



Nut Allergy Awareness

Approval of the Governing Body

This document is a statement of the aims, principles and strategies for:

Nut Allergy Awareness

at Lugwardine Primary Academy

It has been agreed and is supported by the teaching staff and the governing body

Signatures

Mr R Foster Head Teacher



Mrs C Long Chair of Governors



Miss K Bythell Business Manager



Review Cycle	Bi-Annual
Approval Date	14 th July 2022
Date of next review	Summer Term 2024

Table of Contents

1. Background	4
2. Definitions	4
3. Roles and responsibilities.....	5
4. Prohibited foods.....	6
5. Nut allergies	7
6. Staff training.....	7
7. Emergency response.....	Error! Bookmark not defined.
8. Mild-moderate allergic reactions.....	8
9. Anaphylaxis	9
10. Nut-free School Letter to Parents.....	10

1. Background

Lugwardine Primary Academy strives to ensure the safety and wellbeing of all members of the school community. For this reason, this policy is to be adhered to by all staff members, parents and pupils, with the intention of minimising the risk of anaphylaxis occurring whilst at school due to nut allergies.

To effectively implement this policy and ensure the necessary control measures are in place, parents are responsible for working alongside the school in identifying allergens and potential risks, to ensure the health and safety of their children.

The school does not guarantee a completely nut-free environment; however, this policy will be utilised to minimise the risk of exposure to nuts, encourage self-responsibility, and plan for an effective response to possible emergencies.

2. Definitions

Allergy – is a condition in which the body has an exaggerated response to a substance. This is also known as hypersensitivity.

Allergen – is a normally harmless substance that triggers an allergic reaction for a susceptible person.

Allergic reaction – is the body's reaction to an allergen and can be identified by, but not limited to, the following symptoms:

- Hives
- Generalised flushing of the skin
- Itching and tingling of the skin
- Tingling in and around the mouth
- Burning sensation in the mouth
- Swelling of the throat, mouth or face
- Feeling wheezy
- Abdominal pain
- Rising anxiety
- Nausea and vomiting
- Alterations in heart rate
- Feeling of weakness

Anaphylaxis – is also referred to as anaphylactic shock, which is a sudden, severe and potentially life-threatening allergic reaction. This kind of reaction may include the following symptoms:

- Persistent cough
- Hoarse voice
- Difficulty swallowing, or swollen tongue
- Difficult or noisy breathing
- Persistent dizziness

- Becoming pale or floppy
- Suddenly becoming sleepy, unconscious or collapsing

3. Roles and responsibilities

The governing board is responsible for:

- Monitoring the effectiveness of this policy and reviewing it every 2 years, and after any incident where a pupil experiences an allergic reaction.
- Ensuring that all members of staff have read this policy and understand the emergency procedures within it.

The headteacher is responsible for:

- Ensuring the school environment is as nut-free as possible.
- The development, implementation and monitoring of this policy.
- Ensuring that parents are informed of their responsibilities in relation to their child's allergies.
- Ensuring that all designated first aiders are trained in the use of adrenaline auto-injectors (AAIs) and the management of anaphylaxis.
- Ensuring that all staff members are provided with information regarding anaphylaxis, as well as the necessary precautions and action to take.

All staff are responsible for:

- Ensuring that they do not bring any products containing nuts into the school.
- Acting in accordance with the school's policies and procedures at all times.
- Attending relevant training regarding allergens and anaphylaxis.
- Being familiar with and implementing pupils' individual healthcare plans (IHPs) as appropriate.
- Responding immediately and appropriately in the event of a medical emergency.
- Reinforcing effective hygiene practices, including those in relation to the management of food.
- Promoting hand washing before and after eating.
- Monitoring all food supplied to pupils by both the school and parents, including snacks, ensuring food containing nuts is not provided.
- Ensuring that pupils do not share food and drink in order to prevent accidental contact with nuts.
- Ensuring that any necessary medication is out of the reach of pupils but still easily accessible to staff members.
- Informing the headteacher if they have an allergy to nuts.

First aiders are responsible for:

- Responding to incidents of anaphylaxis
- Liaising with paramedics, should they be called to respond to an incident of anaphylaxis.
- Understanding the action to take and processes to follow in the event of a pupil going into anaphylactic shock, and ensuring that this information is passed onto staff members.

- Ensuring that there are effective processes in place for medical information to be regularly updated and disseminated to relevant staff members, including supply and temporary staff.
- Seeking up-to-date medical information about each pupil via a medical form sent to parents on an annual basis, including information regarding any allergies.

