



"Learning, thriving and achieving as a school family through God's love."

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." (Jeremiah 29 v11)

Ilam CE (VA) Primary School

Allergy Policy 2024-25

Ilam CE Nut-Free Policy

For the purpose of this policy, we include tree nuts, peanuts and sesame under the definition of 'nuts'.

Although we strive to be a nut-free school, it is impossible to absolutely guarantee that no nuts will be brought onto the premises at Ilam C of E Primary 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 do not allow nuts or nut products in school lunch boxes for both staff, children and visitors at the school.

What is Anaphylaxis?

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.

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, suddenly sleepy, pale or floppy, fainting due to a sudden drop in blood pressure, collapse or unconsciousness. Narrowing of the airways can also occur at the same time. This can cause breathing difficulties (e.g. wheezing, difficult or noisy breathing, persistent cough, hoarse voice, difficulty swallowing and / or a swollen tongue).

Other symptoms:

- Swollen eyes, lips, genitals, hands, feet and other areas (this is called angioedema)
- General itching or and itchy / tingling mouth
- 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.
- Sudden change in behaviour

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.

Ilam C E Allergy Policy

Our 'Nut-Free Policy' means that food or non-food products which either contain nuts/sesame or which may contain nut/sesame traces MUST NOT be brought onto the school premises.

The following items are an example of what should **NOT** be brought into school, but this list is not exhaustive:

- Packs of nuts
- Nut butter sandwiches (including peanut butter and Nutella)
- Fruit and cereal bars that contain nuts
- Chocolate bars, biscuits or sweets that contain nuts
- Cakes made with nuts.
- Bread, rolls or similar that may contain nuts, sesame or seeds.
- Crackers that may contain seeds, sesame or nuts.
- Humus, falafels or similar that will contain sesame.

In addition, 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 or brought into school.

Packaging must be checked for wording such as:

- This product contains nuts or this product contains sesame;
- This product may contain traces of nuts or this product may contain traces of sesame.
- This product is not suitable for customers with an allergy to nuts due to these allergens being handled in the factory.
- This product is produced in a bakery which uses sesame seeds and is therefore not suitable for those who have an allergic reaction to sesame.

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

For birthday treats, the teacher will hand these out with the expectation that children **must** take the treat home to eat. Parents of children with severe allergies can bring in their own treat bag at the start of term and choose from this selection.

Staff, Volunteers and Visitors

Staff, volunteers and visitors must ensure they do not bring in or consume nut products in school and ensure they follow good hand washing practice. Care should also be taken with non-consumable items such as bird feeders, craft materials (sent in by parents or otherwise), paints and hand washes, all of which may contain nuts or nut traces (e.g. empty food packaging or bird feeders containing nuts).

Please be mindful of the fact that certain nuts have different names – e.g. peanut is also known as groundnut, earth nut, arachis oil and groundnut oil).

Staff should avoid using care products that may contain nuts, e.g. hand-cream or shampoo and ensure that any cookery items do not contain nuts or traces of nuts.

Caution must be taken at certain times of year such as Easter and Christmas and at school events where there is food being consumed. If Staff distribute food products, care must be taken to ensure that the product complies with our Nut-Free Policy (outlined above).

Children attending school who have allergies should only be offered food products from their personal 'allergy safe' treat bag by the child's class teacher / teaching assistant. The child with the allergy should NOT be offered any other food products by staff. Care should be taken to avoid handling the food of any child with an allergy. If under any circumstances, nut products are brought onto the school site, these should be left in the original packaging / unopened in the school office and will be sent home with the children at the end of the day (excluding nut allergic children, who will be offered something from their 'allergy safe' treat bag instead).

Parents and Carers

Parents and carers must notify staff of any known or suspected allergy to nuts and provide all medical and necessary information. If appropriate this will be added to the child's care plan and if necessary a meeting organised with the school nurse. Homemade snacks or party food contributions must have a label detailing all ingredients present and the kitchen environment where the food was prepared must be nut free. If you are unsure about a selection please speak to a staff member before bringing the food item into school.

A Parent / Guardian (of a child with allergy) must be present at events such as parties and discos to ensure that named allergy sufferers do not ingest these products when they are on the premises. This is a high risk area and will be managed by clearly communicating to parents the details of any extraordinary events such as school fairs, food tasting etc. The school requests that parents and carers observe the nut-free policy and therefore do not include nuts, or any products which may contain traces of nuts in packed lunches or in other items sent into school (e.g. gifts for teachers, treats etc.). Parents and Carers will be reminded periodically about our nut free policy.

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.

Medication

Medication will be stored, administered and documented in accordance with the Drugs and Medication in School section of the First Aid and Medicines Policy. (see section on Epi-pen storage).

Epipens.

Epipens will be stored in the child's classroom, in the green first aid box. All teachers and teaching assistants are trained in the use of epipens.

Emergency

If Staff are concerned at any point about the well-being of the child, school will call 999 and then contact the Parents.

Approved by Governors : J Cushing May 25

To be reviewed every two years : May 27