

## September 2022

### September 2022

Principal

Nancy Norton

Office Coordinator

Sheryl Arnold

For September we  
will focus on:

**Kindness**

572 Concession 5  
Fisherville, Ontario  
NOA 1G0

**905-779-3404**

[granderie.ca/rainham](http://granderie.ca/rainham)

Twitter: @PsRainham

### 2022– 2023 Staff

JK/SK—Ms. D. Gilchrist, Ms. A. Rollo

JK/SK – Mrs. K. Kuckyt , Mrs. Gould

Gr. 1.2—Mrs. B. Johnston

Gr. 1/2 – Ms. B. Visser

Gr 2 - Mrs. E. Hunter

Gr 3—Mrs. Kelly

Gr. 3/4 - Ms. J. Fleming

Gr. 4/5—Miss S. Reitsma

Gr. 5/6—Mr. D. Musselwhite

Gr. 6/7– Ms. J. Lenko

Gr. 7/8—Mrs. V. Harrison

Gr. 8—Mr. D. Turner

French – Mme. L. Beauchamp

LRT—Mr. K. Bryson

Primary Prep – Ms. H. Adshead  
Mr. S. Lacroix

Educational Assistants:

Mrs. A. Heeg, Mrs. L. Abare, Ms.

H. Stire, , Ms. B. Woolstencroft,

Ms. O. Kuhn, Ms. N. Watson

Custodian—Mrs. J. Annett

Paid Supervisors:

Mrs. Moerschfelder

Mrs. Derbyshire

Mrs. Meldrum

Dear Rainham Families;

Welcome to the 2022/23 school year! We are so excited to have so many smiling faces back at school! We are looking forward to an exciting year of fun, friendship and learning!

We look forward to continuing our goal of building a culture of **learning, well-being** and **belonging** to inspire each learner.

**Learning:** At Rainham, we are committed to building a culture of learning to nurture curiosity and opportunity for each learner.

**Well-being** At Rainham, we are committed to building a culture of well-being to support the cognitive, social emotional and physical needs of each learner.

**Belonging:** At Rainham, we are committed to building a culture of belonging to support an equitable, inclusive and responsive environment for each learner.

We are also focused on providing a 21<sup>st</sup> Century learning environment for our students by developing the following key skills in our students: effective communication both orally and in written form; being innovative and creative; the ability to critically-think; applying knowledge and skills to real-world settings; and, working collaboratively with others. Your support and cooperation, along with our best professional efforts, will support these goals!

There are a few changes in our staff this year. We welcome Ms. Rollo and Ms. Gilchrist to Kindergarten, Ms. Adshead to Primary Prep and Ms. Kuhn and Ms. Watson as Educational Assistants.

A reminder that our instructional day is from 8:45am—3:05pm. There will be supervisors on the yard beginning at 8:30 am, please do not drop your child off before this time.

As we work together during the year, I encourage you to let me know how you and your child/children are experiencing school. Through open communication, teamwork and a dedication to continuous improvement, we promise this to be a rewarding and enjoyable school year for all our students.

Looking forward to seeing you all at our Welcome Open House on September 19th!

Yours in cooperation, Ms. N. Norton  
Principal

## SCHOOL HOURS FOR BALANCED DAY

8:45 am School begins *\*Please note there are NO staff on duty until 8:30 am*

10:45 – 11:25 am First Nutrition Break

12:00:-12:30 Office Closed

1:05- 1:45 pm Second Nutrition Break

3:05 pm Dismissal *\*K-2 walkers will be dismissed to parents at 3:00 at the carport gate, all other walkers are dismissed at 3:05*

- ⇒ All family members and visitors to the school will not be permitted to enter the school unless you have a scheduled appointment. Please call **905-779-3404** to make an appointment. All doors to the school will remain locked.
- ⇒ Students who arrive late to school must buzz the office to be let into the school and stop by the office to be signed in.
- ⇒ A parent/guardian who requires a student to leave the school before dismissal time must call the school ahead of time. Please state your name and who you are picking up. All students must be picked up at the office door. This policy is in place to ensure the safety of all of our students.

## INDOOR / OUTDOOR SHOES

Please send your child in footwear appropriate for physical activity outside, and pack an additional pair of shoes that can be designated for indoor use. Please make sure you child can put on their shoes independently (for our youngest students we recommend Velcro or slip on shoes). Please label all shoes.

