Faith Primary Academy

Nut Free Policy

Our school vision is inspired by the bible verse Ephesians 5: 8-9:
For you were once darkness, but now you are light in the Lord. Live as children of light.

Faith Primary is a joint Catholic and Church of England Academy. Guided by our Christian ethos we are here to serve the community, helping the children and all involved in the school to reach their full potential in a safe and happy environment.

"Loving and Learning in the Light of the Lord"

Love Generosity Compassion Courage Forgiveness Friendship Respect

Reviewed: **September 2025** Review date: **September 2027**

Nut Free Policy

Statement of intent Faith Primary Academy strives to ensure the safety and wellbeing of all members of the school community. For this reason, this policy is to be adhered to by all staff members, parents and pupils, with the intention of minimising the risk of anaphylaxis occurring whilst at school due to nut allergies.

To effectively implement this policy and ensure the necessary control measures are in place, parents are responsible for working alongside the school in identifying allergens and potential risks, to ensure the health and safety of their children.

The school does not guarantee a completely nut-free environment; however, this policy will be utilised to minimise the risk of exposure to nuts, encourage self-responsibility, and plan for an effective response to possible emergencies.

Definitions

Allergy – is a condition in which the body has an exaggerated response to a substance. This is also known as hypersensitivity.

Allergen – is a normally harmless substance that triggers an allergic reaction for a susceptible person.

Allergic reaction – is the body's reaction to an allergen and can be identified by, but not limited to, the following symptoms:

- Hives
- Generalised flushing of the skin
- Itching and tingling of the skin
- Tingling in and around the mouth
- Burning sensation in the mouth
- Swelling of the throat, mouth or face
- Feeling wheezy
- Abdominal pain
- Rising anxiety
- Nausea and vomiting
- Alterations in heart rate
- Feeling of weakness

Anaphylaxis – is also referred to as anaphylactic shock, which is a sudden, severe and potentially life-threatening allergic reaction. This kind of reaction may include the following symptoms:

- Persistent cough
- Hoarse voice
- Difficulty swallowing, or swollen tongue
- Difficult or noisy breathing
- Persistent dizziness
- Becoming pale or floppy
- Suddenly becoming sleepy, unconscious or collapsing

Roles and responsibilities

The DSL and Headteacher is responsible for:

• Ensuring that staff receive allergy and anaphylaxis training annually.
• Monitoring the effectiveness of this policy and reviewing it on an annual basis, and after any incident where a pupil experiences an allergic reaction.
• Ensuing that all members of staff have read this policy and understand the emergency procedures within it.

The DSL is responsible for:

• Ensuring the school environment is as nut-free as possible.
• The development, implementation and monitoring of this policy.
• Ensuring that parents are informed of their responsibilities in relation to their child's allergies.
• Ensuring that all school trips are planned in accordance with the Educational Visits and School Trips Policy, taking into account any potential risks the activities involved pose to pupils with known allergies.
• Ensuring that all designated first aiders are trained in the use of adrenaline auto-injectors (AAIs) and the management of anaphylaxis.
• Ensuring that all staff members are provided with information regarding anaphylaxis, as well as the necessary precautions and action to take.
• Ensuring that catering staff are aware of, and act in accordance with, the school's policies regarding food and hygiene, including this policy.
• Ensuring that catering staff are aware of any pupils' allergies which may affect the school meals provided.

All staff are responsible for:

• Ensuring that they do not bring any products containing nuts into the school.
• Acting in accordance with the school's policies and procedures at all times.
• Attending relevant training regarding allergens and anaphylaxis.
• Being familiar with and implementing pupils' individual healthcare plans (IHPs) as appropriate.
• Responding immediately and appropriately in the event of a medical emergency.
• Reinforcing effective hygiene practices, including those in relation to the management of food.
• Promoting hand washing before and after eating.
• Monitoring all food supplied to pupils by both the school and parents, including snacks, ensuring food containing nuts is not provided.
• Ensuring that pupils do not share food and drink in order to prevent accidental contact with nuts.
• Ensuring that any necessary medication is out of the reach of pupils but still easily accessible to staff members.
• Liaising with the school nurse and pupils' parents to ensure the necessary control measures are in place.
• Informing the DSL if they have an allergy to nuts.

