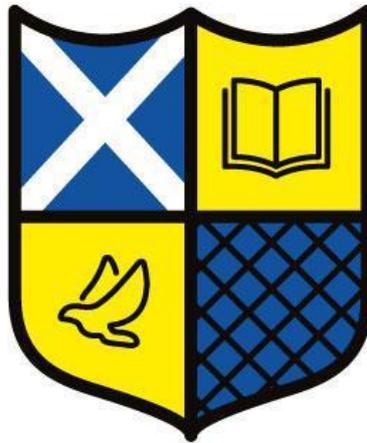


# St. Andrew's CE Primary School

## Nut Free Policy



<b>Approved by:</b>	Resources & Finance Committee
<b>Last reviewed on:</b>	May 2025
<b>Next review due by:</b>	Spring 2026

## St Andrews C.E Primary School - Nut-Free Policy

Although we recognise that this cannot be guaranteed, St Andrews C.E Primary School's aims to be a Nut-Free school. 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 (including peanuts, tree-nuts and sesame due to additional allergies).

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 do not allow nuts or nut products in school lunch boxes.

Our "Nut-Free Policy" means that the following items should not be brought into school:

- Packs of nuts
- Peanut butter sandwiches
- Fruit and cereal bars that contain nuts
- Chocolate bars or sweets that contain nuts
- Sesame seed rolls (children allergic to nuts may also have a severe reaction to sesame)
- Hummus (due to the sesame seed content within the ingredients)
- Any products containing Pesto (due to pine nut content)
- Cakes made with nuts

We have a policy to not use nuts in any of our food prepared on site at our school. Our supplier - 'Caterlink' provide us with nut-free products. However, we cannot guarantee freedom from nut traces.

**Caterlink** provide the following statement and ask for a form to be completed by parents (attached link) in relation to special dietary requirements and allergens and ask parents to complete this form and provide to the school Medical welfare officer Kate Paice.

*'We are committed to providing meals for children needing special diets for medical requirements, where possible. Caterlink work closely with their suppliers and aim to be as accurate as possible but it must be noted that they can only be guided by the information the suppliers provide, similar to the process of a parent catering for a child's special diet. It is essential that all parties concerned work together when providing a safe special diet and that this is reviewed with every menu change, therefore please ensure this form is fully completed. It is vital that all forms are accompanied with a referral letter from a medical professional (G.P/ consultant /dietician), It is important the unit manager and kitchen team or servery supervisor have met the child requiring the special diet to ensure they give the right meal to the right child. This form must be handed into the school (not the Caterer) and discussed with them. '*

[Caterlink Allergy Form for Parents/Carers](#)

## Staff

Staff and volunteers must ensure they do not bring in or consume nut products in school 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 confectionery, care must be taken to ensure that no nuts are included in the product. Fruit sweets such as Haribo are a better alternative. Particular products that are a cause for concern are: - Celebrations – Roses – Heroes – Quality Street.

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. Packaging must be checked for:

- Not suitable for nut allergy sufferers;
- ***Nuts, peanuts or sesame are emphasised in the ingredients list.***
- This product may contain traces *of nuts/peanuts/sesame; or is produced in a factory which also handles these allergens.*

*This Indicates that the food is unsuitable for school consumption.*

Epi Pen trained staff are named First Aiders. Please check the school office, medical room for a list of qualified staff.

## Parents and Carers

Parents and carers must notify staff of any known or suspected allergy to *peanuts*, nuts and provide all medical and necessary information. This will be added to the child's care plan and if necessary a meeting organised with the school medical welfare officer. Homemade snacks or party food contributions must have a label detailing all ingredients present and the kitchen environment where the food was prepared must be nut free. If you are unsure about a selection please speak to a staff member before bringing the food item into school.

The school requests that parents and carers observe the nut-free policy and therefore do not include nuts, or any traces of nuts, in packed lunches. We cannot give out any sweets brought in from home to be given out as birthday 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. Packaging must be checked for:

- Not suitable for nut allergy sufferers;
- ***Nuts, peanuts or sesame are emphasised in the ingredients list.***
- This product may contain traces *of nuts/peanuts/sesame; or is produced in a factory which also handles these allergens.*

*This Indicates that the food is unsuitable for school consumption and should not be brought into school.*

Caution to be taken when bringing in confectionary gifts for staff at certain times of year such as the end of term, Easter and Christmas. Care must be taken to ensure that no nuts are

included in the product. Particular products that are a cause for concern are: - Celebrations – Roses – Heroes – Quality Street.

## **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.

## **Healthcare Plans and Emergency Response**

We have individual Healthcare plans for children with allergies and allergy lists are displayed highlighting Healthcare plans 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 three and sixty 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 (angioedema)
- Itching
- 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. If symptoms start soon after contact with the allergen and rapidly worsens, this indicates that the reaction is more severe.

## **Legal framework**

- The Human Medicines Regulations (2012)
- Supporting pupils at school with medical conditions. (2014)