



Nut-Free Policy



Although we recognise that this cannot be guaranteed, Trallwng Infants 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 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:

- Pack of nuts
- Peanut butter sandwiches
- Fruit and cereal bars that contain nuts
- Chocolate bars or sweets that contain nuts
- Sesame seed rolls
- Cakes made with nuts

We have a policy not to use nuts in any food prepared on site at our school. We are provided with nut-free school dinners. However, we cannot guarantee freedom from nut traces.

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 perceived 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 procedures.

Caution must be taken at certain times of the 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 Streets



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All 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 nut traces

All staff are first-aid trained and trained in administering Epi-pens. Training is updated annually.

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. Parents and carers are responsible for ensuring epi-pens are in date and renewed before the old one expires.

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.

Pupils

All pupils are regularly reminded about the good 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 amongst friends.

Nut allergy sufferers and Emergency Responses

Pictures of pupils that suffer with allergies are displayed on the front of the First Aid cupboard in the staff room. All medication is stored and clearly labelled in the cupboard which is accessible to all staff, but not pupils (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 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 lips
- Itching
- Sore, red, itchy eyes
- Changes in heart rate



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- 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.

Signed

(Headteacher)

Date: January 2022

Signed

(Chair of Governors) Date: January 2022