



Roman Catholic Diocese of Hexham and  
Newcastle

# St Mary's RC Primary School: Nut Free Policy



***Excellence, inspired by Gospel values***

**Headteacher:** Mr David Miller

**Chair of Governors:** Mrs Michelle Harris

**Date:** January 2018

**Date for Review:** January 2020

## Nut Free Policy

Although we recognise that this cannot be guaranteed, St Mary's RC 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.

For the avoidance of confusion, our "Nut-Free Policy" means that the following items should not be brought into school:

- 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. However, we cannot guarantee freedom from nut traces. We cannot give out any sweets brought in from home to be given out as birthday treats.

*Although we strive to be a nut-free school, it is impossible to provide an absolute guarantee that no nuts will be brought onto the premises.*

### 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.

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.

**We are not a chocolate-free zone nor a cake-free zone.** Many packaged ready-prepared products contain advice such as "cannot guarantee nut-free" or "factory cannot guarantee nut-free". This is increasingly common phraseology to protect against potential litigation. What staff, pupils and parents/carers need to look for is whether or not nuts are used as an ingredient in foodstuffs. If nuts, as identified above, are an ingredient then the item must not be brought into school.

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 are Epi Pen trained with training updated on an annual basis.

#### **Appointed Staff within school**

In school, there are three people who have the responsibility to check food that pupils eat.

#### **The School Support Manager will:**

- Ensure a notice is put in the Visitors' Book that reminds all stakeholders and visitors that we are a nut free school.
- Give clear messages to new parents/carers and prospective parents at first contact that we are a nut free school.
- Give clear messages to all stakeholders, students, work experience placements and visitors that we are a nut free school.

#### **The Headteacher will:**

- Give clear messages to pupils that we are a nut free school and that ensure they continue to check their lunchbox contents.
- Check all ingredients and food that is sent into the school for events and meals.
- Ensure that all new parents/carers are made aware of the 'nut free' policy at the new intake meeting for parents/carers.
- Record the event, date and sign to say that it has been checked on the log sheet.

#### **In events hosted by the Friends of St Mary's, they will:**

- Ensure a notice is put at the entrance by the Friends informing all stakeholders and visitors that there should be no nut products brought inside.

- Ensure no products containing nuts are to be sold or are to be used at the event.
- Ensure the Friends have checked all ingredients and food that is sent into the event.
- Record the event, date and sign to say that it has been checked on the log sheet.
- This log will be kept in the school office.
- Parents/carers of children with allergies need to ensure an auto-injector is at the event and be prepared to stay with their child or be clear that there is an adult trained in auto-injector use at the event.

### **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 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.

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.

**Legal framework**

- 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)

IT IS THE RESPONSIBILITY OF ALL STAFF TO ENSURE THE NUT POLICY IS IMPLEMENTED.

*Although we strive to be a nut-free school, it is impossible to provide an absolute guarantee that no nuts will be brought onto the premises.*

**Publication of the policy**

The school will write to all new and existing parents/carers to inform them of the policy via the school newsletter. The policy will be available on the school's website and will be incorporated into the school prospectus alongside the 'Healthy School Food Policy'. All school staff, including teaching and catering staff, will be informed of this policy and will support its implementation.

**Policy Review**

The Nut Free Policy will be reviewed on a biennial basis.  
This policy was reviewed by Governors on: January 8<sup>th</sup> 2018

Signed:

Name: ..... (Headteacher)      Date: .....

Name: ..... (Chair of Governors)      Date: .....