



Inmans Primary School

Nut-Free Policy

Date	Written By	Approved by	Review Date	Approved by Governors
Sept 19	Jane Johnson		Sept 21	

Introduction

Although we recognise that this cannot be guaranteed, Inmans Primary School 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.

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. Allergen information tables for breakfast club, morning snack shop and school lunches are displayed in the school entrance and in the bistro.

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

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

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

Staff who are first-aid trained can administer an Epi Pen injection. Children with a known diagnosed nut allergy, have an Epi Pen in school (located in the large plastic box in the school office). The school also has an emergency Epi Pen, also located in the large plastic box in the school office. This box is taken into the school bistro over lunchtime.

Parents and Carers

Parents and carers must notify staff of any known or suspected allergy to nuts and provide all medical and necessary information. 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. If cake/buns/sweets are provided by parents/carers for birthday celebrations, these will be given to children to take home and will not be consumed in school. If we ask parents to provide party food, we request that it is nut-free.

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.

Emergency Response

We have medical consent forms completed by parents for children with allergies who require medication. Parents of children with an Epi Pen in school have also completed an 'Anaphylaxis Emergency Information' sheet and this is kept with the Epi Pen. Allergy lists (child's name, class, allergy and photograph) are on display in the school kitchen, in the bistro (no photos), in the school office and a copy is in the medication box in the school office. Each teacher is also given an allergy list for the children in their year group. Allergy medication / Epi Pens are kept in the medication box located in the school office. Over lunchtimes, the medication box is taken into the bistro.

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.

Further information

<https://www.allergyuk.org/information-and-advice/for-schools>