

Nut-Free Policy

Although we recognise that this cannot be guaranteed, West St Leonards Primary Academy 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 lunchboxes.

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

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

Our caterers (Interserve) ensure that a nut free environment is managed as a part of their preparation and cooking process (see Appendix A).

Anaphylaxis

Anaphylaxis is a serious allergic response that often involves swelling, hives, lowered blood pressure and in severe cases, shock. If anaphylactic shock isn't treated immediately, it can be fatal. Further information about anaphylaxis and allergies can be found at <https://www.allergyuk.org>.

Staff

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 and Christmas. If Staff distribute confectionary, care must be taken to ensure that no nuts are included in the product.

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 nuts;
- Indicating this is unsuitable for school consumption.

Epi Pen trained staff are named First Aiders.

Please check the school office and the staffroom noticeboard for a list of qualified staff.

Parents and Carers

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

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.

Health Plans and Emergency Response

We have individual Healthcare plans for children with allergies. Any required medication will be stored, administered and documented in accordance with the UoBAT Administration of Medicine Policy.

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:

- 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.

Other relevant documentation

- Policy H8 – UoBAT First Aid and Medical Policy
- Policy B8 – UoBAT Supporting students and pupils with medical conditions policy
- Supporting pupils at school with medical conditions (Statutory guidance for governing bodies of maintained schools and proprietors of academies in England – 2015)

<i>Approved by staff</i>	<i>November 2019</i>
<i>Reviewed by LGB</i>	
<i>Review date</i>	<i>November 2020</i>

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NUT POLICY STATEMENT

Autograph are committed to ensuring the safety of customers who have an allergy to nuts and peanuts. It is our policy that within all Nursery and Primary Schools, nuts or nut derivatives are not used as an ingredient in either kitchen prepared dishes or bought in products.

The food products purchased for school meals are constantly reviewed for presence of nuts and peanuts. Whilst we ensure that our nursery and primary menus do not contain nuts as an ingredient, some products are produced in factories where nuts have or may have been present. In these circumstances, the supplier will place disclaimers on their products, for example, *"may contain traces of nuts"* or *"produced in a factory that handles nuts"*. This information is available on request.

For all nursery and primary school pupils who wish to have a school meal and suffer from an allergy or intolerance a referral form must be completed and submitted to the Nutrition Department, along with supporting medical referral. Autograph holds a database of all the children known to have a nut allergy enabling us to contact parents quickly to inform them of products that unexpectedly contain nuts and have entered the kitchen.

In some secondary schools nuts may be used as an ingredient. In compliance with the EU Food Information for Consumers Regulation No. 1169/2011, allergen information for all dishes served is available on request.

This policy statement will be reviewed on an annual basis.



Sharon Brown
**National Operations Director – Autograph
Communities**