



BOCKING CHURCH STREET PRIMARY SCHOOL

Be Respectful Be Ready Be Resilient Be Responsible Be Resourceful Be Reflective Be Remarkable



NAME OF POLICY: NUT AWARE POLICY

DATE OF POLICY: September 2020

REVIEW DATES: every other year or earlier if relevant

At Bocking Church Street Primary School all staff and governors are fully aware of their responsibilities regarding safeguarding and promoting the welfare of children. This policy has been written taking all aspects of safeguarding into consideration.

Although we recognise that this cannot be guaranteed, Bocking 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.

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

- ❖ **Packs of nuts**
- ❖ **Peanut butter sandwiches**
- ❖ **Chocolate spread sandwiches that contain nuts**
- ❖ **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.

Definition

Anaphylaxis (also known as anaphylactic shock) is an allergic condition that can be severe and potentially fatal. (<https://www.nhs.uk/conditions/anaphylaxis/>)
(<https://www.anaphylaxis.org.uk/hcp/what-is-anaphylaxis/signs-and-symptoms/>)

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.



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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. 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 nuts;
- ❖ Indicating this is unsuitable for school consumption.

A list of staff who are Epi pen trained is kept by the headteacher and a list is also kept on the staffroom health and safety notice board.

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 by the SENCO. The SENCO is responsible for updating the health care plan on a regular basis. If there any changes to your child's allergy or medication, we ask that you inform us immediately. We ask that parents are responsible for ensuring the medication we keep in school is within date. Where possible, we ask that two epi-pens are given to school.

Homemade snacks or 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.

Parents will be asked to sign medication in and out of school.

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.



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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 policies:

First aid policy

Medical needs policy

Policy agreed by Governors:

15th September 2020