

Nut Free Policy

Nominated Member of Leadership Staff Responsible for the policy:
Headteacher

Nominated Member of Governing Body Responsible for the policy:
Premises, Safeguarding, Mental Health and Well-Being

Date written:
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Date agreed and ratified by Governing Body:
March 2026

Date of next review:
March 2029

This policy will be reviewed every three years, and following any concerns and / or updates to National and Local guidance or procedures

Nut Free Policy

Although we recognise that this cannot be guaranteed, Porter Croft 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. The school aims to protect children who have allergies to nuts yet also help them, to take responsibility and understand what foods they can eat and 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)
- Cakes made with nuts

We have a policy not to use nuts in any of our food preparation on site at our school. Our catering suppliers provide us with nut free meals. However, we cannot guarantee freedom from nut traces.

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, although sometimes the reaction can happen hours later.

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 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 eye, lips, genitals, hands, feet and other areas (this is called 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.

Emergency Response to Anaphylaxis

There are individual care plans for children with allergies. Allergy Lists are stored on CPOMS on pupil profiles, highlighting, triggers and medication. Staff must check whether children in their care have a severe allergy and familiarise themselves with the individual health care plans of pupils with allergies.

Medication is stored, administered and documented in accordance with our Administering Medicine Policy.

Emergency medication is stored in the medicine safes.

Pupils with known anaphylaxis will have an EpiPen.

In the event of an anaphylactic shock, please follow the following steps:

There is no need to remove clothing to use your EpiPen, but make sure the orange end will not hit buckles, zips, buttons or thick seams on your clothes.

Lie the pupil down with their legs slightly elevated to keep their blood flowing or sit up if breathing is difficult.

1. Remove the blue safety cap (Grasp the EpiPen® in your dominant hand and remove the blue safety cap. Remember, blue to the sky, orange to the thigh!)

2. Position the orange tip (Hold the EpiPen® at 90° approximately 10cm away, with the orange tip pointing towards your outer thigh.)

3. Jab the orange tip (Jab the EpiPen® firmly into your outer thigh at a right angle. Hold firmly for 3 seconds, before removing and safely discarding.)

All staff receive annual training on the use of EpiPen's and anaphylaxis

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 the 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 such as Haribo's (vegetarian) are a better alternative. Particular products that are a cause for concern are: - Celebrations, Roses, heroes and 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. Packaging must be checked for:

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

Parents and Carers

Parents and Carers must notify school of any known or suspected allergy to nuts (or other allergens) and provide all medical and necessary information. This will be added to the child's care plan. Homemade snacks or party food contributions should be labelled with all ingredients.

It is essential that parents of a child with a known allergen to nuts, provide us with the required emergency medication in case of anaphylaxis whilst at school. In the majority of cases this will be an EpiPen prescribed from the child or young person's GP or medical team. It is also a requirement of a child being on site that the EpiPen is within the expiry date. Should the child's or young person's emergency medication not be within the expiry date, we would request that a new EpiPen is provided. School hold an EpiPen for emergency use and Parents will be asked to sign to say this can be administered.

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 unsure about a selection, please speak to a staff member before bringing the food item into school.

The school requests that parents observe the nut-free policy and therefore do not include nuts, or any traces of nuts in packed lunches

Children

All children are regularly reminded about 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.

Visitors

Visitors to the schools will be made aware that the schools are nut-free environments in their joining instructions (i.e., the email confirming the visit/meeting). Visitors will be reminded, on arrival, that the schools are nut-free environments.