the risk to those children and adults who may suffer an anaphylactic reaction if exposed to nuts to which they are sensitive.

Rationale:

No person should be placed in a situation and/or environment that may endanger their life, therefore it is St Caolan's Primary School role to notify and educate staff and parents about the dangers that peanuts and other nut products may inflict on those who may suffer from these products.

Implementation:

- Staff and children will be educated about the dangers that can be associated with peanuts and similar nut products to children and adults with severe allergies.
- Information will also be passed on to parents to inform them about the increase in severe allergies to these products and the life threatening dangers they possess.
- Parents of children who have known allergy to nuts / peanuts will be consulted prior to enrolment with regard to the severity of the child's allergy, the symptoms and the emergency procedures to be followed in case of an allergic reaction. A Care Plan will be agreed with the child's parents and the Principal Mrs Cassidy.
- St Caolan's Primary School will provide information in the parent newsletters, as well as on notice boards about the Nut Free Policy.

All product packaging must be checked for warnings directed at nut allergy sufferers and if the following or similar are displayed, - 'Not suitable for nut allergy sufferers'. Products such as peanut butter, Nutella, nut food bars and any other products that have nuts or peanuts listed in the ingredients are strictly forbidden and cannot be opened or consumed in St Caolan's Primary School.

Products with warning "may contain traces of nuts" or "have been produced in a factory handling nuts" may be consumed within the school.

If any parents are unsure about a certain food, they are encouraged to discuss it with the Principal.

Definition: Anaphylaxis (also known as anaphylactic shock) is an allergic condition that can be severe and potentially fatal. Anaphylaxis is your body's immune system reacting badly to a substance (an allergen), such as food, which it wrongly perceives as a threat. The whole body can be affected, usually within minutes of contact with an allergen, though sometimes the reaction can happen hours later.

Symptoms: The symptoms of anaphylaxis usually start between 3 and 60 minutes after contact with the allergen. Less commonly, they can occur a few hours or even days after contact. An anaphylactic reaction may lead to feeling unwell or dizzy or may cause fainting due to a sudden drop in blood pressure. Narrowing of the airways can also occur at the same time, with or without the drop in blood pressure. This can cause breathing difficulties and wheezing.

Other symptoms:

- swollen eyes, lips, genitals, hands, feet and other areas (this is called angioedema),
- itching,
- a strange metallic taste in the mouth,
- sore, red, itchy eyes,
- changes in heart rate
- a sudden feeling of extreme anxiety or apprehension
- itchy skin or nettle-rash (hives)
- unconsciousness due to very low blood pressure
- abdominal cramps, vomiting or diarrhoea, or nausea and fever.
- Anaphylaxis varies in severity. Sometimes it causes only mild itchiness and swelling, but in some people it can cause sudden death.
- Anaphylaxis can lead to death if breathing becomes severely obstructed or if blood pressure becomes extremely low (known as shock).

If symptoms start soon after contact with the allergen and rapidly get worse, this indicates that the reaction is more severe.

Staff: The onus falls on all staff to know and to follow this policy both in school and when out on trips and outings.

• Caution must be taken at certain times of year such as Halloween, Easter and Christmas. If teachers have parties or give out confectionary care must be taken to ensure that no nuts are included in the product. Fruit sweets such as Haribo are a better alternative. Particular products that are a cause for concern are:

Celebrations, Roses, Heroes, Quality Street

• **All product packaging must be checked for warnings directed at nut allergy sufferers and if the following or similar are displayed, - ‘Not suitable for nut allergy sufferers’, ‘This product contains nuts’. In the event of this happening the product must not be opened or consumed in school.** Products with warning “may contain traces of nuts” or ‘have been produced in a factory handling nuts’ may be consumed within the school.

Parents: We insist that parents not to send in any food with their children for break time, lunch or treats (such as for birthdays) unless they have checked the ingredients carefully. **Packaging must be checked for ‘Not suitable for nut allergy sufferers’, ‘This product contains nuts’. In the event of this happening the product must not be opened or consumed in school. These products are to be returned home.**

Products containing the warning ‘May contain traces of nuts’. or ‘have been produced in a factory handling nuts’ will be allowed to be consumed within the school.

Children: All children will be regularly reminded about the importance of following this policy both in school and when out on trips and outings.

Homework Policy

Rationale

In St Caolan's Primary School the teaching staff regard the setting of homework as an opportunity for:

- *teachers to respond to parents' requests for guidance from the school about how parents can assist their children's learning*
- *children to exercise concepts and skills that have been introduced to them during the teaching day*
- *children to develop independent learning skills*
- *children to raise their achievement*
- *parents to become more aware of what learning activities their children are engaged in*
- *children to develop a disciplined interest in learning*

All written homework should be signed by parents. We ask you to check your child's work and to set high standards for presentation and accuracy. Please do not underestimate the importance of 'learning' or revision homework. Spellings, tables and number facts require constant practice. If children 'ease off' on 'learning' homework, major difficulties are encountered as they progress to harder levels of the curriculum.

