



Nut Free Policy

Policy Creation and Review	
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Nut-Free Policy

Although we recognise that this cannot be guaranteed, Odessa 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.

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**
- **Nutella spread**
- **Chocolate bars or sweets that contain nuts**
- **Any food items that may 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.

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.

- **Staff are not permitted** to give out any confectionery such as sweets or chocolate. When the school marks Eid it is usual practice to give out traditional Indian sweets – these are given directly to the parents and not the children.
- **We have Epi Pen trained staff.**
- **We store 2 epi-pens per child on the school premises.**

If there are occasions when food items are given out by staff - 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.**

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 information will be put onto the child's record and shared with all staff 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. We do promote healthy lifestyles and in keeping with this do not give out any sweets or cakes brought in from home to be given out as birthday treats. This also serves to limit products brought into school that may contain nuts or come into contact with nuts during production. Families are welcome to bring in a healthy treat, such as fruit. We urge families to speak with a member of staff before bringing any food items 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 highlight triggers and medication (Medication will be stored, administered and documented in accordance with our Administering Medicine Policy).

NHS advice:

Symptoms of anaphylaxis

Anaphylaxis usually develops suddenly and gets worse very quickly.

The symptoms include:

- feeling [lightheaded or faint](#)
- [breathing difficulties](#) – such as fast, shallow breathing
- wheezing
- a fast heartbeat
- clammy skin
- [confusion](#) and anxiety
- collapsing or losing consciousness

There may also be other [allergy symptoms](#), including an itchy, raised rash ([hives](#)); feeling or being sick; swelling ([angioedema](#)) or [stomach pain](#).

What to do if someone has anaphylaxis

Anaphylaxis is a medical emergency. It can be very serious if not treated quickly.

If someone has symptoms of anaphylaxis:

1. **Use an adrenaline auto-injector if the person has one** – but make sure you know how to use it correctly first.
2. **Call 999 for an ambulance immediately (even if they start to feel better)** – mention that you think the person has anaphylaxis.
3. **Remove any trigger if possible** – for example, carefully remove any stinger stuck in the skin.

4. **Lie the person down and raise their legs** – unless they're having breathing difficulties and need to sit up to help them breathe. If they're pregnant, lie them down on their left side.
5. **Give another injection after 5 minutes** if the symptoms do not improve and a second auto-injector is available.

If you're having an anaphylactic reaction, you can follow these steps yourself if you feel able to.

Read about [how to treat anaphylaxis](#) for more advice about using auto-injectors and correct positioning.

Triggers of anaphylaxis

Anaphylaxis is the result of the immune system, the body's natural defence system, overreacting to a trigger.

This is often something you're allergic to, but not always.

Common anaphylaxis triggers include:

- foods – including nuts, milk, fish, shellfish, eggs and some fruits
- medicines – including some [antibiotics](#) and [non-steroidal anti-inflammatory drugs \(NSAIDs\)](#) like [aspirin](#)
- [insect stings](#) – particularly wasp and bee stings
- [general anaesthetic](#)
- contrast agents – dyes used in some medical tests to help certain areas of your body show up better on scans
- latex – a type of rubber found in some rubber gloves and condoms

In some cases, there's no obvious trigger. This is known as idiopathic anaphylaxis.

Preventing anaphylaxis

If you have a serious allergy or have experienced anaphylaxis before, it's important to try to prevent future episodes.

The following can help reduce your risk:

- identify any triggers – you may be referred to an allergy clinic for [allergy tests](#) to check for anything that could trigger anaphylaxis
- avoid triggers whenever possible – for example, be careful when food shopping or eating out if you have a [food allergy](#)
- carry 2 in-date adrenaline auto-injectors at all times – give yourself an injection whenever you think you may be experiencing anaphylaxis, even if you're not completely sure