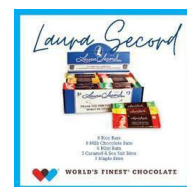
### Agendas:

Grades 1- 6/7 will be using agendas, and are available for purchase on schoolcashonline for \$8



### World's Finest Chocolate Fundraiser!

We will be having our first fundraiser running from September 23rd-October 12th. Families will have two options, a fully online order where you can order FULL boxes of either Laura Secord Peanut Free bars or Chocolate Almonds to sell that are delivered directly to your home. We will also have boxes available to distribute from school, and families can indicate how many boxes they would like to sell, and may return any unsold products to the school. Details and a permission form will be sent home with your child soon.



# SAVE THE DATE

September 6th	First Day of School for Students
September 14th	All Student Information Forms and all other school related forms due back to the office
September 15 <sup>th</sup>	Hot Lunch Orders for September/October due on School Cash Online, and orders will be for the <b>MONTH</b> <i>(orders available on SchoolCashOnline only begin shortly)</i>
September 19th	Meet Teacher Open House 3:45-5:15 pm School Council – Kick Off Meeting 5:30pm
September 23rd	Hot Lunch Fridays Start Terry Fox Run – 1:50pm World Finest Chocolate Fundraiser Starts
September 28	Intermediate Soccer
September 29	Junior Soccer
September 29-Oct 2	Caledonia Fair
September 30 <sup>th</sup>	National Day for Truth and Reconciliation ~ Orange Shirt Day
September 30 <sup>th</sup>	Hot Lunch Friday
October 4-10th	Norfolk County Fair
October 4	Grade 7 & 8 Hep-B and HPV vaccines (parent consent required)
October 5th	Turkey Dinner *Individual portions
October 7th	P.A. Day- No School
October 10th	Thanksgiving Monday- No School
October 13th	Cross Country—Taquanyah (Raindate Oct 14)
October 14th	Hot Lunch Friday
October 17th	IEPs home
October 19	Orienteering
October 21st	Hot Lunch Friday
October 27th	School Photo Day
October 27th	Dress Purple Day—CAS
October 31st	Hallowe'en Celebration Hot Lunch Friday Progress Report & K Communication home
November 4th	Hot Lunch Friday
November 10th	Parent/Teacher Interviews – After School
November 11th	PA Day—No School  Parent/Teacher Interviews - Morning
November 15 & 16	Vision (SK) and Dental Screening (JK, SK, Gr 2)
November 21th	School Council Meeting 5:30 pm

## Safe Welcome Program

According to the Grand Erie policy “Access to School Premises” (SO13), schools create and maintain a positive school environment that is safe, caring and welcoming for all students, staff, and the school community. Elementary schools are also required to be locked at all times during the school day. “Invitation to be on school property does not entitle a person to have access to all areas of the school premises.” Keeping this in mind, parents need to sign-in at the office upon entry to the school at the front doors. If you need to speak to a teacher, please make an appointment by calling the school office or by sending an email to the teacher. We do not wish to have parents entering the school building by other doors or walking the halls. Thank you for your cooperation.

## Student Absences / Safe Arrival Application

**Parents are asked to use the Safe Arrival app to report their child’s absence (See next page for information)**

All students who arrive late or who leave early for appointments must sign in or out at school office. Parents picking up their children may not enter the school. Please understand that during school hours, there may be times where no one is immediately available to answer the door. If you are arriving late, please do not leave your children unattended, and please be patient.

## Administration of Medication

The Grand Erie District School Board procedures require that the doctor authorizing the administration of medication at school sign a Request For School Assistance In Health Care form. The form must include the name of the drug, the students name, the dosage, the time it should be administered and the reason for the medication. Please request this form from the school office if your child will be receiving medication during school hours.

Medication is kept in a locked cabinet in the school office and administered by staff. All medication must be brought to school in a pharmacist’s container and clearly labelled with the name of the patient and the name of the drug. It is a parent’s responsibility to ensure that medications, such as inhalers or Epi-pens have not expired and that we have a sufficient supply.

School personnel cannot administer non-prescription medication, including Tylenol or cough syrup. For obvious safety reasons, students must not keep any medication in their desks or backpacks.

