

Driffield Church of England (VC) Infant School



'Learn to let your light shine'

Matthew 5: 14-16

Nut-Free Policy

Approved by: Health & Safety

Date:

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Statement of intent

Driffield CE Infant School welcomes all God's children and their families and is a place where children of all faiths and none flourish and are inspired by the Christian character and values of our school and learn to love God, one another and themselves (Mark 12:30-31) in order that they can 'Live life in all its fullness' (John 10:10)

It is this ethos underpinned by the words from Matthew 5: 14-16 'Learn to let your light shine' that underpins our approach to ensuring the health and safety of our whole school community.

Driffield CofE VC Infant School 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.

1. Legal framework

This policy has due regard to all relevant legislation including, but not limited to, the following:

- The Human Medicines (Amendment) Regulations 2017
- The Food Information (Amendment) (England) Regulations 2019 (Natasha's Law)

This policy has due regard to all relevant guidance including, but not limited to, the following:

- Department of Health (2017) 'Guidance on the use of adrenaline auto-injectors in schools'
- DfE (2015) 'Supporting pupils at school with medical conditions'

This policy operates in conjunction with the following school policies and documents:

- Health and Safety Policy
- Administering Medication Policy
- Supporting Pupils with Medical Conditions Policy
- Educational Visits and School Trips Policy
- Anaphylaxis Risk Assessment
- First Aid Policy
- Register of Adrenaline Auto-Injectors (AAIs)
- AAI Record

2. 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

Foods that are **pre-packaged for direct sale** (PPDS) – refers to any food prepared on school premises that is pre-packaged before the point that it is selected, ordered or offered.

3. Roles and responsibilities

The governing body is responsible for:

- Ensuring that relevant staff receive allergy and anaphylaxis training at least 3 yearly.
- Ensuring health and safety training is arranged for all catering staff on a 3 yearly basis.
- Monitoring the effectiveness of this policy and reviewing it on a 2 yearly basis, and after any incident where a pupil experiences an allergic reaction.
- Ensuring that all members of staff have read this policy and understand the emergency procedures within it.

The headteacher 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.

Catering staff are responsible for:

- Checking the labelling on food packaging that enters the school grounds, e.g. through deliveries from suppliers, to ensure that no products are used in school that contain nuts.
- Ensuring that PPDS foods are appropriately labelled in line with Natasha's Law if there is a chance they contain traces of nuts.

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 pupils' parents to ensure the necessary control measures are in place.
- Informing the headteacher if they have an allergy to nuts.

First aiders are responsible for:

- Responding to incidents of anaphylaxis in accordance with the Supporting Children with Medical Needs 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.

The school office is responsible for:

- Ensuring that there are effective processes in place for medical information to be regularly updated and disseminated to relevant staff members, including supply and temporary staff.
- Seeking up-to-date medical information about each pupil via a medical form sent to parents on an annual basis, including information regarding any allergies.
- Contacting parents for required medical documentation regarding a child's nut allergy.
- Ensuring that the necessary staff members are informed about pupils' nut allergies.
- Understanding the action to take and processes to follow in the event of a pupil going into anaphylactic shock, and ensuring that this information is passed onto staff members.

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 of which members of staff are aware.
- 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.

4. Prohibited foods

The school is committed to ensuring our pupils with nut allergies are not at risk of an allergic reaction. The school will not use nuts in any school-prepared meals.

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 containing nuts
- Peanut butter sandwiches
- Chocolate nut spread sandwiches
- Packs of nuts
- Chocolate bars containing nuts
- 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.

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

5. 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. Where possible, this will include foods which are labelled 'may contain traces of nuts'. The 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.

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

There is a separate 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.

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.

6. 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 an annual 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 Supporting Children with Medical Needs Policy.

7. 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, the school nurse 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 nurse 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 working closely 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.

The Headteacher 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.

The Headteacher 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.

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 first aid drawer 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 school office will refer any pupil who has been administered an AAI to the hospital for further monitoring.

The headteacher 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 emergency services will be contacted immediately.

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

A copy of the Register of AAIs will be held in the first aid drawer for easy access in the event of an allergic reaction.

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

The headteacher 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 AAls 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, at least two members of staff will accompany them.

Following the occurrence of an allergic reaction, the governing body, in conjunction with the school business manager, 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 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 the school office, who will attend the member of staff and provide assistance. If required, they will call an ambulance.

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

8. Catering arrangements

When the school is planning events, e.g. a school fair, the events coordinator will ensure that all allergens are correctly labelled and that there are sufficient nut-free options. The events coordinator will ensure that school events are as nut-free as possible.

Where any PPDS are being offered to attendees, this will be appropriately labelled in line with Natasha's Law, i.e. they will adhere to the following requirements:

- The name of the food will be displayed
- A full ingredients list will be displayed, complete with allergenic ingredients appropriately emphasised, e.g. in bold, italics or a different colour
- The font size has an x-height that is equal to or greater than 1.2mm
- Where the area of the packaging is less than 80cm², the x-height of the font will be equal to or greater than 0.9mm.

A School Food Risk Assessment will be carried out that accounts for allergies. Hygiene standards will be maintained during events and activities that involve food. Separate utensils will be used to handle food containing nuts.

Medication will be available for pupils with severe allergies. 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 when attended by a pupil with a known allergy. The Supporting Children with Medical Needs 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.

9. Monitoring and review

The headteacher is responsible for reviewing this policy biannually. All changes to the policy will be communicated to relevant members of the school community.

The effectiveness of this policy will be monitored and evaluated by all members of staff. Any concerns will be reported to the headteacher immediately. Following each occurrence of an allergic reaction, this policy and pupils' IHPs will be updated and amended as necessary.

The next scheduled review date is January 2024.

Drifffield CE Infant School



Nut-Free School Parental Consent Form

Drifffield CE Infant School is a nut free school and all nut-based products are banned from the school premises for the safety of our children and staff.

Children and adults should not bring into school any nut-based product, this includes products that may contain traces of nuts. Potential allergens could include the following:

- Spreads, e.g. chocolate hazelnut or peanut butter
- Cereal bars
- Some types of biscuit containing nuts
- Condiments, e.g. satay sauce
- Cakes containing nuts
- Some snack pots containing nuts
- Some suncream products
- Chocolate bars or sweets containing nuts

It is important that you check the labelling of food products before sending your child in to school with them. It is not always apparent that products contain nuts or traces of nuts. If any pupil is found with a nut-based product the school will confiscate and dispose of the item immediately.

If your child consumes any nut-based product before school, we ask that they wash their hands thoroughly and rinse their mouth before entering the school grounds. We understand that these measures may seem extreme; however, we want to ensure the health and safety of all our pupils.

Further to these provisions, the school does not serve dinners that contain nut-based products.

We have a school adrenaline auto-injector (epi-pen) on site and staff have been trained in the use of this.

We appreciate your cooperation in this matter and ask if you could sign to confirm that you have read and understood the above. Further information regarding our Nut-Free Policy can be found on our website.

Thank you for your cooperation with this matter.

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Drifffield CE Infant School Nut-Free School Parental Consent Form

I understand the terms outlined above and agree to not knowingly send any nut-based products into school.

Name of Child: _____ Class: _____

Name of Parent: _____

Signed: _____ Date: _____

