



1.10

No Nut Policy

No nuts or 'may contain nuts' or nut products used within the setting

Whilst we recognise that allergic reactions are not specific to nuts, it is recognised that this is one of the more common allergies and that the risk can be minimised by having a specific 'No Nut Policy'.

Procedures for dealing with nut allergies are outlined in 'Managing Children with Allergies, or who are Sick or Infectious'.

This policy refers to nuts and includes sesame seeds, pine kernels, and chestnuts.

Silverhill School and Day Nursery practices a no nut policy, meaning that nuts, food products containing nuts or food products that 'may contain nuts' are not brought to the school, although we recognise that this cannot be guaranteed.

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, or others, may be put at risk.

How we inform people about our 'nut free' policy

Whereas those suffering from allergies will generally be aware of the potential risk, we need to inform and ensure that **everyone** is aware.

Our caterers must abide with the school's nut free policy along with their own food allergy and intolerance statement. This ensures that:

- The main ingredient list of all purchased pre-packed food items will be examined before use for the presence of nuts or nut-based products and not used if they detect visible signs.
- Catering staff will be fully informed about the ingredient and food content of all daily menus so that accurate information can be provided to customers about potential allergens.

Parents are informed of this policy when their children join the school. Regular reminders are also sent to parents via email.

Staff (including peripatetic and volunteers) are informed at induction.

A sign at reception is displayed to inform visitors.

Celebrations and treats

Caution must be taken at certain times of year such as Easter and Christmas.

Staff

If Staff distribute confectionary, care must be taken to ensure that no nuts are included in the product. Particular products that are a cause for concern are:

- Celebrations
- Roses
- Heroes
- Quality Street

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 without supervision of staff and supervised hand washing:

- Not suitable for nut allergy sufferers
- This product contains nuts
- This product 'may contain nuts'

Parents

We ask parents not to bring in any food or treats (such as for birthdays) unless they have checked the ingredients carefully. Packaging must be checked for:

- Not suitable for nut allergy sufferers
- This product contains nuts
- This product 'may contain nuts'

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.

If food is brought in that is thought to contain nuts or nut products, it is to be removed.

Definitions

Allergy - A condition in which the body has an exaggerated response to a substance (e.g. food or drug). Also known as hypersensitivity.

Allergen – A normally harmless substance that triggers an allergic reaction in the immune system of a susceptible person.

Anaphylaxis – Anaphylaxis, or anaphylactic shock, is a sudden, severe and potentially life threatening allergic reaction to food, stings, bites, or medicines.

It is the 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, though sometimes the reaction can happen hours later.

EpiPen – Brand name for syringe style device containing the drug adrenaline which is ready for immediate intramuscular administration.

Minimised Risk Environment - An environment where risk management practices have minimised the risk of (allergen) exposure to a reasonable level. Not an allergen free environment.

Anaphylaxis Health Care Plan – A detailed document outlining an individual student’s condition, treatment, and action plan for location of EpiPen.

Management System – A record system managed by the person in charge which describes the individual student medical care plans and the particular members of staff who will need to be trained and informed of these plans.

This policy was adopted by	Silverhill School
Date	January 2019
Review Date	January 2020
Name of signatory	Jenifer Capper
Role of signatory	Headmistress