



Colwall CofE Primary School and Nursery

Nut-Free Policy

Colwall CofE Primary School also has a governor-led nursery setting, taking children from the age of 2 years. Our school policies, unless specific requirements are in place for the Nursery age children, cover both our Nursery and Primary School provision.

Although we recognise that this cannot be guaranteed, Colwall C of E 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.

We aim 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 also seek to educate children about difference and taking responsibility for the welfare of others.

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

- Packs of nuts
- Peanut butter or Nutella sandwiches
- Fruit and cereal bars that contain nuts
- Chocolate bars or sweets that contain nuts
- Cakes made with nuts
- Any home cooked meals for packed lunches that are made from nuts
- Any products containing sesame or sesame seeds (this could include houmous, cereal bars, crackers and bread)

We have a policy not to use nuts in any of the food that is prepared or served on site at our school. Our suppliers provide us with nut-free products. However, we cannot guarantee freedom from nut traces.

Definition of Anaphylaxis

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.

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)
- Changes in heart rate
- A sudden feeling of extreme anxiety or apprehension

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

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 religious festivals.

When providing confectionery or any food, care must be taken to ensure that no nuts are included in the product.

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 warnings that the food:

- Is not suitable for nut allergy sufferers;
- Contains nuts;
- Contains traces of nuts;

- Indicates that it is unsuitable for school consumption.

All teaching staff have been trained in the use of Epi-Pens, as have named First Aiders.

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 Individual Healthcare 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 – including sesame, 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.

Individual Health Plans and Emergency Response

We have Individual Healthcare Plans for children with allergies and Individual Healthcare plans are in place which detail specific triggers, medication and emergency contact information. Medication, such as Epi-Pens, will be stored, administered and documented in accordance with our Administering Medicine Policy.

Further information can be found on the [Allergy UK website](#).