**Food Allergens (Nuts) Policy**

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**Sunnyside Primary School**

**Updated February 2020**

**Introduction:**

Although we recognise that this cannot be enforced, Sunnyside 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, 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 therefore strive to remove the risk posted by nuts or nut products and appreciate your support with this.

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**
* **Hazelnut and Chocolate Spreads (i.e. Nutella)**

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

We cannot give out any sweets/home baking brought in from home as we cannot guarantee they are nut free.

**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.

**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 confectionary, care must be taken to ensure that no nuts are included in the product.

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 suffers;
* This product contains nuts;
* This product contains nut traces

Pupils with nut products, such as those stated above, may be asked to keep these for out of school consumption.

Epi Pen trained staff are distributed throughout the school. Our designated First Aiders are recorded on notices on the First Aid Room and in the Nursery.

**Parents and Carers**

We appreciate your support and would ask that parents and carers notify staff of any known or suspected allergy to nuts and provide all medical and necessary information. This will be added to the child’s care plan and if necessary a meeting organised.

Unfortunately, due to the variety of possible ingredients, homemade snacks or party food contributions cannot be accepted. If you are unsure about this 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 stated nut products, in packed lunches. Allergins (such as nuts) are usually written in bold letters on the ingredients list.

Whilst some products may state that they “may contain nuts/nut traces” there is no way to assess the severity of risk in this situation; and therefore these cannot be effectively monitored or controlled.

We appreciate your vigilance in the control of products specifically stating that they contain nuts and nut products. If you have any questions, please do not hesitate to contact us

**Pupils/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.

**Health 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 existing processes).

**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 (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.

**Legal framework:**

* The Food Information (Scotland) Regulations 2014
* The Human Medicines Regulations 2012

Thank you for supporting us in reducing the risk to all in our community. If you have any questions about this policy please contact the school directly via the office, phone or email.