

# St Matthew's High Brooms CE Primary School

Powder Mill Lane  
Tunbridge Wells  
Kent  
TN4 9DY



## Nut Free Policy

**Headteacher: Mrs Stephanie Hayward**

**Chair of Governors: Mrs Karen Stevenson**

**Ratified: Sept 2019**

**Next Review: September 2022**

**Written by: Tom Hardwick**

*Distinctive Christian values-  
Honesty, Kindness, Respect, Responsibility*

## **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, though sometimes the reaction can happen hours later.

## **Staff**

The onus falls on all staff to read and follow this policy both in school and when out on trips and outings. Staff and volunteers must ensure they do not bring in or consume nut products within the school and ensure they follow good hand washing practice.

- Caution must be taken at certain times of year such as Easter and Christmas. If Staff distribute confectionary, care must be taken to ensure that no nuts are included in the product. Fruit sweets such as Haribo are a better alternative. 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 traces of nuts.

## **Parents**

The staff/school must be notified of any known or suspected allergy to nuts and provide all needed information detailed on their child's individual Healthcare plan. Parents must not to bring in any food or treats (such as for birthdays) unless they have checked the ingredients carefully. Likewise for snack and lunch box choices, if you're unsure about a selection please speak to a staff member before bringing in the food item into pre-school. Packaging must be checked for: -Not suitable for nut allergy sufferers -This product contains nuts -This product may contain traces of nuts. Indicating this is unsuitable for school consumption. Lunch box items will be removed by staff and replaced with snack items if containing nuts or nut products.

## **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.

## **Health Plans and Emergency Response**

We have individual Healthcare plans for children with allergies and Allergy Lists are displayed highlighting Healthcare plan in place, triggers, medication (Medication will be stored, administered and documented in accordance with our Supporting Children with Medical Conditions policy). In addition, quick reference emergency cards are located near our First Aid box which contain

information on the allergy list and emergency contact details for that child. Staff and parents are made aware of this policy and the symptoms associated with anaphylaxis.

## **Symptoms**

The symptoms of anaphylaxis usually start between 3 and 60 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 also occur at the same time, with or without the drop in blood pressure. This can cause breathing difficulties and wheezing. Other symptoms: swollen eyes, lips, genitals, hands, feet and other areas (this is called angioedema), itching, a strange metallic taste in the 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. Anaphylaxis varies in severity. Sometimes it causes only mild itchiness and swelling, but in some people it can cause sudden death. Anaphylaxis can lead to death if breathing becomes severely obstructed or if blood pressure becomes extremely low (known as shock). If symptoms start soon after contact with the allergen and rapidly get worse, this indicates that the reaction is more severe