

# Nut-Free Policy

December 2015: Martin Jones, Deputy Head (Pastoral)

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## ***The Federation of St Elphege's and Regina Coeli Catholic Schools***



**'With God all things are possible'**

**'Where there is love, there is God'**

The Federation of St Elphege's and Regina Coeli Catholic Schools will give every child the best possible education because each individual is uniquely created and precious to God. As a Catholic community, guided by the Holy Spirit, we will follow the example of Jesus Christ in all aspects of daily life.

### **With the help of God we will.....**

- develop our children's faith, spirituality and joy in the love of God.
- teach our children to the highest standards thus realising their own potential.
- give our children the knowledge, skills and confidence to succeed and take pride in their achievements.
- create a Christian community where we all behave well, have good manners, and learn tolerance and respect for ourselves and others.
- prepare our children today to become tomorrow's responsible and independent individuals.
- make school a happy, safe and caring place where we all enjoy learning, work hard and do our best.
- create a partnership of love, joy and high expectations between children, their parents, the staff and the governors, the parish and the wider community.

### **Inclusion statement**

The school community will ensure that ALL children irrespective of ability, ethnicity, age, gender (including those *who identify as* transgender and all differing sexual orientations), cultural and home background will have equal access to the breadth of this policy.

The achievements, attitudes and well-being of all our children matter and the school will endeavour to promote their individuality. Children with learning disabilities and gifted and talented children will be allowed to express themselves according to their ability. Work will be differentiated to meet their needs and achievements will be celebrated.

This Policy will be implemented through on going consultation with all members of the school community.

# Nut-Free Policy

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## **Rationale**

**The Federation of St Elphege's and Regina Coeli Catholic Schools** believe that the safety of our children, families and staff is paramount. The Federation has a duty of care to all children and staff and consider it necessary to accommodate their medical needs as far as practically possible. In doing so, the Federation 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 Federation 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 so parents are aware that we do not allow nuts or nut products within our setting for snacks, in lunch boxes, party cakes or seasonal treats. We outline the symptoms of anaphylaxis, a severe reaction to an allergy, on the next page.

## **Anaphylaxis, a Definition**

Anaphylaxis (also known as anaphylactic shock) is an allergic condition that can be severe and potentially fatal. Anaphylaxis is the body's immune system reacting badly to a substance, such as food, which it wrongly considers to be a threat. The whole body can be affected, usually within minutes of contact with the substance, 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 Federation 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 are a better alternative but care must be taken to ensure that provision is made for those who have a gelatine-free diet. Particular products that are a cause for concern are: Celebrations; Roses; Heroes; Quality Streets. All product packaging must be checked for warnings directed at nut allergy sufferers and if the following or similar is displayed, the product must not be used in school without supervision of staff and supervised hand washing:

- *This product may contain traces of nuts.*

**If the product carries the following or similar warnings, it should not be consumed during any school activity:**

- *Not suitable for nut allergy sufferers*
- *This product contains nuts*

## **Parents / Carers**

Parents and carers must notify staff of any known or suspected allergy to nuts and provide all needed information detailed on their child's individual Healthcare plan, dietary needs form or medication form.

Parents must not bring in any food or treats (such as for birthdays) unless they have checked the ingredients carefully. Likewise for snack and lunch box choices, if you're unsure about a selection, please speak to a staff member before bringing in the food item onto the school premises or to any activity associated with the school.

## **Lunches and Snack Items**

School lunches prepared on site are made using nut-free ingredients in a nut-free kitchen. Snacks and items in packed lunches must be free from nuts. Parents and carers are asked to check the ingredients of food items carefully. Packaging must be checked for:

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

The presence of the above indicates that this is unsuitable for consumption in school or during any activity associated with school.

**If lunch box or snack items are found to contain nuts, they will be removed by staff and replaced with fruit.**

### **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 some children with allergies and Allergy Lists are stored in all classrooms, the school office and are held with the Pastoral Deputy Head Teacher. These documents highlight whether a Healthcare plan is in place, any known triggers and whether medication is held on-site (Medication will be stored, administered and documented in accordance with our Administering Medicine Policy). In addition, quick reference emergency cards are located in each classroom identifying children known to be at risk of anaphylaxis. Staff are made aware of this policy and the symptoms associated with anaphylaxis.

### **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.

# ACTION

An allergic reaction can consist of one or more of the following:

- Diarrhoea or vomiting
- A cough
- Wheezing and shortness of breath
- Itchy throat and tongue
- Itchy skin or rash
- Swollen lips and throat
- Runny or blocked nose
- Sore, red and itchy eyes

## BE AWARE

The symptoms of allergic reactions can develop **VERY** quickly, leading to Anaphylaxis.

Please See Below.

## What should you do?

- Seek First Aid
- Monitor the child closely
- If their condition deteriorates, see below.

## Anaphylaxis

Signs of anaphylaxis include:

- itchy skin or a raised, red skin rash
- swollen eyes, lips, hands and feet
- feeling lightheaded or faint
- swelling of the mouth, throat or tongue
- breathing and swallowing difficulties
- wheezing
- abdominal pain, nausea and vomiting
- collapse and unconsciousness

**Anaphylaxis is a severe, potentially life-threatening allergic reaction that can develop rapidly. It is also known as anaphylactic shock.**

## What should you do?

- If the child has been prescribed it, an injection of a medicine called adrenaline (**Epipen**) should be given. This should be **injected** into their **outer thigh muscle** and **held in place for 5-10 seconds**. Instructions are found on the side of each device.
- **Send for a First Aider. Ask them to attend immediately and DIAL 999 for an AMBULANCE**
- If after 5-10 minutes the person still feels unwell, a **second injection** should be given. This should be given in the **opposite thigh**. A second dose may also be needed if the person improves and then becomes unwell again.
- The person should **lie flat** with their **legs raised on a chair** or a low table. If they are having **difficulty breathing**, they should **sit up** to make breathing easier.
- If the person is **unconscious**, you should move them in the **recovery position** (on their side, supported by one leg and one arm, with the head tilted back and the chin lifted). If the person's **breathing or heart stops**, cardiopulmonary resuscitation (**CPR**) should be performed.