



KINGSTONE ACADEMY TRUST
APPROVED POLICY DOCUMENT

Nut Allergy Awareness Guidance

Relevant School/s:	KHS
Policy Officer:	Sally Spreckley
Approval:	Delegated
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Nut Allergy Awareness Guidance

1. Introduction and Context

We have children at Kingstone Academy Trust with nut allergies. Nut allergies can be very serious, even life threatening. Kingstone Academy Trust aims to provide a safe learning environment for all members of the school community and to raise the awareness regarding severe allergies management.

Kingstone Academy Trust acknowledges that a student, their parents/carers and the School will take all reasonable precautions, however we cannot guarantee a nut free zone.

2. Definition

What happens with a Nut or Peanut Allergy?

The body's immune system normally fights infection, but, when someone is allergic to tree nuts or peanuts, the immune system overreacts to proteins in these foods.

Every time the person eats (or, in some cases, handles or breathes in) a peanut or tree nut, the body thinks the proteins are harmful invaders. The immune system responds by kicking into high gear to fend off the "invader." This causes an allergic reaction, in which chemicals like histamine are released in the body.

The release of these chemicals can cause someone to have the following problems:

- Panic;
- Wheezing;
- Trouble breathing (because their throat and nasal passages swell up)
- Coughing
- Hoarseness
- Throat tightness;
- Stomach ache/ cramps;
- Vomiting;
- Diarrhoea;
- Itchy, watery, or swollen eyes;
- Hives (red spots/ patches on the skin);
- Hypotension (a drop-in blood pressure).

Reactions to foods, like peanuts and tree nuts, can be different. It all depends on the person — and sometimes the same person can react differently at different times.

Nut and peanut allergies can cause a severe reaction called anaphylaxis. Anaphylaxis may begin with some of the same symptoms as a less severe reaction, but then quickly worsen, leading someone to have trouble breathing, feel lightheaded, or to pass out. If it is not treated, anaphylaxis can be life threatening. Anaphylaxis can also be caused by reactions to Bee/Wasp stings.

3. Policy

Any food, containing nuts or seeds **must not** be brought into either Kingstone and Thruxton Primary School or Kingstone High School. This includes all types of nuts, peanut butter, and food containing nuts.

Parents and Carers also encouraged **not** to send in food that displays ‘**May contain Nuts**’

Food labels to look for:

- **Not suitable for nut allergy sufferers** – This will contain nuts;
- **This product contains nuts** – Self-explanatory;
- The packaging displays ‘**This Product May Contain Nuts**’ – “May contain” labels are intended to alert consumers to the possibility of accidental cross contamination during the production process. So, for example, a supposedly nut free breakfast cereal is produced in the same factory as nutty granola, the manufacturer might put “may contain nuts” (or an equivalent warning) on the cereal packet. This is voluntary by the manufacturer and is intended to ‘cover’ them if there was accidental cross contamination. The product would not contain nuts otherwise the above warning labels would be required however there may have been a cross-contamination risk.

As mistakes may be made, children should be taught not to share their food with any other child. Students should be encouraged to wash hands before and after eating.

3.1 Promotion of this Policy

- A copy of this policy will be made available to all parents and caregivers via the website.
- Parents will be informed of the need to support this policy
- Staff will be made aware of the content of this policy.
- Pupils will be informed via teachers, support staff and signs.
- Children with a nut allergy will be made known to staff along with appropriate actions.
- Relevant staff will be provided with training opportunities.

4. Actions and Responsibilities

4.1 Students

Children should be asked to wash their hands with warm water and soap regularly and especially before and after break and lunch in case any foods containing nuts have been consumed. Hand sanitisers may not effectively remove the nut protein.

4.2 Parents and Carers

- Parents **MUST** inform the School immediately a nut allergy or anaphylaxis problem has been diagnosed with their child.
- Pre-loaded injection devices should be provided by the parents in the correct container, labelled with their student’s name and updated medicines. If the school has to give this injection an ambulance must always be called.

4.3 Staff

- Relevant staff will be trained in the use of Auto-injectors e.g. Epi-pen, which will be held in School if a particular child should have this treatment prescribed.
- Staff will be informed of the children with allergies
- The School Lunchtime staff will follow the nut awareness policy.
- Staff will be alert to any obvious signs of nuts being brought in, but they will not inspect food brought into school.

4.4 Caterers and Cleaners (Contractors)

- The School Contractors must comply with the Nut Allergy Awareness Guidance.
- Contractors must ensure regular cleaning of dining tables/ worktop suspected of traces of nut protein.

- Wash - With warm, soapy water and a single-use towel, wipe down all surfaces.
- Rinse - Fill a spray bottle with fresh water. Spray surfaces that have been cleaned with soapy water. Wipe with a clean, single-use towel.
- Sanitise - With single-use, sanitised towels or wipes, polish surfaces and let them air dry.
- Other effective surface-cleaning methods include commercial cleaning wipes that contain detergent or all-purpose detergent spray cleaners used with paper towels or clean cloths.

5. Notes to the Policy

Teachers' conditions of employment do not include giving first aid, although any member of staff may volunteer to undertake these tasks. Teachers and other staff in charge of students are expected to use their best endeavours at all times, particularly in emergencies, to secure the welfare of the students at the school in the same way that parents might be expected to act towards their children. In general, the consequences of taking no action are likely to be more serious than those of trying to assist in an emergency.

This policy should be read in conjunction with the Health and Safety Policy, First Aid Policy and Asthma Policy.