



Bower Park Academy

NUT ALLERGY AWARENESS POLICY

Date established	July 2022
Date implemented	September 2022
Date to be reviewed	July 2023



To be read in conjunction with the *Health and Safety Policy*.

Purpose

The purpose of this policy is to:-

- Raise awareness about allergies to all our School Community
- Ensure we provide a safe learning environment for all
- Give assurance to those Students/families with severe allergies that we take the management of these allergies seriously.

Policy Statement

Bower Park Academy aims to practise a *Nut Allergy Awareness Policy*. Although we recognise that this cannot be guaranteed. 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 (**including direct contact or airborne**).

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.

Our *Nut Allergy Awareness Policy* means that the following items should not be brought into School:-

- Peanut butter sandwiches
- Chocolate bars or spreads that contain nuts
- Fruit and cereal bars that contain nuts
- Some granola bars
- Cakes that contain nuts
- Biscuits/Cookies that contain nuts
- Cakes made with nuts



- Sauces that contain nuts
- Sesame seed rolls (children allergic to nuts may also have a severe reaction to sesame)

This list is not exhaustive, so **please check the packaging of products closely.**

We already have a policy to not use nuts in any of our food prepared on site at our School. Our catering suppliers provide us with nut-free products. This policy also includes the resources used in Food Technology lessons.

We ask that all members of the School Community manage the day-to-day application of this policy in the following way:-

Staff

Staff and volunteers must ensure they do not bring in or consume nut products in School and ensure they follow good hand washing practice.

The onus falls on all Staff to read and follow this policy both in School and when out on Trips and Outings.

If Staff distribute confectionery, care must be taken to ensure that no nuts are included in the products.

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. 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.

First Aid Staff in the School are trained in the use of Epi-pens (an injection of adrenalin). Please check the School Office, Medical Room and the Staffroom noticeboard for a list of qualified staff.



Parents/Carers

Parents/Carers must notify Staff of any known or suspected allergy to nuts and provide all necessary information detailed on their child's individual Healthcare plan. If necessary, a meeting can be organised with the School Nurse.

The School requests that Parents and Carers observe the School *Nut Allergy Awareness Policy* and are not permitted to include nuts, or any traces of nuts, in packed lunches.

Parents must not bring in any food or treats (such as for birthdays) unless they have checked the ingredients carefully. Homemade snacks or party food contributions must have a label detailing all the ingredients present. The **kitchen environment where the food was prepared must also be nut free.**

Students

All students 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, Students are carefully supervised to minimise the act of food sharing with their friends.

Health Plans and Emergency Response

The School has individual Healthcare plans for children with allergies, which are highlighted in the Healthcare plan, including triggers and medication. (Medication will be stored, administered and documented in accordance with the Health and safety Policy).



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

Other symptoms

- Generalised flushing of the skin
- 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. In very severe cases, they may be collapsed and unconsciousness although this is rare.

Promotion

The policy will be promoted by:-

- A copy of this policy is available to all Parents and Carers.
- Staff being informed and provided with training opportunities.
- Students being informed via teachers and support staff.
- Publication of this Policy on the School website.



- Issue of the Policy in the new admission packs.

Other useful publications

- <https://www.anaphylaxis.org.uk/get-involved/fundraise/contact-fundraising/>