

Nut Free School Policy



Although we recognise that it is impossible to guarantee, at Chryston Primary School we strive 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 a (anaphylactic) reaction when 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.



SNACKS AND LUNCHES

We do not allow nuts or nut products in school as part of snacks or lunches. Our “Nut-Free Policy” means that the following items should not be brought into school:

- Packs of nuts
- Peanut butter sandwiches
- Nutella spread Sandwiches
- Fruit and cereal bars that contain nuts
- Chocolate bars or sweets that contain nuts
- Cakes made with nuts
- Items containing coconut

We work closely with catering services at North Lanarkshire Council to ensure the meals provided do not contain nut products, or if they do, ensuring all staff and parents and children with a nut allergy are aware of these items. Most suppliers provide catering with nut-free products. However, we cannot guarantee that some items may state – may contain traces of nuts.

Children are unable to bring in birthday cakes or homemade items as we cannot guarantee that they will not contain nuts. While it cannot be guaranteed, children will be encouraged not to share food items in school with their peers

SCHOOL COOKING

As part of our Health and Wellbeing Curriculum there will be opportunities for all children to be involved in Food and Health topics which includes cooking and hygiene. We would like all children to be included and therefore, all ingredients will be carefully selected by staff to ensure that they do not contain the wording:

- Contains nuts
- May contain nuts
- Contains traces of nuts
- Is not suitable for nut allergy sufferers

Ingredients which suggest “**may contain traces of nuts**” will be allowed to be used in classroom activities, as there is a minimal risk of cross contamination.

TREATS AND COFFEE MORNINGS

Staff may wish to purchase snacks for the children to have in school as a reward for working hard or displaying good behaviour. Again these items will be carefully selected to ensure that they are nut free. If for some reason, items do suggest that they could contain nuts, then children will be encouraged to take them home for consumption.

On occasion we ask parents/carers to provide us with cakes for us to sell at coffee mornings and fun days. We ask that if anyone is baking these by themselves then they ensure that nut products are not used at all – including coconut. Also, if the cakes are shop bought then again all effort must be made to ensure that they are nut free. Again, items which state **“may contain traces of nuts”** will be accepted.

HEALTH PLANS AND EMERGENCY RESPONSE

All children with anaphylaxis have an individual care plan from the NHS which we will adhere to follow if they display symptoms during school hours. These are kept with the child’s medication and Epi-Pen for everyone to see during these times. Most staff are trained on using Epi-Pens and we will continue to ensure this is done on an annual basis so that all staff are able to spot symptoms and administer medication correctly.