



## Gluten Free Policy – German International School Dubai

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Original	10th January	First Edition
Revision	14th September 2021	General revision-update
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### 1. Parents responsibilities:

Parents have to inform the German International School Dubai and providing a medical certificate, with confirmed Gluten Allergy or Gluten Intolerance, from the health care intuition.

- Compulsory to teach your child that it cannot share snacks with friends and not grabbing from other children.
- Make sure you pack your child, his/her own plate, utensils, drink, and napkin in the lunchbox.
- Your child must eat his own snack, from his own lunchbox, on his own plate.
- Make sure these are labeled with your child's name on them.
- Teach your child, that hand washing is a regularly routine for your child.
- We don't accept storage for food.
- Inform the class teacher and school nurse about the allergy.
- The school employee and class teachers are not responsible, if your child is not eating their own lunchbox or the child eats something what it should not eat.
- The school employee or class teachers are not responsible if your child, do not wash hands.
- Make sure you prepare every day a gluten free lunchbox.
- Providing for the class:
  - Labeled own Gluten Free play dough and water colors in a closed Box
  - Labeled own toothbrush and toothpaste for school/file/trips.
- Inform Your Child
- No matter how young your child is, he/she is never too young to learn about gluten-free safety. Explain your child that it should not eat what makes the child sick. Your child will now tell you what he can and can't eat.)
- Pack a Small Treat if necessary: Come with one small treat for your child, so when the other kids are munching away on some mouth-watering gluten-containing treat, you have a perfect substitute. Sweets are regularly not allowed.

A treat can be anything from raisins to pretzels to homemade breads / small muffin. Let your child choose what it wants for a special treat to be, that way it doesn't go grabbing from other children.

### 2. Mastering Snack Time (special occasion, as Christmas etc.)

A few option:

- Work with the teacher to plan a gluten-free snack from the child's lunchbox provided. If the school gives out Cheerios, may the teacher can provide your given gluten free snack to your child.
- Teachers support your child.
- Inform the class teacher about the allergy and what exactly needs to be considered.
- The school is regularly cleaned every day, by a cleaning company.