

St. Joseph's R.C. Primary School



***Nut Allergy Awareness
Policy***

March 2023

Review: March 2026

Policy Review

The policy was last reviewed and agreed by the Governing Body in March 2023
It is due for review in March 2026 .

This policy will be reviewed in 2026, and/or following any concerns and/or updates to national and local guidance or procedures.

Nut Allergy Awareness Policy

Nut allergies can be very serious, even life threatening. Background information can be found in Appendix No. 1 along with signs of a reaction.

Purpose

- To provide a safe learning environment for all members of St Joseph's Primary School
- To raise the awareness of all members of the school community regarding severe allergies Management

The Nut Aware Policy will be managed by:

- Parents and caregivers being requested **NOT** to send food to school that contains nuts (especially peanuts). This includes all types of nuts, peanut butter, and food containing nuts.
- Students being encouraged **NOT** to share food.
- Students being encouraged to wash hands before and after eating.
- Staff training in understanding and dealing with Anaphylaxis (severe allergic reactions) as the need arises.
- The School caterers complying with the Nut Awareness Policy.
- Breakfast & After School Club staff being aware of this Policy and will not be supplying foods that contain nuts.

Promotion

This policy will be promoted by:

- A copy of this policy being made available to all parents and caregivers.
- Staff being informed and provided with training opportunities.
- Pupils being informed via teachers, support staff and signs.

Risk management regarding Nut Allergy

- Parents will be informed by letter of the need to support this policy
- Staff will be made aware of the content of this policy.
- Children with a nut allergy will be made known to staff along with appropriate actions.
- Staff will be alert to any obvious signs of nuts being brought in, but **they will not inspect all food** brought into school.
- The School Lunchtime staff will follow the nut awareness policy as will all staff.
- Relevant staff will be trained in the use of Auto-injectors e.g. Epi-pen, which will be held in School if a particular child should have this treatment prescribed.

Parents **MUST** inform the School immediately if a nut allergy or anaphylaxis problem has been diagnosed with their child.

A Care plan will be put together, with the help of parents/carers and this will be displayed in the staff room notice board and so all staff are aware and up to date.

Whilst the child, their parents and the School take all reasonable precautions, we cannot guarantee a nut free zone.

It is therefore VITAL that ALL parents are aware of and adhere to the following conditions if sending food into school.

The Policy

- **Any food, containing nuts or seeds must not be brought into School.**
- As mistakes may be made, children should be taught not to share their food with any other child.
- It is no way expected that parents provide treats for the Class to celebrate their child's birthday but, since some parents choose to do this, we would ask that such treats are nut free.

Food labels to look for:

- **Not suitable for nut allergy sufferers** – This will contain nuts;
- **This product contains nuts** – Self-explanatory;
- The packaging displays '**This Product May Contain Nuts**' – "May contain" labels are intended to alert consumers to the possibility of accidental cross contamination during the production process. So, for example, a supposedly nut free breakfast cereal is produced in the same factory as a nutty Granola cereal, the manufacturer might put "may contain nuts" (or an equivalent warning) on the cereal packet. This is purely voluntary by the manufacturer and is intended to 'cover' them if there was accidental cross contamination. The product would not contain nuts otherwise the above warning labels would be required however there may have been a cross-contamination risk.

Staff should ensure the following:

- Any treats should be given out at home time for parents to decide if they allow their child to eat them
- Children should be asked to wash their hands with warm water and soap regularly and especially before and after snack and lunch in case any foods containing nuts have been consumed. Hand sanitisers may not effectively remove the nut protein.
- Regular cleaning of dining tables/ worktop suspected of traces of nut protein:
 - Wash - With warm, soapy water and a single-use towel, wipe down all surfaces.
 - Rinse - Fill a spray bottle with fresh water. Spray surfaces that have been cleaned with soapy water. Wipe with a clean, single-use towel.
 - Sanitise - With single-use, sanitised towels or wipes, polish surfaces and let them air dry.
 - Other effective surface-cleaning methods include commercial cleaning wipes that contain detergent or all-purpose detergent spray cleaners used with paper towels or clean cloths.

What happens with a Nut or Peanut Allergy?

The body's immune system normally fights infection. But, when someone is allergic to tree nuts or peanuts, the immune system overreacts to proteins in these foods.

Every time the person eats (or, in some cases, handles or breathes in) a peanut or tree nut, the body thinks the proteins are harmful invaders. The immune system responds by kicking into high gear to fend off the "invader." This causes an allergic reaction, in which chemicals like histamine are released in the body.

The release of these chemicals can cause someone to have the following problems:

- Panic;
- Wheezing;
- Trouble breathing (because their throat and nasal passages swell up)
- Coughing
- Hoarseness
- Throat tightness;
- Stomach ache/ cramps;
- Vomiting;
- Diarrhoea;
- Itchy, watery, or swollen eyes;
- Hives (red spots/ patches on the skin);
- Hypotension (a drop-in blood pressure).

Reactions to foods, like peanuts and tree nuts, can be different. It all depends on the person — and sometimes the same person can react differently at different times.

Nut and peanut allergies can cause a severe reaction called anaphylaxis. Anaphylaxis may begin with some of the same symptoms as a less severe reaction, but then quickly worsen, leading someone to have trouble breathing, feel lightheaded, or to pass out. If it is not treated, anaphylaxis can be life threatening. Anaphylaxis can also be caused by reactions to Bee/ Wasp stings.