First aiders are responsible for:

• Responding to incidents of anaphylaxis in accordance with the Allergen and Anaphylaxis Policy and First Aid Policy.
• Maintaining the Nut Allergy Pupil Log and ensuring staff know where it can be located.
• Providing first aid and anaphylaxis training to all members of staff on an annual basis.
• Liaising with paramedics, should they be called to respond to an incident of anaphylaxis.

Parents are responsible for:

• Notifying the school nurse of the following information: — Whether their child is allergic to nuts — What medication to administer should an allergic reaction occur — Specified control measures and what can be done to prevent the occurrence of an allergic reaction
• Keeping the school up-to-date with their child's medical information.
• Providing written consent for the use of a spare AAI.
• Providing the school with up-to-date emergency contact information.
• Providing the school with written medical documentation, including instructions for administering medication as directed by their child's doctor.
• Providing the school with any necessary medication, in line with the procedures outlined in the Supporting Pupils with Medical Conditions Policy.
• Communicating to the school any specific control measures that can be implemented to prevent the child from coming into contact with nuts.
• Providing the school with written details regarding their child's nut allergy.
• Working alongside the school to develop an IHP to accommodate their child's needs, as well as undertaking the necessary risk assessments.
• Signing their child's IHP, where required.
• Acting in accordance with any allergy-related requests made by the school, such as not providing nut-containing items in their child's packed lunch.
• Ensuring their child is aware of allergy self-management, including being able to identify their allergy triggers and how to react.
• Providing a supply of 'safe' snacks for any individual attending school events.
• Raising any concerns they may have about the management of their child's allergies with the classroom teacher.
• Ensuring that any food their child brings to school is safe for them to consume.
• Liaising with staff members, including those running breakfast and afterschool clubs, regarding the appropriateness of any food or drink provided.

Pupils are responsible for:
• Ensuring that they do not exchange food with other pupils.
• Avoiding food which they know they are allergic to, as well as any food with unknown ingredients.
• Being proactive in the care and management of their allergies.
• Notifying a member of staff immediately if they believe they are having an allergic reaction, even if the cause is unknown.
• Notifying a member of staff when they believe they may have come into contact with something containing nuts.
• Learning to recognise personal symptoms of an allergic reaction.
• Keeping necessary medications in an agreed location that members of staff are aware of.
• Developing greater independence in keeping themselves safe from allergens.

- Notifying a staff member if they are being bullied or harassed as a result of their nut allergy.

Prohibited foods

The school is committed to ensuring our pupils with nut allergies are not at risk of an allergic reaction. All food products containing nuts are prohibited. The school expects parents to check food products when preparing pupils' lunches and snacks. Parents, pupils and staff will be mindful that the following food products are prohibited:

- Cereal bars with nuts
- Peanut butter sandwiches
- Packs of nuts
- Chocolate bars containing nuts In addition to the list above, food packaging that states a product contains nuts, or is unsuitable for people with nut allergies, means that the product will be considered prohibited.

The school will not use nuts in any school-prepared meals.

Staff will not bring products containing nuts into the school. Any prohibited items will be removed, and a nut-free alternative will be provided.

Nut allergies

Parents will inform the school that their child is allergic to nuts, as well as the necessary action to be taken in the event of an allergic reaction, such as any medication required.

Information regarding all pupils' nut allergies will be collated, indicating whether they consume a school dinner or a packed lunch, and this will be passed onto the school's catering service.

The school's catering service will be requested to eliminate nuts, and food items with nuts as ingredients, from meals as far as possible, including foods which are labelled 'may contain traces of nuts'.

The catering team will ensure that general good practice hygiene standards are maintained, in accordance with the school's Health and Safety Policy.

