

# PINNER WOOD SCHOOL



## NUT FREE POLICY

**Approval Authority:**

**Effective From:** September 2023

**Date Ratified by GB:**

**Next Review Date:** September 2024

**Signed by Chair of GB:**

Pinner Wood aims to practise a nut free 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.

We forward our Nut Policy to our yearly intake so parents are aware that we do not allow nuts or nut products within our setting for snacks, lunch boxes or seasonal treats and we outline the symptoms of anaphylaxis.

### **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.

### **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 volunteers must ensure they do not bring in or consume nut products within the school and ensure they follow good hand washing practice.

- We do not accept food treats from parents to be given out. If staff distribute food care must be taken to ensure that no nuts are included in the product. However, occasionally pupils will be given food or treats to try e.g cooking activities, food tasting or school treats.

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 without supervision of staff and supervised hand washing:

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

## **Parents**

The staff/school must be notified of any known or suspected allergy to nuts and provide all needed information detailed on their child's individual Healthcare plan.

Parents must not to bring in any food or treats for birthdays or celebrations.

We encourage parents to think of alternative treats. Likewise for snack and lunch box choices, no nuts must be present. If you're unsure about a selection please speak to a staff member before bringing 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. Lunch box items will be removed by staff and sent back home if containing nuts or nut products.

## **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 are displayed highlighting Healthcare plan in place, triggers, medication (Medication will be stored, administered and documented in accordance with our Administering Medicine Policy).

## **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:

swollen eyes, lips, genitals, hands, feet and other areas (this is called angioedema), itching, a strange metallic taste in the mouth, sore, red, itchy eyes, changes in heart rate, 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. Anaphylaxis can lead to death if breathing becomes severely obstructed or if blood pressure becomes extremely low (known as shock). If symptoms start soon after contact with the allergen and rapidly get worse, this indicates that the reaction is more severe.

## **Legal framework and further guidance**

The Human Medicines Regulations (2012)

Managing Medicines in Schools and Early Years Settings (DfES 2005)

Other useful Pre-school Learning Alliance publications:

Medication Record (2010)

Daily Register and Outings Record (2012)

Copy of treat letter sent to parents:

16<sup>th</sup> November 2021

Dear Parents and Carers,

Pinner Wood and other local primary schools. We will not be distributing any sweets, cakes or food treats that are brought in for children's birthdays.

We understand that children like to celebrate their birthdays and families are often very generous and send pupils in with sweets and treats to share with the class. This is always very kind but has caused some difficulties, as we have many children with allergies or intolerances to food.

In addition, as a Silver rated Healthy School, we want to ensure that that we encourage and support children to eat less sugar. We are aiming for a Gold accreditation and sharing sweets does not fit with this.

Of course, we will still understand the importance of a birthday. We will aim to mark it in school with a song and/or sticker (age appropriate).

We also hold a half termly birthday bunch to celebrate pupils birthdays. Children in the 'Birthday bunch' can come in on this day in party clothes or non-uniform and will be celebrated in assembly.

Also if you would like to send something in to celebrate a child's birthday or other celebration we would love you to send in a book for the class. We are always looking to provide new and quality books for the children to read – reading is a wonderful life long skill. This is, of course, not obligatory. The book could have your child's name and birth date written inside so that everyone knows it's a birthday gift. It can be shared with the class and would then be in class for the rest of the year for everyone to share.

We will not be distributing any cakes and sweets that are sent in and these will be sent home. We will share this policy with the children but If you could discuss with your child the reasons why then that would be helpful.

We work in a cluster of local schools and all have decided to adopt this.

Thank you in advance for your support with this matter.

Sarah Marriott  
Headteacher