



Nut Allergy Awareness Policy

Grendon Underwood Primary School and Muddy Boots Nursery is food allergy aware. This is a change from our previous policy which stated we were 'nut free'. This change is to better reflect what efforts we can all do to minimise the risk to children with allergies, whilst appreciating that we cannot be completely confident that all food items brought in are nut free, or that another child has not consumed nuts before coming into school.

Aims of this policy

- To provide a safe learning environment for all members of the Grendon Underwood School and Muddy Boots community
- To raise the awareness of all members of the community regarding severe allergies.
- Give assurance to those children/families with severe allergies that we take the management of these seriously.

Management

The Nut Aware policy will be managed by: Caroline Tomlinson

- Parents and caregivers are requested **NOT** to send food to school that contains nuts (especially peanuts). This includes all types of nuts, peanut butter, Nutella and food containing nuts. (see below for examples of food)
- Staff supervising eating at lunchtime but will not be inspecting lunch-boxes.
- Students being encouraged **NOT** to share food.
- Students are encouraged to wash hands before and after eating.
- Staff training in understanding and dealing with Anaphylaxis (severe allergic reactions) as the need arises.
- We will not use nuts in any of our food prepared on site at our school.
- Our meal 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.
- Staff and volunteers must ensure they do not bring in or consume nut products in school and ensure they follow good hand washing practice.
- All staff are made aware of children with nut allergies and know the procedures for administering the Epi - pen.
- Children that bring in food containing nuts or nut products will be asked to eat that food away from any child with a nut allergy and to wash their hands before going to play. A staff member will speak to the parents at the end of the day.



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Promotion

- A copy of this policy is published on the school website and included in the welcome pack.
- Staff are made aware of this policy in the Staff Handbook
- Pupils are taught good hygiene and safe eating practices.

There are a number of students and staff at our school who have severe food allergies. The most common of these allergens are peanuts, tree nuts, sesame, fish and shellfish, soy and wheat. The most serious risk in our school is nut (peanut and tree) and sesame allergies which can cause life threatening anaphylactic reactions to some of our students.

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. 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.

Symptoms

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.

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.



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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.

Risk Assessment regarding Nut Allergy

- Staff will be alert to any obvious signs of nuts being brought in, but they will not inspect all food brought into school.
- If staff do notice a student that has brought in food that contains nuts or nut products these items will be removed and if required an alternative will be provided from the school kitchen.
- 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.

We aim to be a nut free school while recognising it is impossible to provide an absolute guarantee that no nuts will be brought onto the premises as many products contain nuts.

Staff with a Paediatric First Aid qualification are trained in understanding and dealing with Anaphylaxis (severe allergic reactions) and will use this training as the need arises.

Our school dinner providers (AIP) ensures that food is nut free and prepared in a nut free environment.

This policy will be included in the admission pack.



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Appendix

Examples of food/products containing nuts that should not be brought into school

- Packs of nuts - all kinds
- Nut butter sandwiches - all kinds of nuts
- Nutella/ Chocolate Spread sandwiches
- Fruit and cereal bars that contain nuts ie tracker bars
- 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 - all kinds of nuts
- Satay Sauce or Satay Sticks. Satay Chicken, Satay Tofu etc.
- Moisturising Cream

What types of food are nuts?

Almonds (badam)

Cashew nuts (kaju)

Hazelnut

Pistachio (pista)

Walnuts

Brazil nuts

Nut oils

Peanuts