

William Henry Smith School

Nut Free Policy

Policy Details

Status:	In-house
Frequency of review:	Annually
Lead member of staff:	Caroline Booth
Last reviewed:	Spring 2022
Next Review Date:	Spring 2023
Policy Number:	HS38

1.0 Overview

The William Henry Smith School aims to practise a nut free ingredient policy although we recognise that this cannot be guaranteed. 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. Our new staff and students are made aware that we do not allow nuts or nut products within our setting for snack, lunch boxes or party cakes or seasonal treats.

2.0 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 it wrongly perceives as a threat. The whole body can be affected, usually within minutes of contact with an allergen, though sometimes the reaction can happen hours later – (see separate policy).

3.0 Staff

The onus falls on all staff to read and follow this policy both in school and when out on trips and outings. Staff and visitors must ensure they do not bring in or consume nut products within school and ensure they follow good hand washing practice.

- Caution must be taken at certain times of 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 treat. Particular products that are a cause for concern are – for example Celebrations – Roses – Heroes - Quality Street.
- 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.
- Not suitable for nut allergy sufferers
- This product contains nuts
- This product may contain traces of nuts.

4.0 Parents

Must notify staff of any known or suspected allergy to nuts and provide all needed information detailed on their child's individual care plan. All parents and carers will be made aware of the School's Nut Free Ingredient Policy either on the admission of their child or through communication sent out from the School informing them of the policy. Parents must not bring in any food or treats (such as for birthdays) unless they have checked the ingredients carefully. Homemade snack 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 in the food item into school. Packaging must be checked for:

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

Indicating this is unsuitable for school consumption.

The Schools Nut Free Ingredient Policy will be part of the Staff Induction Handbook and the Policy is available for all Staff to read.

5.0 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.

6.0 Care Plans and Emergency Response

We have individual care plans for children with allergies and Allergy Lists are displayed highlighting care plan in place, triggers, medication (Medication will be stored, administered and documented in accordance with our Administering Medicine Policy). Any staff member or student with a known nut/food allergy will have their own Adrenaline pen, i.e. EpiPen in case of emergency which should be with them at all times. The spare emergency medication is kept in reception and learning leads office in the playground.

Staff are made aware of this policy and the symptoms associated with anaphylaxis.

7.0 Symptoms

The symptoms of anaphylaxis usually start between 3 and 60 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:

- . Breathing difficulties
- . Lightheaded or faint
- . Changes in heart rate
- . Wheezing
- . Clammy skin
- . Confusion
- . Swollen eyes, lips, genitals, hands, feet and other areas.
- itching,
- . A strange metallic taste in the mouth,
- . Sore, red, itchy eyes
- . 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 is a medical emergency. It needs to be treated quickly.

You Should –

Use an Adrenaline Auto-Injector (EpiPen) if the person has one.

Call 999 for an ambulance. (Even if they start to feel better) mention you think the person has anaphylaxis.

Lie the person down flat. Unless they are –

Unconscious – Place in the recovery position.

Pregnant – Lie on left hand side.

Having breathing difficulties – Sit up.

Give another injection of Adrenaline after 5-15 minutes, if the symptoms do not improve and another EpiPen is available. If the person stops breathing or their heart stops CPR should be performed immediately.

N.B. If insect sting – Remove any trigger if possible e.g. carefully remove any stinger stuck in the skin.

We have staff members trained to administer Adrenaline via an EpiPen.

8.0 Food Labelling

All staff should be aware of the product labelling on food when buying food that is being brought into the School, for the Students to cook in the Houses.

Food labelled as 'Cooked in a Factory that uses nut products is OK to be brought into School. But not containing nuts in the food itself.

Staff should familiarise themselves with The Anaphylaxis, Asthma and The Healthy Schools Policy.