

Lings Primary school



Nut-Free Policy

Drawn up by	HT
Date	Autumn -October 2022
Review date	Autumn October 2024

'Set the Standard'



Nut-Free Policy

Although we recognise that this cannot be guaranteed, Lings aims to be a Nut-Free school. This policy serves to set out all measures to reduce the risk to those children and adults who may suffer an anaphylactic reaction if exposed to nuts to which they are sensitive. The school aims to protect children who have allergies to nuts yet also help them, as they grow up, to take responsibility as to what foods they can eat and to be aware of where they may be put at risk. We do not allow nuts or nut products in school lunch boxes.

Our "Nut-Free Policy" means that the following items should not be brought into school:

- **Packs of nuts**
- **Peanut butter and Nutella (or similar own brand) sandwiches**
- **Fruit and cereal bars that contain nuts**
- **Chocolate bars or sweets that contain nuts**
- **Sesame seed rolls (children allergic to nuts may also have a severe reaction to sesame)**
- **Cakes made with nuts**

We have a policy to not use nuts in any of our food prepared on site at our school. Our suppliers provide us with nut-free products. However, we cannot guarantee freedom from nut traces. We cannot give out any sweets brought in from home to be given out as birthday treats.

Definition

Anaphylaxis (also known as anaphylactic shock) is an allergic condition that can be severe and potentially fatal.

Anaphylaxis is your body's immune system reacting badly to a substance (an allergen), such as food, which it wrongly perceives as a threat. The whole body can be affected, usually within minutes of contact with an allergen, although sometimes the reaction can happen hours later.

Staff Responsibilities

Staff and volunteers must ensure they do not bring in or consume nut products in school and ensure they follow good hand washing practice.

Caution must be taken at certain times of year such as Easter, Christmas and other festival events. If Staff distribute confectionary, care must be taken to ensure that no nuts are included in the product. Fruit sweets such as Haribo are a better alternative. Particular products that are a cause for concern are: - Celebrations – Roses – Heroes – Quality Street.

All product packaging must be checked for warnings directed at nut allergy sufferers and if the following or similar are displayed, the product must not be used in school. Packaging must be checked for:

- Not suitable for nut allergy sufferers;
- This product contains nuts;
- This product may contain traces of nuts;
- Indicating this is unsuitable for school consumption.

The majority of school staff have been trained in how to administer an Epi-pen and/or Jext-pen. A list is held centrally of these staff, please see the school office, medical cupboard or Inclusion Lead for the list of staff who attended the training. In addition to this training, the school will always have trained First Aiders on site. Please see the staffroom for a list of qualified staff.

If staff discover a product containing nuts has been brought into school, the following procedures should be put into place immediately:

- The product should be wrapped up immediately on site of the discovery, ideally being sealed in a container or plastic bag which has been tied. No nut containing products should be moved without this happening due to a risk of an airborne allergic reaction taking place.
- The product should then be removed straight away to an external bin using the nearest available exit (not one on the playground) and disposed of. The child may need to be provided with a suitable alternative snack or lunch item instead.
- If the item has been sent into school by a parent, the child's teacher will speak to that parent/carer on the same day and inform them of the risk to health this has posed.
- Inclusion Lead and Head Teacher should be informed and a record will be kept.
- If it is noted that certain children have repeatedly been sent to school with nut products, then the Head Teacher will speak with the parent/carer.

Parents and Carers responsibilities

Parents and carers must notify staff of any known or suspected allergy to nuts and provide all medical and necessary information. This will be added to the child's care plan and if necessary, a meeting organised with the school nurse. Homemade snacks or party food contributions must have a label detailing all ingredients present and the kitchen environment where the food was prepared must be nut free. If you are unsure about a selection please speak to a staff member before bringing the food item into school.

The school requests that parents and carers observe the nut-free policy and therefore **do not** include nuts, or any traces of nuts, in packed lunches.

Children's responsibilities

All children are regularly reminded about the good hygiene practice of washing hands before and after eating which helps to reduce the risk of secondary contamination. Likewise, children are reminded and carefully supervised to minimise the act of food sharing with their friends.

Healthcare Plans and Emergency Response

We have individual Healthcare plans for children with allergies and medical Lists are displayed highlighting Healthcare Plans in place, triggers, medication (Medication will be stored, administered and documented in accordance with our Administering Medicine Policy).

Copies of the child's Allergy Action Plan (provided by the School Nursing Team) and their Healthcare Plan are kept with each Epi-pen/Jext-pen, as well as in the Medicine file in the school office. These are updated at the start of each academic year.

Symptoms

The symptoms of anaphylaxis usually start between three and sixty minutes after contact with the allergen. Less commonly they can occur a few hours or even days after contact.

An anaphylactic reaction may lead to feeling unwell or dizzy or may cause fainting due to a sudden drop in blood pressure. Narrowing of the airways can also occur at the same time, with or without the drop in blood pressure. This can cause breathing difficulties and wheezing.

Other symptoms may include:

- Swollen eyes, lips, genitals, hands, feet and other areas (this is called angioedema)
- Itching
- Sore, red, itchy eyes
- Changes in heart rate
- A sudden feeling of extreme anxiety or apprehension
- Itchy skin or nettle-rash (hives)
- Unconsciousness due to very low blood pressure
- Abdominal cramps, vomiting or diarrhoea, or nausea and fever.

Anaphylaxis varies in severity. Sometimes it causes only mild itchiness and swelling, but in some people it can cause sudden death. If symptoms start soon after contact with the allergen and rapidly worsens, this indicates that the reaction is more severe. Specific details of the child's common symptoms are recorded on their Healthcare Plan.

Legal framework

- The Human Medicines Regulations (2012)

Further guidance

- Managing Medicines in Schools and Early Years Settings (DfE 2005)

Other useful Pre-school Learning Alliance publications

- Medication Record (2010)
- Daily Register and Outings Record (2012)