There has been an increase in the number of students in our school community who have significant allergic reactions to nuts. Treetops Montessori School is committed to providing a safe environment that meets the special needs of all our students. Treetops Montessori School is therefore a ‘Nut Free’ school.

Anaphylaxis is the most severe form of allergic reaction, is potentially life threatening and can result from merely coming into contact with other people who have eaten or handled nuts earlier in the day (peanut butter sandwiches at breakfast, for example). The key to preventing an anaphylactic reaction is to avoid exposure to the trigger.

It is possible to minimise the risk factors within the school environment with parent and staff assistance in adopting the following strategies:
- Parents should ensure that their children do not bring nuts, or nut extraction of any sort, to school. In particular peanut butter, hazelnut spread (Nutella), certain muesli bars, chocolate bars and biscuits containing nuts.
- Parents should ensure that birthday cakes and “special lunch” do not contain nuts or nut extract.
• Parents should ensure that if their child has eaten nuts or nut extract before school that they brush their teeth and wash their hands and face thoroughly.
• Parents and staff cooking in school should ensure that nuts, nut extract or nut oils are not part of the ingredients.
• Parents and staff should continue vigilance when there is a change from usual routines e.g. excursions, family picnic days at school, sports days, discos.
• Staff should ensure that they do not bring nuts, or nut extraction of any sort, to school.
• Staff should ensure that if they have eaten nuts or nut extract before school that they brush their teeth and wash their hands and face thoroughly.

Treetops Montessori School appreciates that nut products form part of a nutritious diet for people without nut allergies and does not therefore wish to discourage the general consumption of nuts by non-allergic members of our community. However, to ensure a consistent approach to nut minimisation at Treetops Montessori School, parents should not provide items for the school shop that contain nuts.

Treetops Montessori School trusts that non-allergic members of our community will continue to enjoy consumption of nuts outside the school environment.