## Bus Safety

The parking lot is closed for drop off during Bus Times. The Parking lot will be open for Kiss & Ride 10 minutes before and 10 minutes after school

*(\*During school hours, parents who are picking up or dropping off may use the parking loop)*

Before School: 8:35am-8:45am

After School: 3:05pm-3:15pm

The safest approach for walkers is to use the sidewalk on the west side of the school. If your child is being dropped off in front of the school, please park safely off school property and walk with them or supervise while they walk up the far, east side of the property and avoid walking between buses.

## Nutrition Program

We are planning on restarting our daily nutrition program before the end of September. We will continue with serving ‘Grab and Go’ items for the fall rather than items that we need to prepare in the kitchen.

From time to time our nutrition program will need volunteers to pick up orders from places such as the Apple Place in Simcoe. If you are interested and available in helping to pick up items when needed please contact our program leader by email at [lindsay.stoner@granderie.ca](mailto:lindsay.stoner@granderie.ca) or contact the office.

We encourage you to make a donation to help fund our nutrition program. Once we are up and running donations can be made using [schoolcashionline](http://schoolcashionline.com).



## Nut Aware School

Just a reminder that Rainham is a nut aware school. We appreciate the co-operation of all families to keep nut products out of the school.

**Please be sure that your child(ren) does not bring nuts or nut products (e.g. peanut butter) to school**, including nuts in any form (peanut butter, peanut oil, baked items containing nut products, foods cooked in peanut oils, such as home style potato chips, etc).

Visit the Haldimand–Norfolk Health Unit website, for some ideas for peanut / nut-free lunches and snacks: <https://hnhu.org/health-topic/peanutnut-safe-lunches/>

## **Student Absences / Safe Arrival Application:**

At Rainham, one of our greatest priorities is ensuring that all our students arrive safely at school each and every day.

To enhance our existing absence-checking procedure, we are introducing **a new, more efficient** student absence reporting system called **SafeArrival**. This new system will reduce the time it takes to verify student attendance, make it easy for you to report your child's absence and easy for staff to respond to unexplained student absences.

With **SafeArrival**, you are asked to report your child's absence in advance using any of these 3 convenient methods:

- 1) Using your mobile device, download and install the **SchoolMessenger app** from the Apple App Store or the Google Play Store (or from the links at <https://go.schoolmessenger.com>). The first time you use the app, select **Sign Up** to create your account. Select **Attendance** then **Report an Absence**.
- 2) Use the SafeArrival website, <https://go.schoolmessenger.com>. The first time you use the website, select **Sign Up** to create your account. Select **Attendance** then **Report an Absence**.
- 3) Call the toll-free number **1-833-557-9420** to report an absence using the automated phone system.

These options are available 24 hours/day, 7 days a week. Future absences can be reported at any time.

In addition, we will use the **SchoolMessenger Communicate** automated notification system to contact parents whose child is absent when the absence was not reported in advance. The automated notification system will attempt to contact parents at multiple contact points until a reason is submitted for the absence. If our system is unable to reach the designated contacts, office staff will follow up.

If you report your child's absence in advance using the **SafeArrival** toll-free number, website or mobile app, you will NOT receive these notifications.

Starting **immediately** please report absences in advance using **SafeArrival** instead of sending notes or calling/emailing the school.

Staff will begin using the **SafeArrival** notifications to let you know if your student is absent (when you haven't reported the absence in advance).

If you have children attending other schools, please continue to report absences using the existing procedures for those schools.

Thank you for your patience and cooperation as we implement this new system.

## **Open House / Meet the Teacher**

We are excited to invite you to an open house /meet the teacher event on Monday, September 19th from 3:45-5:15pm. We will have hotdogs and chips for sale, and a treat for all! Please bring your own reusable water bottle. Our first School Council meeting will be directly following at 5:30pm in the learning commons.

## **Terry Fox Run**

We will be having our Terry Fox Run on September 23, 2022. We are encouraging students to wear Red & White to show respect for the great contribution Terry Fox made in his lifetime and beyond as a Canadian. We are asking students to bring in a "Toonie" for Terry. If you would prefer to donate online, you can do so at: <https://terryfox.org/Donate/>



## **National Day for Truth and Reconciliation**

On September 30th, we will wear an Orange Shirt to acknowledge the National Day for Truth and Reconciliation.

