

Uplands Junior School

Nut-Free Policy

September 2025

Although we recognise that this cannot be guaranteed, Uplands Junior School aims to be a Nut-Free school. 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. We do not allow nuts or nut products in school lunchboxes or snacks.

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
- Sesame seed rolls (children/adults 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. We cannot give out any sweets brought in from home that contain nuts, these sweets must also have the ingredients clearly labelled for parents/carers to make the choice whether it is eaten.

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 is wrongly perceived 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.

Staff & Visitors

Staff and Visitors must ensure they do not bring in or consume nut products in school and ensure they follow good hand washing procedures. Staff are informed during induction that we are a nut-free school and it is also recorded in the 'Adult Code of Conduct'.

When working with food in class all products must be checked for any contents of nuts, when children are food tasting in school the ingredients will appear on any consent letters and nut-free products to be used.

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 and sent back to parents. 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.

All staff have an annual Epi-pen training session led by the school nurse.

Parents and Carers

Parents and carers must notify staff of any known or suspected allergy to nuts (or any other medical conditions) and provide all medical and necessary information. This will be added to the child's health care plan and if necessary a meeting organised between parents, school and the school nurse. This information will also be added to the whole school medical list for all members of staff to access.

If parents/carers are unsure about any food contributions or snacks please contact a member of staff.

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. There are posters around school to remind children that we are a nut-free school.

Health Care Plans and Emergency Response

We have individual Health Care Plans for children with allergies, these children are highlighted on the whole school medical list. Health Care plans are kept in the filing cabinet in the office and individual teachers given a copy.

Any child requiring an epi-pen should always have two in school – one pen is to be kept in the classroom and one in the school medical cupboard (in the main office). These pens will be kept in a box with the children's picture on and the date the pen expires.

Symptoms of a reaction

The symptoms of anaphylaxis usually starts 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 could 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 itching and swelling, but in some people it can cause sudden death. If symptoms start soon after contact with the allergen and rapidly worsens, this indicates that the reaction more severe (follow the individuals Health Care Plan).

Legal Framework

- The Human Medicines Regulations (2012)
- Managing Medicines in Schools and Early Years Setting (DfES 2005)

This Policy is to be renewed every 3 years.