Children need a quiet place to complete homework, without distractions.

When helping your child to learn tables or number facts, ask them to write them out, go off to learn them and come back to you for testing. Repeat this process until they can answer quickly. (Be sure to ask them 'jumbled up' as well as 'in order'.)

Ask your children some questions about the reading book they are using. Draw their attention to illustrations etc. Ask for their opinion of the book.

The teaching staff are:

Concerned to ensure that homework is set at a suitable level and quantity to match children's needs and abilities.

Sensitive to the possibility of homework creating pressure on children and becoming cumbersome within the family context.

Parents are urged:

To consult staff if they are unclear about homework instructions and to tell the class teacher if they consider that the homework set is causing anxiety. If you find that your child is spending longer than advised on homework, please speak to the class teacher who can give guidance and/or make adjustments.

Please remember that homework is not always written. The recommended time for homework set on Monday to Thursday inclusive.

Primary 1- Primary 3 **15-30 minutes** Primary 4- Primary 7 **45-60 minutes.**

Acceptable use of Computers and E Safety Policy

St Caolan's Primary School is pleased to offer pupils access to a computer network for electronic mail and the Internet. Pupils are responsible for appropriate behaviour on the school's computer network just as they are in a classroom or on a school playground. Communications on the network are often public in nature. General school rules for behaviour and communications apply. It is expected that users will comply with acceptable standards and the specific rules set forth below. The use of the network is a privilege, not a right, and may be revoked if abused. The user is personally responsible for his/her actions in accessing and utilizing the school's computer resources.

What is possible?

Access to the Internet will enable pupils to explore thousands of libraries, databases, museums, and other repositories of information. Access to the Internet will be via a special filtered educational web site provided by C2K. While the purposes of the school are to use Internet resources for constructive educational goals, there is always the unlikely possibility that pupils may find ways to access other materials. We believe that the benefits to pupils from access to the Internet in the form of information resources and opportunities for collaboration exceed the disadvantages. But ultimately, parents and guardians are responsible for setting and conveying the standards that their children should follow when using media and information sources. As a school we are required under the ICT initiative to seek parental permission before children are allowed to use the Internet. Therefore, we support and respect each family's right to decide whether or not to apply for access.

Parental agreement

Having read the school's Internet acceptable use policy parents are asked to complete and return a permission form and user agreement on behalf of their child. This is available from the Office and will be given to all pupils at the beginning of each school year.

To gain access to the Internet, all pupils must obtain parental permission. Should a parent prefer that a student not have Internet access, use of the computers is still possible for more traditional purposes such as word processing.

Points for Parents to Consider:

It is important to promote Internet Safety in the home and to monitor Internet use.

1. Take an interest in what children are doing. Discuss with the children what they see and why they are using the Internet.
2. Monitor on-line time and be aware of excessive hours spent on the Internet.
3. Advise children to take care and to use the Internet in a sensible and responsible manner. Know the SMART tips.
4. Discuss the fact that there are websites which are unsuitable.
5. Discuss how children can respond to unsuitable material/requests.
6. Tell children – Never give personal information on the Internet.
7. Remind children that people on-line may not be who they say.
8. Be vigilant. Ensure that children do not arrange to meet someone they meet on line.
9. Be aware that children may be using the Internet in places other than in their own home or at school.

MOBILE PHONES

St Caolan's Primary School **does not allow** the use of mobile phones by children in school or on class day trips. They may be brought on the Primary 6 and 7 residential trips but are to be used at the discretion of the supervising teachers. Be aware of the safety issues regarding mobile phones. Increasingly these may have Internet access. Encourage children to talk about how they use mobile phones. Remind children not to give mobile numbers to strangers and people they do not know very well. Talk about responsible use of text messaging.

Children will be taught to

Follow These SMART TIPS

Secret – always keep your name, address, mobile phone number and password private – it's like giving out the keys to your home!

Meeting someone you have contacted in cyberspace can be dangerous. Only do so with your parent's/carer's permission, and then when they can be present.

Accepting e-mails or opening files from people you don't really know or trust can get you into trouble – they may contain viruses or nasty messages.

Remember someone on-line may be lying and not be who they say they are. Stick to the public areas in chat rooms and if you feel uncomfortable simply get out of there!

Tell your parent or carer if someone or something makes you feel uncomfortable or worried.