Parents are responsible for:

- Notifying the school of the following information:
 - Whether their child is allergic to nuts
 - What medication to administer should an allergic reaction occur
 - Specified control measures and what can be done to prevent the occurrence of an allergic reaction
- Keeping the school up-to-date with their child's medical information.
- Providing written consent for the use of a spare AAI.
- Providing the school with up-to-date emergency contact information.
- Providing the school with written medical documentation, including instructions for administering medication as directed by their child's doctor.
- Providing the school with any necessary medication
- Communicating to the school any specific control measures that can be implemented to prevent the child from coming into contact with nuts.
- Providing the school with written details regarding their child's nut allergy.
- Working alongside the school to develop an IHP to accommodate their child's needs, as well as undertaking the necessary risk assessments.
- Signing their child's IHP, where required.
- Acting in accordance with any allergy-related requests made by the school, such as not providing nut-containing items in their child's packed lunch.
- Ensuring their child is aware of allergy self-management, including being able to identify their allergy triggers and how to react.
- Providing a supply of 'safe' snacks for any individual attending school events.
- Raising any concerns they may have about the management of their child's allergies with the Headteacher or Deputy Headteacher.
- Ensuring that any food their child brings to school is safe for them to consume.
- Liaising with staff members, including those running breakfast and afterschool clubs, regarding the appropriateness of any food or drink provided.

4. Prohibited foods

The school is committed to ensuring our pupils with nut allergies are not at risk of an allergic reaction. All food products containing nuts are prohibited.

The school expects parents to check food products when preparing pupils' lunches and snacks.

Parents, pupils and staff will be mindful that the following food products are prohibited:

Sesame seed rolls

- Spreads, e.g. chocolate spread and peanut butter

- Cereal bars
- Some types of biscuit containing nuts
- Condiments, e.g. satay sauce
- Cakes containing nuts
- Some snack pots containing nuts

In addition to the list above, food packaging that states a product contains nuts, or is unsuitable for people with nut allergies, means that the product will be considered prohibited.

The school will not use nuts in any school-prepared meals. Staff will not bring products containing nuts into the school.

Any prohibited items will be removed, and a nut-free alternative will be provided.

5. Nut allergies

Parents will inform the school that their child is allergic to nuts, as well as the necessary action to be taken in the event of an allergic reaction, such as any medication required.

The school's catering service is a nut free catering services and eliminate nuts, and food items with nuts as ingredients, from meals as far as possible, including foods which are labelled 'may contain traces of nuts'.

The catering team will ensure that general good practice hygiene standards are maintained, in accordance with the school's Health and Safety Policy.

Food items containing nuts will not be served at, or be brought onto, the school premises.

6. Staff training

Staff members will receive appropriate training and support relevant to their level of responsibility, to assist pupils with managing their allergies.

The school will arrange specialist training on a regular basis where a pupil in the school has been diagnosed as being at risk of anaphylaxis.

Designated staff members will be taught to:

- Recognise the range of signs and symptoms of severe allergic reactions.
- Respond appropriately to a request for help from another member of staff.
- Recognise when emergency action is necessary.
- Administer AAls according to the manufacturer's instructions.
- Make appropriate records of allergic reactions.

All staff members will:

- Be trained to recognise the range of signs and symptoms of an allergic reaction to nuts.
- Understand how quickly anaphylaxis can progress to a life-threatening reaction, and that anaphylaxis can occur with prior mild-moderate symptoms.

- Understand that AAI should be administered without delay as soon as anaphylaxis occurs.
- Understand how to check if a pupil is on the Register of AAI.
- Understand how to access AAI.
- Understand who the designated members of staff are, and how to access their help.
- Understand that it may be necessary for staff members other than designated staff members to administer AAI, e.g. in the event of a delay in response from the designated staff members, or a life-threatening situation.
- Be aware of how to administer an AAI should it be necessary.

7. A pupils allergies

Once a pupil's allergies have been identified, a meeting will be set up between the pupil's parents, the relevant classroom teacher and any other relevant staff members, in which the pupil's allergies will be discussed and a plan of appropriate action and support will be developed.

All medical attention, including that in relation to administering medication, will be conducted in accordance with the Supporting Pupils with Medical Conditions Policy. Parents will provide the school with any necessary medication, ensuring that this is clearly labelled with the pupil's name, class, expiration date and instructions for administering it.

Pupils will not be able to attend school or educational visits without any lifesaving medication that they may have, such as AAI. All members of staff involved with a pupil with a known nut allergy will be aware of the location of emergency medication and the necessary action to take in the event of an allergic reaction.

Any specified support that the pupil may require will be outlined in their IHP. All staff members providing support to a pupil with a known medical condition, including those in relation to allergens, will be familiar with the pupil's IHP.

