



## *Internal Rules –Elementary School*

**To read the Internal Rules, please log in to your account on our website with your username and password.**

**Click on 'Règlements/School Rules' then 'Elementary School'**

***Complete and return to the teacher***

Class .....

Student: .....

and Parents/Guardian: .....

hereby declare that we have read and understood the contents of the School Rules of Rochambeau – French Intl School – Elementary School

**REMINDER: Our school is a nut- free environment**

**Tree nuts and peanuts are forbidden on the school property**  
(see the annex of the School Rules on the back of this page)

Date:.....

Student's signature :.....

Parents' signature :.....

# Peanut/Tree Nut-Free School Policy

This school year we have a number of children with severe nut allergies. We ask that no peanuts or tree nuts be brought into our school. Foods sent in for snack, lunch, or any class event (including parties, field trips, etc.) should be carefully checked to make sure they are peanut/ tree nut-free.

Families can help ensure that our school stays peanut/tree nut-free by reading packaging labels and reminding children not to share food with other children at school. While our goal is to provide a peanut free campus, we understand that this is a huge undertaking. With your cooperation we can drastically diminish the possibility of a child getting dangerous reaction due to coming in contact with peanuts.

For your reference we have compiled a list of items that must NOT be brought in to school, along with IDEAS for Peanut/Tree Nut-free lunches, snacks, and treats. We appreciate your cooperation with this policy- the sacrifice of not having nuts or nut products in our school is a small one to make compared to the consequences faced by a child with severe allergies.

Please do NOT send any of the following to school:

- Peanut butter or any other nut butter, including crackers with peanut butter filling
- Any muesli bars, biscuits or other products that list nuts as an ingredient
- Trail mixes with nuts, granola bars with nuts, or dried fruit with nuts
- Cereal with nuts (EG: Honey Nut Cheerios)
- Nuts in salad
- Candy or cookies containing nuts
- Loose nuts of any kind (peanuts, almonds, cashews, hazelnuts, walnuts, mixed nuts, pecans, pistachios, etc.)
- All nut pastes (EG: Almond paste)
- Almond milk

## **READ THE LABELS:**

Please make sure that you always check the labels on the food you are sending in to school.

- 1) If it says peanuts/ trace nuts are contained in the food, consider it a **banned item**.
  - **Remember** - manufacturing processes change, so a food that was safe, may not continue to be so. It's still important to read the ingredient labels each time you purchase a food.
- 2) If it says, "May contain peanuts or tree nuts", it **SHOULD NOT** be brought on campus.
  - Examples: *Quaker Granola Bars S'mores flavor: May Contain Traces of Peanuts.*

## **Ideas for allowed Snacks & Treats**

Yogurt- plain or mixed with fruit	Jell-O pudding	Vegetables with dip
Fruit Roll-ups	Unsweetened cereal	Fresh fruit
Pudding Cups	Teddy Graham	Goldfish crackers
Baked tortilla chips with salsa	Soy butter	Saltine crackers
Applesauce	Hard-boiled egg	Low/No fat cottage cheese
Canned fruit in juice	Bagel w/ cream cheese	Cheese or cheese sticks

**Parents' signature:** .....