

# GILBERT INGLEFIELD ACADEMY



## NUT POLICY

Date of Policy:	September 2024
Approved by Head Teacher:	September 2024
Review Date:	September 2027
Staff responsible:	Head Teacher Senior Leadership Team

Gilbert Inglefield Academy is a nut-free school and we endeavour to avoid having any nut products on site. This policy serves to set out 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. We do not allow nuts or nut products in school lunch boxes or for in or after school club snacks.

Parents and carers must notify staff if their child has any known or suspected allergy to nuts and provide all medical and necessary information. This will be added to your child's file and if necessary, a meeting organised with school staff.

### **What types of food are nuts?**

- Almonds
- Cashew nuts
- Hazelnuts
- Pistachios
- Walnuts
- Brazil nuts
- Nut oils
- Peanuts

### **Definition of anaphylaxis**

Anaphylaxis is an allergic condition that can be severe and potentially fatal.

Anaphylaxis is the body's immune system reacting badly to a substance or 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.

This policy refers to nuts but at present also includes sesame seeds, pine kernels, coconut and sunflower seeds.

### **Symptoms**

The symptoms of anaphylaxis usually start between 3 and 60 minutes after contact with the allergen. Less commonly, they 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.
- Itching
- A strange metallic taste in the mouth.
- Sore, red, itchy eyes.
- Change of heart rate
- A sudden feeling of extreme anxiety or apprehension
- Itchy skin or nettle-rash
- 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.

If symptoms start soon after contact with the allergen and rapidly get worse, this indicates that the reaction is more severe.

### **Our “Nut-Free Policy” means that the following items should not be brought into school:**

- Packs of nuts
- Peanut butter or Nutella
- 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)
- Humous as it contains tahini which is made from sesame
- Pesto which contains nuts
- Cakes made with nuts
- Self-serve pastries covered in or containing nuts – for example almond croissants
- Any home-cooked meals for packed lunches that are made from nuts
- Any shared food for after-school events with nuts or nut oils
- Non consumable items such hair/body sprays and oils which list nuts in the ingredients

### **Staff**

Staff are expected to follow this policy both in school and when out on trips and outings, including residential visits.

Caution must be taken at certain times of the year such as Christmas and Easter. 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 Celebration, Roses, Heroes, Quality Street and similar mixed chocolate collections, which often contain nuts.

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. Not suitable for nut allergy sufferers/This product contains nuts.

EpiPen training is available to all staff and refreshed every 2 years. Those who regularly work with any child who has an EpiPen have regular top-up training.

**Catering**

Stir, the school catering team, have a 'no nut' policy.

**Parents**

We ask parents not to bring in any food or treats unless they have checked the ingredients carefully.

Packaging must be checked for: Not suitable for nut allergy sufferers/This product contains nuts.

Both these would indicate that the product is not suitable for school consumption.

Homemade cake for sale at school must not contain nuts.

**Pupils**

All pupils are regularly reminded that this school is a nut free zone and that good hygiene is practised by washing hands before and after eating.

**Food technology and science**

All staff using the food technology room and science laboratories are aware of all the procedures in place.

**Related Policies**

- Meals at School policy
- Safeguarding and Child Protection Policy