



WE ARE A NUT AWARE SCHOOL



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Nut-Aware Policy

Chapel Allerton Primary School aims to be a Nut-Aware 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.

Our "Nut-Aware Policy" means that children will be educated that some foods can be harmful and, if brought into school, must not be shared. Specifically, focus will be given to the potential dangers of:

- **Packs of nuts**
- **Peanut butter 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 for school dinners. However, as some children bring packed lunches from home, we operate as a nut aware setting. We cannot guarantee freedom from nut traces and continue to ask families to support this by avoiding nut containing products in packed lunches.

We cannot give out any sweets and cakes 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 a 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 be nut aware and be aware of the children in their class with nut allergies (this will be included in induction meetings). Staff must ensure they follow good hand washing practice if they bring in nuts for their own consumption.

All product packaging must be checked for warnings directed at nut allergy sufferers and if the following or similar are displayed, nut allergy sufferers must be offered an alternative.

Packaging must be checked for:

- o Not suitable for nut allergy sufferers;
- o This product contains nuts;
- o This product may contain traces of nuts;

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.

Please check the school office for a list of first aiders. All first aiders (and other teaching staff are epi pen trained).

Parents and Carers

Parents and carers must notify staff of any known or suspected allergy to nuts and provide all medical and other necessary information. An individual healthcare plan will be devised, and if necessary, a meeting organised with the school nurse or child's nhs allergy team. The school requests that parents and carers observe the nut-aware policy and therefore do not include nuts, or products with traces of nuts, in packed lunches.

Children

All children are regularly encouraged to follow good hygiene practice of washing hands for example before and after eating, which helps to reduce the risk of secondary contamination. Likewise, children are reminded and sensitively supervised to minimise the act of food sharing with their friend.

Health Plans and Emergency Response

We have individual Healthcare plans for children with allergies which are shared with staff. Allergy Lists are displayed in the classrooms (Medication will be stored, administered and documented in accordance with our Administering Medicine Policy). Emergency posters are

displayed in classroom cupboards, in medical bags and the school office. They contain information about the child's individual needs and medication.

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.

- 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.

Actions

Should a child show any symptoms of an allergic reaction please seek help from a first aider and follow the advice on the child's emergency poster. Children with known allergies have either medication or an epi-pen and these should be administered as quickly as possible following an allergic reaction.

If a child persists with one or more of these symptoms call 999 followed by the child's parents.

Legal framework

- The Human Medicines Regulations (2012) Further guidance
- Managing Medicines in Schools and Early Years Settings (DfES 2005)

APPENDIX A – Foods discouraged in school

The following items commonly contain nuts and are advised not to be brought into school in packed lunches or snacks. Families are encouraged to check food labels carefully for “contains nuts” warnings before sending items into school.

Hazelnut or nut paste products

- Nutella
- Kinder Bueno (and other kinder products)
- Chocolate spreads containing nuts

Products containing peanuts

- Peanut butter
- Snickers
- Reese’s products

Products containing almonds, cashews:

- Marzipan
- Cherry bakewell tarts and other snacks using almond paste (Battenberg cake, stollen)
- Nut snack packs e.g. some ‘graze’ items
- Some cereal bars such as alpen nut bars or Belvita

Breads

- Sesame seed topped burger buns
- Bagels with sesame seeds