8. Mild-moderate allergic reactions

Mild-moderate symptoms of an allergic reaction include the following:

- Swollen lips, face or eyes
- Itchy/tingling mouth
- Hives or itchy skin rash
- Abdominal pain or vomiting
- Sudden change in behaviour

If any of the above symptoms occur in a pupil, the nearest adult will stay with the pupil and call for help from the designated staff members able to administer AAI. The pupil's prescribed AAI will be administered by the designated staff member. Spare AAI will only be administered where appropriate consent has been received.

Where there is any delay in contacting designated staff members, or where delay could cause a fatality, the nearest staff member will administer the AAI. A copy of the Register of AAI will be held

in each classroom for easy access in the event of an allergic reaction. If necessary, other staff members may assist the designated staff members with administering AAI's.

The pupil's parents will be contacted immediately if a pupil suffers a mild moderate allergic reaction, and if an AAI has been administered.

If a pupil without a prescribed AAI, or who has not been medically diagnosed as being at risk of anaphylaxis, suffers an allergic reaction, a designated staff member will contact the emergency services and seek advice as to whether an AAI should be administered. An AAI will not be administered in these situations without contacting the emergency services.

For mild-moderate allergy symptoms, the AAI will usually be sufficient for the reaction; however, the pupil will be monitored closely to ensure the reaction does not progress into anaphylaxis. The headteacher will ensure that any designated staff member required to administer an AAI has appropriate cover in place, e.g. if they were teaching a class at the time of the reaction.

9. Anaphylaxis

Anaphylaxis symptoms include the following:

- Persistent cough
- Hoarse voice
- Difficulty swallowing, or swollen tongue
- Difficult or noisy breathing
- Persistent dizziness
- Becoming pale or floppy
- Suddenly becoming sleepy, unconscious or collapsing

In the event of anaphylaxis, the nearest adult will lay the pupil flat on the floor with their legs raised, and will call for help from a designated staff member. The designated staff member will administer an AAI to the pupil.

Spare AAI's will only be administered if appropriate consent has been received.

Where there is any delay in contacting designated staff members, the nearest staff member will administer the AAI. A copy of the Register of AAI's will be held in each classroom for easy access in the event of an allergic reaction. If necessary, other staff members may assist the designated staff members with administering AAI's.

The emergency services will be contacted immediately.

A member of staff will stay with the pupil until the emergency services arrive – the pupil will remain flat and still. The Headteacher or deputy headteacher will be contacted immediately, as well as a suitably trained individual, such as a first aider. If the pupil stops breathing, a suitably trained member of staff will administer CPR.

If there is no improvement after five minutes, a further dose of adrenaline will be administered using another AAI, if available. If a pupil without a prescribed AAI, or who has not been medically diagnosed as being at risk of anaphylaxis, suffers an allergic reaction, a designated staff member will

contact the emergency services and seek advice as to whether an AAI should be administered. An AAI will not be administered in these situations without contacting the emergency services.

A designated staff member will contact the pupil's parents as soon as is possible. Upon arrival of the emergency services, the following information will be provided:

- Any known allergens,
- The possible causes of the reaction, e.g. nuts
- The time the AAI was administered – including the time of the second dose, if this was administered

Any used AAI's will be given to paramedics.

Staff members will ensure that the pupil is given plenty of space, moving other pupils to a different room where necessary.

Staff members will remain calm, ensuring that the pupil feels comfortable and is appropriately supported.

A member of staff will accompany the pupil to hospital in the absence of their parents. If a pupil is taken to hospital by car, two members of staff will accompany them.

Following the occurrence of an allergic reaction, the governing board, will review the adequacy of the school's response and will consider the need for any additional support, training or other corrective action.

10. Nut-free School Letter to Parents

Dear Parents/Carers,

RE: Banning nut-based products from school

We have several students in school who suffer from a severe nut allergy and therefore, in order to keep our students safe and healthy, Lugwardine Primary Academy has a 'no nuts policy.'

Foods that should not be included in children's lunch boxes are those which contain nuts and traces of nuts including;

- Sesame seed rolls
- Spreads, e.g. chocolate spread
- Cereal bars
- Some types of biscuit containing nuts
- Condiments, e.g. satay sauce
- Cakes containing nuts
- Some snack pots containing nuts

The pupil's anaphylaxis (allergic reaction) can occur as a result of digestion, inhalation or any other contact with nut-based products. For their safety, all nut-based products have been banned from the school premises.

Please do not send your child into school with any nut-based product for a snack or packed lunch – this includes products that may contain traces of nuts. It is important that you check the labelling of food products before sending your child in to school with them – it is not always apparent that products contain nuts or traces of nuts.

Due to the severity of the pupil's allergy, if any pupil is found with a nut-based product after this letter has been distributed, the school will have to confiscate and dispose of the item immediately.

Thank you for your support and cooperation in making Lugwardine Primary Academy a safe and healthy place for all of our pupils.

Kind regards