



St. Mac Dara's Community College

Nut Allergy Policy

St. Mac Dara's Community College, through a comprehensive education programme, provides as far as possible, educational opportunities to meet the needs of each individual student. It is a multi-denominational, co-educational college. The following is the Mission Statement of St. Mac Dara's CC.

Mission Statement

"We, the community of this College, through a caring and collective approach, aspire to provide a broad-based education for all, to foster respect and dignity and to promote a safe and just environment by positively encouraging all to realise their potential."

School Ethos

As part of the DDLETB schools we also proudly endorse our school ethos which is underpinned by the core values of Excellence in Education, Care, Respect, Equality and Community. St Mac Dara's is a multi-denominational, co-educational school under the aegis of the Dublin Dun Laoghaire Education Training Board. The college recognises its obligation to all its students and its positive ethos is based on the quality of its relationships, both the professional relationships between teachers, the relationships between teachers and students and the relationships between teachers and parents/ guardian(s). This collaborative approach is reflected in the college's mission statement.

Introduction and Legislative Framework

Through cooperation and mutual respect between the partners in education, the students, teaching staff, parents/guardians and the Board of Management, we strive to ensure that each student achieves his/her full potential. The school reserves the right to adapt or modify this policy in response to emerging patterns of behaviour among students, reflective of society

This policy applies to students of the school.

This policy relates to, and should be read in conjunction with, other school policies including:

- Child Protection Policy
- Health and Safety Policy

This is not an exhaustive list of related policies.

Restorative Practice

Restorative Practice (RP) is about building positive relationships and taking a positive and solution-focused approach. St. Mac Dara's CC have engaged at whole-staff level in an RP professional learning programme, in association with NUIM 2021 – 2024 and new members to the team are supported to develop the skills of RP. At all times the school, as a community endeavours to employ a restorative approach to promote positive behaviour and restore relationships when the need arises. RP is at the core of our school's Code of Behaviour. It creates an ethos of respect and inclusion in line with our core values and presents an opportunity for all involved to be accountable and responsible for their behaviour.

Inclusion of all students

St. Mac Dara's Community College places a high value on respect and on embracing diversity which is central to the practices in the school. Our activities endeavour to meet the diverse needs of all our students.

Nut Allergy Plan

Re: Nut Allergy at high reaction level

Child: _____

Class: _____

Tutor: _____

Year Head: _____

This notice will be communicated to all staff members and included in the New Teacher Induction Pack.

A completed copy of this Nut Allergy Plan will be kept in the staff room / admin office / St Mac Dara's SharePoint folder/H&S folder.

Action:

1. Staff dealing with _____ do not eat any item of food with nut traces
2. Advise children not to offer or exchange foods, sweets, lunches etc.
3. Letter issued to all parents in the school advising that children must not bring in any food items with nut traces
4. If going off-site, medication must be carried.

In the event that _____ comes into contact with nuts:

1. Administer 5ml Zirtec (to be confirmed for each individual child affected) or other antihistamine immediately. (Pen in _____ and in _____'s school bag).
 2. It is important that _____ be kept calm to allow him/her to breathe calmly as he/she will experience discomfort and sensation of his/her throat swelling. If possible, he/she needs to drink as much water as possible. These steps should allow him/her to recover fully
 3. Only in the event of anaphylactic shock should the pen be administered. 4. Before or immediately after Pen has been administered an ambulance must be called.
- Indicators of shock include:

- wheezing
- severe difficulty breathing and

- gastro-intestinal symptoms such as abdominal pain, cramps, vomiting and diarrhoea.

Doctor: _____ Phone Number _____

Parents/Guardians: _____ Phone Numbers

Other Emergency Contacts: _____ Phone Number _____

Ratification & Communication This policy was reviewed and ratified by the Board of Management of St. Mac Dara's CC on 11th Sept 2026 and previously communicated to the school community via the school's website, School App and at staff meeting.

Signed: _____ Date: _____

Frances Gibson, Sec to the Board of Management

Nut Allergy Notice

RE: Important Notice – Severe Nut Allergy

Dear Parents, Guardians, and Visitors,

This notice is to inform you that a member of our community has a severe, life-threatening allergy to nuts. Anaphylactic shock can occur through ingestion, cross-contamination, or even breathing nut particles in the air.

Because even the smallest trace can cause an emergency, we operate a strictly nut-free policy.

We kindly ask for your cooperation in minimising risks by observing the following:

- Do not bring nuts, peanut butter, Nutella, or cereal bars containing nuts onto the premises.
- Ensure hands and face are thoroughly washed before arriving if you have consumed nut products at home.
- Be aware of hidden ingredients in baked goods and pre-packaged foods.

Your understanding and cooperation are essential in maintaining a safe and healthy environment for everyone.

Thank you,

Frances Gibson

Principal

St Mac Dara's CC

27th August 2026

This policy was adopted by the Board of Management on

This policy will be reviewed in

Signed: 
Chairperson Board of Management.

Signed: 
Principal.

Date: 10/9/26