



Nut Allergy Awareness Policy

Owner	A Wilson	Date produced	December 2020
Approved Date		Next Review	When changes occur
Approved by	Governors	Signed	

Purpose

The purpose of this policy is to

- Raise awareness about allergies to all our school community
- Ensure we provide a safe learning environment for all
- Give assurance to those children/families with severe allergies that we take the management of these seriously

Aim

We cannot guarantee that we are a nut-free school but we aim to be as nut-free as possible. This policy serves to set out all the measure to reduce the risk to those children and adult who may suffer an anaphylactic reaction to nuts if exposed to them. The school aims to protect children who have allergies to nuts yet also to help them, as they grow up, to take responsibility as to what food they can eat and to be aware of where they may be put at risk.

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 is 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

Most healthcare professionals consider an allergic reaction to be anaphylaxis when it involves a difficulty in breathing or affects the heart rhythm or blood pressure. Any one or more of the following symptoms may be present. These are often referred to as the ABC symptoms:

A irway	B reathing	C onsciousness/Circulation
<ul style="list-style-type: none">• Persistent cough• Vocal changes (hoarse voice)• Difficulty in swallowing• Swollen tongue	<ul style="list-style-type: none">• Difficult or noisy breathing• Wheezing (like an asthma attack)	<ul style="list-style-type: none">• Feeling light headed or faint• Clammy skin• Confusion• Unresponsive/unconscious (due to a drop in blood pressure)

There may be a dramatic fall in blood pressure (anaphylactic shock). If that happens, the person may become faint and dizzy, or in the case of a child they may become floppy. This may lead to collapse, unconsciousness and - on rare occasions - death.

In addition to the ABC symptoms listed above, the following symptoms may occur:

- Widespread flushing of the skin
- Nettle rash (otherwise known as hives or urticaria)
- Swelling of the skin (known as angioedema) anywhere on the body (for example, lips, face).
- Abdominal pain, nausea and vomiting

Those symptoms can also occur on their own. In the absence of the more serious ABC symptoms listed above, the allergic reaction may be less severe but **you should watch carefully in case ABC symptoms develop.**

Staff

All staff are asked to read this policy. Staff and volunteers are requested NOT to bring in or consume nut products in school and ensure that they follow good hand washing practices. If food containing nuts is brought into school this should only be eaten in the staff room and should be in a sealed container, staff should then wash their hands after eating.

Please check product packaging for:

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

Indicating this is unsuitable for school consumption.

Caution must be taken at certain times of the year such as birthdays, Easter and Christmas or as part of rewards. If staff distribute confectionary, care must be taken to ensure that no nuts are included in the product.

Staff will be alert to any obvious signs of nuts being brought in but they will not inspect all food brought into school. If bags of nuts are found they will be bagged up and sent home.

Care will also be taken on school visits.

The School has some staff who have attended anaphylaxis awareness /Epi pen training.

School meals provided by Chartwells are nut-free.

Parents/Carers

Parents and carers must notify staff of any known or suspected allergy to nuts and provide all necessary information. This will be added to the child's individual healthcare plan and if necessary a meeting organised with the school's nursing team.

Parents are requested NOT to include nuts, or foods contained traces of nuts in packed lunches.

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We request that parents do NOT bring in any food or treats (such as birthdays or thank you gifts) unless they have checked the ingredients. Homemade snacks, gifts or party food contributions should have a label indicating all ingredients present and the kitchen environment where the food was prepared must be nut-free.

Children

All children are regularly reminded about the good hygiene practices of washing hands before and after eating which helps reduce the risk of secondary contamination. Children should be encouraged by parents / carers not to share food

Healthcare Plans and Emergency Response

We have individual healthcare plans for children with allergies and allergy lists are displayed in our staff room and on our staff shared drive. Medication is stored, documented and administered in accordance with our Administration of Medication policy.

Promotion

This policy will be promoted by:

- A copy of this policy being made available to all staff, volunteers, parents and carers
- Children being informed via teachers and parents
- Publication of this policy on the school website
- Issue of the policy in new admission packs