There is a set of kitchen utensils that will be used to prepare the food and drink of the pupils at risk. Food items containing nuts will not be served at, or be brought onto, the school premises.

The chosen catering service of the school will be responsible for ensuring that the school's policies are adhered to at all times, including those in relation to the preparation of food, taking into account any allergens.

Learning activities that involve the use of food, such as food technology lessons, will be planned in accordance with pupils' IHPs, taking into account any known nut allergies of the pupils involved. In accordance with the Health and Safety Policy, the school will ensure the safety of staff with allergies to nuts.

Staff training

In accordance with the Supporting Pupils with Medical Conditions Policy, staff members will receive appropriate training and support relevant to their level of responsibility, to assist pupils with managing their allergies.

The school will arrange specialist training on a regular basis where a pupil in the school has been diagnosed as being at risk of anaphylaxis.

Designated staff members will be taught to:

- Recognise the range of signs and symptoms of severe allergic reactions.
- Respond appropriately to a request for help from another member of staff.
- Recognise when emergency action is necessary.
- Administer AAIs according to the manufacturer's instructions.
- Make appropriate records of allergic reactions.

All staff members will:

- Be trained to recognise the range of signs and symptoms of an allergic reaction to nuts.
- Understand how quickly anaphylaxis can progress to a life-threatening reaction, and that anaphylaxis can occur with prior mild-moderate symptoms.
- Understand that AAIs should be administered without delay as soon as anaphylaxis occurs.
- Understand how to check if a pupil is on the Register of AAIs.
- Understand how to access AAIs.
- Understand who the designated members of staff are, and how to access their help.
- Understand that it may be necessary for staff members other than designated staff members to administer AAIs, e.g. in the event of a delay in response from the designated staff members, or a life threatening situation.
- Be aware of how to administer an AAI should it be necessary.
- Be aware of the provisions in the Allergen and Anaphylaxis Policy

Emergency response

Once a pupil's allergies have been identified, a meeting will be set up between the pupil's parents, the relevant classroom teacher, and any other relevant staff members, in which the pupil's allergies will be discussed and a plan of appropriate action and support will be developed.

All medical attention, including that in relation to administering medication, will be conducted in accordance with the Supporting Pupils with Medical Conditions Policy.

Parents will provide the school admin officer with any necessary medication, ensuring that this is clearly labelled with the pupil's name, class, expiration date and instructions for administering it.

Pupils will not be able to attend school or educational visits without any life saving medication that they may have, such as AAIs.

All members of staff involved with a pupil with a known nut allergy will be aware of the location of emergency medication and the necessary action to take in the event of an allergic reaction.

Any specified support that the pupil may require will be outlined in their IHP.

All staff members providing support to a pupil with a known medical condition, including those in relation to allergens, will be familiar with the pupil's IHP.

Miss D Fox is responsible for working alongside relevant staff members and parents to develop IHPs for pupils with allergies, ensuring that any necessary support is provided and the required documentation is completed, including risk assessments being undertaken.

Miss D Fox has overall responsibility for ensuring that IHPs are implemented, monitored and communicated to the relevant members of the school community.

Mild-moderate allergic reactions

Mild-moderate symptoms of an allergic reaction include the following:
• Swollen lips, face or eyes
• Itchy/tingling mouth
• Hives or itchy skin rash
• Abdominal pain or vomiting
• Sudden change in behaviour If any of the above symptoms occur in a pupil, the nearest adult will stay with the pupil and call for help from the designated staff members able to administer AAIs via a two-way radio system.

The pupil's prescribed AAI will be administered by the designated staff member. Spare AAIs will only be administered where appropriate consent has been received.

Where there is any delay in contacting designated staff members, or where delay could cause a fatality, the nearest staff member will administer the AAI.

A copy of the Register of AAIs will be held in the school office for easy access in the event of an allergic reaction.

If necessary, other staff members may assist the designated staff members with administering AAIs.

The pupil's parents will be contacted immediately if a pupil suffers a mild moderate allergic reaction, and if an AAI has been administered.

