

SHELTON INFANT SCHOOL

Nut-Free Policy

Policy statement

Shelton Infant 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.

Our Nut-Free Policy is published on the school website and parents are informed by letter or electronic messaging that we are a nut free school.

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.

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. 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 without supervision of staff and supervised hand washing:
 - ⊗ 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 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 in the food item into school.

Packaging must be checked for:

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

indicating this is unsuitable for school consumption.

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.

Care Plans and Emergency Response

We have Individual Care Plans for children with severe allergies. Medication will be stored, administered and documented in accordance with our Administering Medicine Policy.

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.

Further Guidance

Anaphylaxis Campaign

Tel: 01252 546100

Helpline: 01252 542029