



Lüderitz Blue School

No Nuts in School Policy

1. PURPOSE OF POLICY

- i) This policy aims to safeguard the health and wellbeing of students by reducing the risk of exposure to nuts.
- ii) This is in acknowledgement of the fact that some individuals in our school environment may experience severe and life-threatening allergic reactions.

2. SCOPE OF POLICY

- i) This policy applies to all students, staff, parents/guardians, visitors, contractors, and volunteers on school premises or during any school-related activities.

3. POLICY STATEMENT

- i) Lüderitz Blue School is a **nut-free environment**.
- ii) No nuts, nut products, or food items that may contain nuts may be brought into school.

4. PROHIBITED NUTS AND NUT PRODUCTS

i) The following are strictly prohibited on school premises:

- **Peanuts**
- **Almonds**
- **Cashews**
- **Hazelnuts**
- **Walnuts**
- **Pecans**
- **Brazil nuts**
- **Pistachios**
- **Macadamia nuts**
- **Pine nuts** (often used in pesto)
- **Nut butters**, including peanut butter, almond butter, cashew butter
- **Nut-based spreads**, including Nutella and other hazelnut spreads
- **Nut oils**, including peanut oil and almond oil
- **Any food labelled** “contains nuts”
- **Any other nut or nut-derived ingredient not explicitly listed above**

5. FOODS THAT MAY CONTAIN HIDDEN NUTS

i) Some foods may contain nuts even when it is not obvious.

ii) Please check labels carefully for nut ingredients or allergy warnings. Hidden nuts are commonly found in:

- **Pesto** and other sauces containing pine nuts
- **Cakes, muffins, biscuits, and pastries** (e.g., brownies, bake-sale items, chocolate chip cookies)
- **Chocolates and sweets**, especially mixed chocolates
- **Cereals, granola, muesli, and granola bars**

- **Trail mix**, snack bars, protein bars
- **Some breads and rolls**, including seeded breads
- **Ice cream and desserts**, especially chocolate-based flavours
- **Asian, African, and Middle Eastern foods**, such as satay, curries, or dishes containing ground nuts
- **Salads**, especially those with pesto, dressings, or crunchy toppings
- **Nut-based milks**, such as almond milk or cashew milk
- **Marzipan** and other almond-based confectionery
- **Health foods**, such as smoothies, energy balls, and nut flours

iii) If there is uncertainty about a food item, it **must not** be sent to school.

6. RESPONSIBILITIES

- i) Adherence to this policy is a shared responsibility for all members of the school community.
- ii) Parents/Guardians must ensure all food brought to school complies with this policy.
- iii) Staff must
 - follow the policy and
 - monitor adherence and raise concerns with families where required.
- iii) Students and visitors must follow the nut-free guidelines at all times.

7. SCHOOL EVENTS AND ACTIVITIES.

- i) All school trips, celebrations, extracurricular activities, and shared-food events must be planned with full adherence to this policy.
- ii) This includes student birthdays if cakes or similar are brought to school.

8. COMMUNICATION

- i) This policy will be shared upon enrolment at the school.

- ii) This policy will be shared while onboarding all staff.
- iii) There are posters around the school to remind students, staff, parents/guardians and visitors of the rules.

Written:	November 2025, Senior Management
Reviewed:	November 2025, Senior Management
Next Review due:	November 2026