If a pupil without a prescribed AAI, or who has not been medically diagnosed as being at risk of anaphylaxis, suffers an allergic reaction, a designated staff member will contact the emergency services and seek advice as to whether an AAI should be administered. An AAI will not be administered in these situations without contacting the emergency services.

For mild-moderate allergy symptoms, the AAI will usually be sufficient for the reaction; however, the pupil will be monitored closely to ensure the reaction does not progress into anaphylaxis.

The DSL will refer any pupil who has been administered an AAI to the hospital for further monitoring.

The DSL will ensure that any designated staff member required to administer an AAI has appropriate cover in place, e.g. if they were teaching a class at the time of the reaction.

Anaphylaxis

Anaphylaxis symptoms include the following:
• Persistent cough
• Hoarse voice
• Difficulty swallowing, or swollen tongue
• Difficult or noisy breathing
• Persistent dizziness
• Becoming pale or floppy
• Suddenly becoming sleepy, unconscious or collapsing

In the event of anaphylaxis, the nearest adult will lay the pupil flat on the floor with their legs raised, and will call for help from a designated staff member .

The designated staff member will administer an AAI to the pupil. Spare AAIs will only be administered if appropriate consent has been received.

Where there is any delay in contacting designated staff members, the nearest staff member will administer the AAI.

A copy of the Register of AAIs will be held in the school office for easy access in the event of an allergic reaction

If necessary, other staff members may assist the designated staff members with administering AAIs. The emergency services will be contacted immediately.

A member of staff will stay with the pupil until the emergency services arrive – the pupil will remain flat and still.

The DSL will be contacted immediately, as well as a suitably trained individual, such as a first aider.

If the pupil stops breathing, a suitably trained member of staff will administer CPR.

If there is no improvement after five minutes, a further dose of adrenaline will be administered using another AAI, if available.

If a pupil without a prescribed AAI, or who has not been medically diagnosed as being at risk of anaphylaxis, suffers an allergic reaction, a designated staff member will contact the emergency services and seek advice as to whether an AAI should be administered. An AAI will not be administered in these situations without contacting the emergency services.

A designated staff member will contact the pupil's parents as soon as is possible.

Upon arrival of the emergency services, the following information will be provided:
• Any known allergens, including nuts, the pupil has
• The possible causes of the reaction, e.g. nuts
• The time the AAI was administered – including the time of the second dose, if this was administered

Any used AAIs will be given to paramedics.

Staff members will ensure that the pupil is given plenty of space, moving other pupils to a different room where necessary.

Staff members will remain calm, ensuring that the pupil feels comfortable and is appropriately supported.
A member of staff will accompany the pupil to hospital in the absence of their parents.

If a pupil is taken to hospital by car, two members of staff will accompany them.

Following the occurrence of an allergic reaction, the governing board, in conjunction with the DSL will review the adequacy of the school's response and will consider the need for any additional support, training or other corrective action.

Staff with allergies

If staff have allergies to nuts, they will inform the DSL and Headteacher and appropriate safety precautions will be established.

Staff will ensure they have their medication on their person at all times.

If staff believe they are having an allergic reaction, they will contact a first aider, who will attend the member of staff and provide assistance.

If required, the first aider will call an ambulance.

Following an allergic reaction, the staff member will be permitted to go home, and appropriate cover will be arranged.

Catering arrangements

When the school is planning events, e.g. a school fair, the main planner will ensure that all allergens are correctly labelled and that there are sufficient nut free options.

The main planner will ensure that school events are as nut-free as possible.

Separate utensils will be used to handle food containing nuts.

Medication will be available for pupils with severe allergies.

Hygiene standards will be maintained during events and activities that involve food.

During school trips, the pupil will not be permitted to go without their medication.

At least one member of staff at any school event, activity or trip will have received anaphylaxis training.

The Allergen and Anaphylaxis Policy is followed at all times.

School lunches prepared on site are made using nut-free ingredients in a nut free kitchen.

If staff see nut-containing products on the school grounds, they will remove them and replace the product with a nut-free option.