Since 2013, September 30 has been observed as Orange Shirt Day across the country — a day, created by residential school survivor [Phyllis \(Jack\) Webstad](#), on which Canadians wear orange shirts to commemorate the Indigenous children who were taken from their homes and placed in residential schools.

This day is meant to be a day for all Canadians to spread awareness of and reflect on the tragedies experienced by Indigenous people as a result of the country's former residential school system.



## **Annual Turkey Lunch**

This year our annual Turkey Lunch will be on Wednesday October 5th, and will be served as individual portions to all students. The lunch will consist of turkey, mashed potatoes, corn, glazed carrots, stuffing and gravy. The cost per student is \$7.50 and will be available on schoolcashonline shortly. Please contact the office if you require financial assistance.

## **Self-Identification**

As a way to advise the Grand Erie District School Board that a student is of Indigenous ancestry, a student can self-identify at any time. The form can be completed and returned to the school's principal.

Click here for a [Volunteer student self-identification form](#).

## **Hot Lunches at Rainham!**

Hot lunches will start on September 23rd. This year we have switched to monthly orders for hot lunches. Each month you can order for hot lunch Fridays and will have two choices for each day. Lunch will cost \$7.50. Pizza days will also resume shortly.

## **Eco Schools**

Rainham continues to participate in the Ontario EcoSchools program and we are excited to share that we will continue to focus on reducing our impact on the environment.

In September, we will focus on good waste management based on the 4Rs (Reduce-Reuse-Recycling-Recovery)

We are asking students to bring a reusable water-bottle to fill up, rather than bringing single use plastics. We will also continue our lights-off-lunch initiative, and asking students to bring a litterless lunch. We encourage you to pack your child's lunch in re-useable containers, and to compost any unused food items at home.

## **Job Opportunity—Paid Lunch Supervisor**

We are looking for additional supply lunch supervisors when there are absences, the hours of work are 10:45am-11:25am & 1:05pm-1:45pm. The hourly rate for the position is \$15.00 per hour (effective January 1, 2022) plus 4% vacation pay. Please contact the office if you are interested at 905.779.3404. Applicants must have a valid police check.





### **School Council:**

Parent engagement matters. Study after study has shown that student achievement improves when parents play an active role in their children's education, and that good schools become even better schools when parents are involved. It is recognized that parent engagement is a key factor in the enhancement of student achievement and well-being. Students are more likely to be motivated, to earn higher grades, to have better behaviour and social skills, and to continue their education to a higher level when their parents are actively engaged in supporting their success at school.

School Council will be a mix of in-person and virtual meetings throughout the year.

Our first school council meeting will be **in-person** on **Monday, September 19th at 5:30pm** in the library. At this time we will have our annual elections for council positions. If you would like to run for a position or attend the event please email Ms. Norton. ([nancy.norton@granderie.ca](mailto:nancy.norton@granderie.ca))

Future School Council Dates:

- November 21, 2022 – in person
- February 27, 2023 \*Virtual via Teams
- April 24, 2023 – in person



### **Volunteering & Police Check**

We are very excited to have volunteers back in our school!

A volunteer in a school may be a parent or guardian who currently has a child enrolled in the system, a member of the community, a student or a Board employee, including a coach, who agrees to undertake, without pay or for academic credit, a designated task which supports a classroom, a classroom excursion, a school or a system-wide program.

Volunteers must provide the original copy of a Police Record Check that includes a Vulnerable Sector Search subject to availability, completed within the previous six (6) months and acceptable to the Board, prior to commencement of duties. Police Record Checks will remain valid for a three year period from the date they are received by the school.

All volunteers are also required to complete an online AODA training module. Once a volunteer completes the training, they will receive a certificate acknowledging completion which can be printed and taken to the school, or emailed directly to the school. A photocopy of the certificate of completion may be used if the volunteer offers their services at more than one location.



Police Check forms and information for AODO (*Accessibility for Ontarians with Disabilities Act*) training are available at the office.

## **School Cash Online**

We are no longer accepting any cash/coins/cheques. All transactions must be done online.



At Rainham, we have an online system for purchasing school items.

- This program is quick, easy and safe
- You can manage payments for each child in one program
- Your banking and personal information is protected

Register by following the easy steps below:

- Visit [www.schoolcashionline.com](http://www.schoolcashionline.com)
- Select "Get Started Now" and follow the steps to register
- After you receive the confirmation email, please select the "click here" option, sign in and add each of your children to your household account.

