



**Hugh
Sutherland
School**
Carstairs, AB

Principal: Dean Nielsen
Vice-Principal: Kristina Rentz
Vice-Principal: Teri Sadek
Dream It, Believe It,
Achieve It

Nut Aware Guidelines

- 1) In Middle School, teachers will be aware of the students with nut allergies in the class. With permission from the families, the class will know who has an allergy and precautions will be taken as other students bring in nuts and/or nut products. These precautions include:
 - Eating away from the student with the allergy.
 - Washing hands and desk tops after a child finishes the nuts and/or nut products in their lunch.
- 2) In High School, we will have wipes provided for students who do have nuts/nut products in their lunches to wipe down their spaces when finished eating. We encourage students with a nut allergy to talk to those that they are eating with so that they are aware of their allergy.
- 3) We will continue to advocate for awareness of how serious nut allergies are and for students to use caution as they bring nuts/nut products in the building.
- 4) The school has epipens in the office, but the students with allergies are encouraged to carry their own as well. If a student is beginning to feel an allergic reaction coming on, please let a staff member know right away. We will be further educating our staff on what to do in these situations.
- 5) For potluck items or any food that will be shared, we continue to ask that we keep these items nut free. We do not want any students accidentally eating nuts/nut products if they have an allergy.