



# Finlay Community School

ASPIRE

BELONG

ACHIEVE

## Nut Aware Policy

<b>Governor Committee Responsible:</b>	Finlay Community School Combined Committee	<b>Staff Lead(s):</b>	Hannah Williams/Alison Croft
<b>Status (Statutory / Advisory)</b>	Advisory	<b>Review Cycle</b>	Annually
<b>Approved by Governors</b>	June 2024	<b>Next Review Date</b>	June 2025
<b>Chair of Governors</b>	Daniel Gillingham  Daniel Gillingham <a href="mailto:chair@chfcfederation.glos.sch.uk">chair@chfcfederation.glos.sch.uk</a>		

## **1.0 - Statement of Intent**

Although we recognise that this cannot be guaranteed, Finlay Community School aims to be a Nut-Free school so far as is reasonably practicable. 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.

Our "Nut Aware 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

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.

## **2.0 - Aims of This Policy**

- To provide a safe learning environment for all members of the Finlay School community
- To raise the awareness of all members of the community regarding severe allergies

## **3.0 - 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.

## **4.0 - 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 occur at the same time, with or without the drop in blood pressure. This can cause breathing difficulties and wheezing.

Other symptoms include:

- 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

## **5.0 - Management**

The Nut Aware policy will be managed by:

- Parents and caregivers being requested NOT to send food to school that contains nuts (especially peanuts). This includes all types of nuts, peanut butter, Nutella and food containing nuts.
- Our school kitchen and food are already nut free.
- Staff supervising eating at lunchtime
- Students being encouraged NOT to share food
- Students being encouraged to wash hands before and after eating
- Staff and volunteers not bringing in nut products to school and ensuring they follow good hand washing practice
- If staff distribute confectionary e.g., at Christmas or Easter care must be taken to ensure that no nuts are included in the product.
- Staff training in understanding and dealing with Anaphylaxis (severe allergic reactions) as the need arises.

## **6.0 - Promotion**

The policy will be promoted by:

- A copy of this policy being issued to all parents and caregivers
- Staff being informed and provided with training opportunities as needed
- Publication of this policy on the school website
- Pupils being informed via teachers, support staff and signs
  - To be responsible when eating and handling food both inside and outside of school
  - Helping students to understand the foods they can enjoy eating can also be dangerous to others
  - Encouraging students to support their class mates with allergies by eating and handling food responsibly