• School staff showcase items for purchase in a School Cash Catalogue and post it to the Parent Site. From there, parents receive email notification, check the Parent Site and click through to pay. Funds are moved electronically from the parent's bank account/credit card to the school's bank account.

For more information and support contact the Parent Help Desk at 1-866-961-1803 or [parenthelp@schoolcashionline.com](mailto:parenthelp@schoolcashionline.com)

*\*\*\* If you have any issues with School Cash Online, please call Mrs. Arnold, our secretary.*



**STUDENTS ACCIDENT INSURANCE**

A Student Accident Insurance form will be sent home for your consideration. Should your child need an ambulance, damage their teeth or break a bone, this insurance will cover many costs not covered by OHIP or employee group plans. This insurance will provide coverage for school activities as well as activities outside of the school day. Should your child be injured on the basketball court, the baseball diamond, the soccer field or hockey rink, you will be able to claim many of the expenses associated with their injury if you purchase Student Accident Insurance. All rates are one-time, annual fee and family rates are offered. Please consider purchasing this affordable insurance by completing the Application Form and returning it to Reliable Life Insurance Company.



## Introducing... the Grand Erie Mobile App!

Ensuring timely news and announcements are delivered to parents and guardians most efficiently is a priority for Grand Erie.

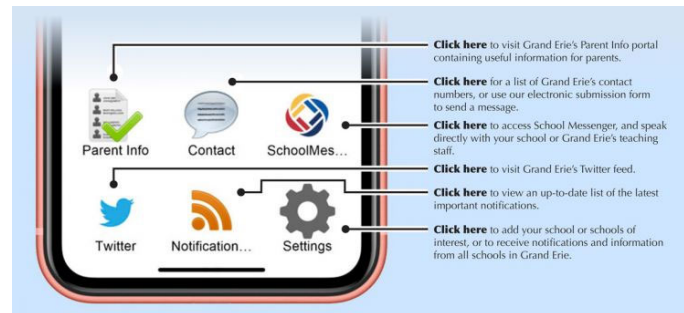
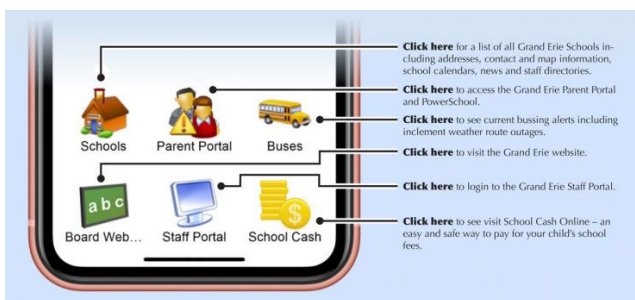
As a result, the board has launched a new mobile parent app that will serve as a hub of classroom and school-related information and updates for parents, all in one place.

The mobile parent app includes several features including up-to-date information about school news, event calendars, transportation schedules, delays and cancellations as well as access to school and Board social media channels. It also provides a way to make secure transactions through the School Cash Online feature, and links to the Parent Portal.

With the app, parents have the option of which schools they wish to receive communication from by selecting one or more schools from the 'settings' icon

You can download the app from:

<https://www.granderie.ca/board/parentportal/parent-digital-support/grand-erie-mobile-app>



### **Smoke-Free Ontario Act:**

The Smoke-Free Ontario Act states that a person cannot smoke or vape in or around a school. This includes all indoor spaces and all outdoor areas like playgrounds and sports fields. It also prohibits smoking and vaping in public areas within 20 metres of the property line of a school or School Board facility. For reference, 20 metres equals 65 feet, or the approximate length of 1.5 school buses.

A person caught smoking or vaping in a prohibited area may be charged with an offence and subject to a fine of up to \$1,000 for a first offence, if convicted.

To assist Grand Erie with this change, the local Health Unit will be providing new signage for all schools and Board facility sites. Through our Public Health Nurses, education information will be available for those looking to quit smoking or vaping. The Board will also be removing all traditional smoking and vaping areas. For more information on the Smoke-Free Ontario Act, visit: <https://bit.ly/2FGV4y5>.



