

Shelton Junior School



Written: November 2018
Review date: November 2019

NUT FREE POLICY 2018

MISSION STATEMENT

Shelton Junior School 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 will forward our Nut-Free Policy to our yearly intake and students/staff who join throughout the academic year so parents are aware that we do not allow nuts or nut products within our school and are also aware of the symptoms of anaphylaxis. This policy is also available on the school website.

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.

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 itchininess 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.

Further Guidance

Anaphylaxis Campaign

Tel: 01252 546100

Helpline: 01252 542029

STAFF

The onus falls on staff to read and follow this policy both in school and when out on trips. Staff and volunteers 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. Staff are not to distribute confectionary to children as it cannot be guaranteed that a child will not eat that product within school.
- Class parties - children and staff may not bring in anything baked at home due to risk of containing traces of nuts. Anything bought into school must be completely nut free.
- Staff must be mindful of their own lunch box choices and any food kept in school such as breakfast cereals/biscuits etc.
- All staff including dinner time staff will be EpiPen trained by September 2018.
- There will be EpiPens kept in appropriate classrooms and a central one located in the school office. There will be a designated member of lunchtime staff who will be responsible for taking a bag out onto the school field or playground during lunchtimes.
- 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

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.
- Parents must be aware that free choice of snack on a Friday break time is now no longer the case as it is too risky due to all the different food items being brought in. Children may have a drink and fruit or vegetables to eat as on the other 4 days of the week.
- Parents must not bring in any food or treats (such as for birthdays) unless they have checked the ingredients carefully. Likewise for lunch box choices, if parents are unsure about a selection they must speak to a staff member before bringing the food item into school.
- Packaging must be checked for the following:
 - ⊗ Not suitable for nut allergy sufferers
 - ⊗ This product contains nuts
 - ⊗ This product may contain traces of nuts

Lunch box items will be removed by staff if they contain nuts or nut products and will be returned to parents at the end of the school day.

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. Children are encouraged to check with a member of staff if they are unsure about an item/s.

REVIEW OF THE NUT FREE POLICY

The school considers the Nut Free Policy document to be important and, in conjunction with the Governing Body, undertakes a thorough review of both policy and practice each year. The outcomes of this review are used to inform the School Development Plan.

This policy was written in: *June 2018*

SENCO: *Kristyne Baker*

Review date: *June 2019*

