



Everyone is valued as an individual

*'Love your neighbour, as yourself (Mark 12:31)*

## Nut Free Food Policy

### Introduction

Although we recognise that this cannot be guaranteed, Rothersthorpe 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.

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

- Packs of nuts
- Peanut butter sandwiches
- Nutella spread
- Fruit and cereal bars that contain nuts
- Chocolate bars or sweets that contain nuts
- 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.

### Definition

**Allergy** – is a condition in which the body has an exaggerated response to a substance. This is also known as hypersensitivity.

**Allergen** – is a normally harmless substance that triggers an allergic reaction for a susceptible person.

**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 when planning any activities, lessons and clubs that involve cooking and food items, as well as certain times of year such as Easter, culture events, Christmas etc. A Food risk assessment must be completed by staff.

Staff must also be aware of not using any tree nuts in practical lessons.

When the school is planning events such as Fairs, Fundraisers etc, the Headteacher and events co-ordinator will ensure that all allergens are correctly labelled and that there are sufficient nut-free options. They will ensure that school events are as nut-free as possible. A Food Risk Assessment will be carried out that accounts for allergies.

If Staff distribute class treats such as cakes or confectionary, care must be taken to ensure that no nuts are included in the products. Fruit sweets such as Haribo are a better alternative. Particular products that are a cause for concern are: - Celebrations – Roses – Heroes – Quality Street.

Staff must double check any food products sent into school by parents such as 'birthday treats'.

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.

All staff complete yearly Epi-Pen training and are able to administer the adrenaline device. This ensures a swift response time.

Epi-pens are stored in the medical cabinet in the staff room. School also has a spare device.

Staff and children with any allergies have their named picture displayed in the staff room with their information.

### **Staff action take:**

Ask other staff to assist, particularly with making phone calls, one person must take charge and ensure that the following is undertaken:

- Immediately send a member of staff to collect the epi-pen from the medical box in the office
- Another staff member must immediately inform the school office/head teacher and call 999 to get the ambulance on the way
- Use the person's adrenaline device and note the time of application
- Administer a second device if needed and note the time

- Ensure the accident forms are completed

When symptoms are those of anaphylactic shock the position of the person is very important because anaphylactic shock involves a fall in blood pressure.

- If the patient is feeling faint or weak, looking pale, or beginning to go floppy, lay them down with their legs raised. They should not stand up.
- If there are also signs of vomiting, lay them on their side to avoid choking (recovery position).
- If they are having difficulty breathing caused by asthma symptoms and/or by swelling of the airways, they are likely to feel more comfortable sitting up.

### **School trips, off site activities and residential**

Both Epi-pens must be taken on all school trips or off-site activities and will form part of the risk assessment which must be completed. Staff must also always carry a mobile phone so that an emergency call can be made if needed.

### **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. It is the parents' responsibility to ensure the epi-pens are kept in date.

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.

Birthday treats sent into school must not include nuts and must still have the full ingredients list on the packaging for staff to double check. We ask parents to check that any 'chocolate treat packs' do not contain chocolate bars that contain nuts e.g. Snickers, Topic etc. Haribo sweets are a better alternative.

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 or snacks.

### **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 and Allergy Lists are displayed highlighting Healthcare plans in place, triggers, medication (Medication will be stored, administered and documented in accordance with our Administering 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.

## **Allergic reaction**

An allergic reaction is the body's reaction to an allergen and can be identified by, but not limited to, the following symptoms:

- Hives
- Generalised flushing of the skin
- Itching and tingling of the skin
- Tingling in and around the mouth
- Burning sensation in the mouth
- Swelling of the throat, mouth or face
- Feeling wheezy
- Abdominal pain
- Rising anxiety
- Nausea and vomiting
- Alterations in heart rate
- Feeling of weakness

## **Anaphylaxis**

Anaphylaxis is also referred to as anaphylactic shock, which is a sudden, severe and potentially life-threatening allergic reaction. This kind of reaction may include the following symptoms:

- Persistent cough
- Hoarse voice
- Difficulty swallowing, or swollen tongue
- Difficult or noisy breathing
- Persistent dizziness
- Becoming pale or floppy
- Suddenly becoming sleepy, unconscious or collapsing

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.

**Staff with allergies**

If staff have allergies to nuts, they will inform the head teacher and appropriate safety precautions will be established. Staff will ensure they have their medication on their person at all times. If staff believe they are having an allergic reaction, they will immediately inform a member of staff.

**School lunches**

School lunches are prepared by our catering company Dolce and are made using nut-free ingredients in a nut-free kitchen.

**Legal framework**

- Supporting Pupils with Medical Conditions (DfE) 2015 and Rothersthorpe School Policy
- Rothersthorpe Administering Medication Policy
- The Human Medicines Regulations (2012) Further guidance
- Managing Medicines in Schools and Early Years Settings (DfES 2005) Other useful Pre-school Learning Alliance publications
- Medication Record (2010)
- Daily Register and Outings Record (2012)