## Transportation concerns?

Our busses are run by Student Transportation Services of Brant Haldimand Norfolk, if you have questions or concerns regarding transportation services you can reach them at Phone: 519-751-7532 or Email: [transportation@stsbhn.ca](mailto:transportation@stsbhn.ca)

Our board coordinator for bussing is Rosemary Stearns who can be reached by emailing [rstearns@stsbhn.ca](mailto:rstearns@stsbhn.ca) or by calling 519-751-7532 x3.

### Transportation Delays/ Cancellations, are you getting notified?

Did you know that there are a number of ways to see if your child(ren)'s bus is running behind schedule or has been cancelled? The ways that you can be notified of an interruption include:

- 1) downloading the bus delays app from either the Google Play or Apple store; detailed instructions on setting up the app is available by visiting <http://www.stsbhn.ca/faqs> and clicking on the last FAQ labelled "Delays and Cancellation App".
- 2) register to receive email notifications. To register simply visit <https://transinfobhn.ca/Login> and create an account. After your account has been created, connect your child(ren)'s bus service to your email address by logging in and clicking the "Add Student" button. Detailed instructions on setting up your account is also available by visiting <http://www.stsbhn.ca/faqs> and clicking on the FAQ labelled "having trouble logging into the Parent/Student portal". For parents who look up bus information before the start of school, you have already completed this option!
- 3) visit <https://transinfobhn.ca/Alerts> daily to see if your bus is running behind schedule or has been cancelled.
- 4) Also for Rainham, we are piloting a Bus Tracking app called Chipmunk - this bus tracking application allows parents to track their child(ren)'s school bus.

The app is entirely free and is available on systems which run in iOS and Android platforms. The app is simply called Chipmunk (and is under the travel category).

To access the app, simply select the school board that your children attend and then log in with the same account that you use to access your child(ren)'s bus details from the transportation portal. Detailed information on how to access, login and use the app are available by visiting the Frequently Asked Questions page STSBHN's website (<http://www.stsbhn.ca/faqs>).

As the app is still being perfected, please convey any issues directly to Rosemary Stearns by emailing [rstearns@stsbhn.ca](mailto:rstearns@stsbhn.ca) or by calling 519-751-7532 x3. The issues will be reviewed and conveyed to the app developer for correction.



# 2022-23 SCHOOL YEAR CALENDAR

## BRANT | BRANTFORD | HALDIMAND ELEMENTARY

	1st Week					2nd Week					3rd Week					4th Week					5th Week				
	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F
<b>September</b>				1	2	5	6	7	8	9	12	13	14	15	16	19	20	21	22	23	26	27	28	29	30
<b>October</b>	3	4	5	6	7	10	11	12	13	14	17	18	19	20	21	24	25	26	27	28	31				
<b>November</b>		1	2	3	4	7	8	9	10	11	14	15	16	17	18	21	22	23	24	25	28	29	30		
<b>December</b>				1	2	5	6	7	8	9	12	13	14	15	16	19	20	21	22	23	26	27	28	29	30
<b>January</b>	2	3	4	5	6	9	10	11	12	13	16	17	18	19	20	23	24	25	26	27	30	31			
<b>February</b>		1	2	3	4	6	7	8	9	10	13	14	15	16	17	20	21	22	23	24	27	28			
<b>March</b>			1	2	3	6	7	8	9	10	13	14	15	16	17	20	21	22	23	24	27	28	29	30	31
<b>April</b>	3	4	5	6	7	10	11	12	13	14	17	18	19	20	21	24	25	26	27	28					
<b>May</b>	1	2	3	4	5	8	9	10	11	12	15	16	17	18	19	22	23	24	25	26	29	30	31		
<b>June</b>				1	2	5	6	7	8	9	12	13	14	15	16	19	20	21	22	23	26	27	28	29	30

**H** School Holiday

**P** Professional Activity

**B** Board Designated Holiday

The 2022-23 School Year Calendar provides a total of 187 instructional and 7 Professional Development days. The first day of school for all students will be Tuesday, September 6, 2022.

