



# **Beechwood School**

## **Nut-free School Policy**

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## 1 Introduction

Although we recognise that this cannot be guaranteed, Beechwood School aims to be a Nut-Free school. This policy serves to set out all measures to reduce the risk to those students and adults who may suffer an anaphylactic reaction if exposed to nuts to which they are sensitive. The school aims to protect students who have allergies to nuts yet also help them 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.**

Our “Nut-Free 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 or sweets that contain nuts**
- **Sesame seed rolls (students allergic to nuts may also have a severe reaction to sesame)**
- **Cakes made with nuts**
- **Foods which contain nut oil (Satay and some Asian foods)**
- **Breakfast cereals such as muesli and granola**

We have a policy to not use nuts in any of our food prepared on site at our school. Our suppliers also provide us with nut-free products. [ISS Secondary Allergen Nut Free Policy.pdf](#) Ingredients of food provided by our kitchen will clearly show the top 14 allergens, highlighted on menus in the restaurant and on the school website, so students and parent/carers will be able to choose safe options. [ISS Secondary Customer Notice Nut Free Policy.pdf](#). However, we cannot guarantee freedom from nut traces.

We do not encourage sweets or food items to be brought in from home to be shared.

Allergy awareness including nut allergy is promoted by the school.

## 2 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.

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:

- 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 with the allergen and rapidly worsen, this indicates that the reaction is more severe.

### 3 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 and hygiene procedures to minimise contamination. Staff will promote this good practice with students and discourage sharing of food, drink and drinking bottles. Students who are sensitive to nuts will be encouraged by staff to label their own drinking bottles.

Caution must be taken at certain times of the year such i.e. Easter, Eid, Diwali 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. Chocolate products are a cause for concern including: **Celebrations – Roses – Heroes – Quality Street and many other boxed filled chocolates and pralines.**

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. Packaging must be checked for warnings such as the following which are often highlighted in bold text:

- Not suitable for nut allergy sufferers
- This product contains nuts
- This product may contain traces of nuts

Epi Pen trained staff are named First Aiders. Please check the floor hubs, main reception, medical room and the staffroom noticeboard for a list of qualified staff.

### 4 Parents and Carers

Parents and carers must notify staff of any known or suspected allergy to nuts and provide all medical and necessary information. This will be added to the child's care plan and if necessary, a meeting organised with the school's primary First Aider.

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.

The school requests that parents and carers observe the nut-free policy and therefore do not include nuts, or any traces of nuts, in packed lunches.

## **5 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 reminded to minimise the act of food sharing with their friends.

## **6 Health Plans and Emergency Response**

We have individual Healthcare Plans for students with allergies and allergy lists are highlighted on the school's Severe Medical Register, which includes plans in place, triggers and medication. (Medication will be stored, administered and documented in accordance with our Administering Medicine Policy).

## **7 Legal framework**

- The Human Medicines Regulations (2012)  
<https://www.legislation.gov.uk/ukxi/2012/1916/contents/made>
- The Food Information Regulations 2019  
<https://www.legislation.gov.uk/ukxi/2019/1218/made>
- Natasha's Law <https://www.food.gov.uk/allergen-labelling-changes-for-prepacked-for-direct-sale-ppds-food>

## **8 Further guidance and Information**

- Managing Medicines in Schools and Early Years Settings (DfES 2005)  
[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/803956/supporting-pupils-at-school-with-medical-conditions.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/803956/supporting-pupils-at-school-with-medical-conditions.pdf)
- School Medication Records Summary and School Information Management System - SIMS

This policy will be reviewed and updated every three years.