**Sept. 1, 2022:** Health and Safety Protocols; Learning Recovery

**Oct. 7, 2022:** Early Reading and Math

**Nov. 11, 2022:** Curriculum and Assessment

**Jan. 16, 2023:** Curriculum and Assessment

**April 21, 2023:** Supporting All Students; Cyber-Protection

**June 2, 2023:** Curriculum and Assessment

**June 29, 2023:** Student Achievement-Reflection and Planning



## Peanut and Tree Nut Aware Lunches and Snacks



### Why was I asked to pack peanut/tree nut-safe lunches and snacks?

- Most schools have a nut aware policy which means foods containing **peanuts** and/or **tree nuts** are not to be taken to school as there are children who have a life-threatening peanut and/or tree-nut allergy.
- Allergic reactions to peanuts and tree nuts can be fatal. Even very small amounts of peanut and/or tree nuts or residue can cause a severe, life-threatening allergic reaction (anaphylaxis).
- **Tree nuts** include almonds, Brazil Nuts, cashews, hazelnuts, macadamia nuts, pecans, pine nuts (pignolias), pistachio nuts, and walnuts. Other names for tree nuts are listed below.
- **Peanuts** are part of the legume family and are not considered a tree nut. Other names for peanuts are listed on the next page

### How can I tell if a food has peanuts or tree nuts in it?

- Read food labels carefully. Read the entire ingredient list every time you shop. Even if a product looks the same it is possible the ingredients or labelling have changed.
- In Canada, food products that contain peanuts or tree nuts must list these items in the ingredient list and/or in a 'contains' statement. For example, a product that has peanuts in it would include the word "peanut" in the ingredient list, or in a statement like "Contains peanuts", or both.

Ingredients: Whole grain oats, sugar, whole wheat flour, canola oil, **peanuts**, salt, natural flavour  
**Contains: peanuts**

Ingredients: Whole grain oats, sugar, whole wheat flour, canola oil, **almonds**, salt, natural flavour  
**Contains: Almonds**

- Precautionary statements like "free from" or "may contain" claims are examples of voluntary label statements. These statements do not replace the need to read the ingredients list.
- Imported products may have different labeling requirements than Canada. Always read the label and ingredient list carefully if choosing these products.
- If a product does not contain an ingredients list, contact the manufacturer for details or consider not sending the product to school.

**Other names for tree nuts***(Note: This is not a complete list)*

- Anacardium nuts
- Queensland nuts
- Pignons Filberts
- Nut meats

**Other names for peanuts (Note: This is not a complete list)**

- Arachis
- Beer nuts
- Goober nuts
- Ground nuts
- Kernels
- Mandelonas, Nu-Nuts™
- Nut meats
- Valencias

**Examples of foods that contain or may contain peanuts and/or tree nuts (Note: this is not a complete list).**

- Canned fish, in oil
- Gravies
- Cookies, muffins, granola bars, etc.,
- Hydrolyzed plant protein
- Cereals
- Icing, glazes
- Chili con carne
- Ice cream/ frozen desserts
- Chinese food, curries, pad Thai, satays
- Marzipan (almond paste)
- Chocolate bars
- Nougat
- Crackers
- Pesto
- Dehydrated soup mixes
- Potato chips, popcorn, trail mix
- Dried fruit
- Salad dressing
- Fried foods
- Tree nut oils
- Granola, cereal, breakfast bars
- Vegetarian meat substitutes

**Food allergens may be present in products you don't expect.  
Always read the ingredients list carefully.**

**How to prepare peanut/tree nut-safe lunches and snacks**

- Know your school board's/ school's food allergy policy. In some school boards peanut butter substitutes are also not permitted.
- Avoid cross-contamination. Cross-contamination happens when small amounts of a food allergen (e.g.: peanut protein) gets into another food accidentally, or when it is present in saliva, on a surface or on an object. For example, if a knife used to spread peanut butter is then used in a jar of jam, the jam now contains traces of peanut protein. This may be enough to cause an allergic reaction for a child with a severe food allergy.
- Wash hands with soap and water prior to preparing food.
- Ensure cutting boards, utensils, counter tops and containers are cleaned and sanitized before preparing lunches/snacks.
- Use Canada's food guide ([www.canada.ca/cfg](http://www.canada.ca/cfg)) to plan lunches and snacks. See our "Packing School Lunches" factsheet for more ideas.

**Speak with your child about the school's rules around food allergies and keep them in mind when packing lunches/snacks.**

For more information visit:

Food Allergy Canada [www.foodallergycanada.ca](http://www.foodallergycanada.ca)

Allergy Aware - free online course to help keep people safe. [www.allergyaware.ca](http://www.allergyaware.ca)

Prefer to speak to a Registered Dietitian? Call Telehealth Ontario toll free at 1-866-797-0000.

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