



# Rise Park Academies



## Nut and Peanut Aware Policy

For:

Sunbeams Nursery  
Rise Park Infant School  
Rise Park Junior School

**Date of Issue:** July 2023

**Date of Review:** July 2025

**Responsible Staff:** K. Palmer/ Inclusion Managers

**Status:** Approved



## **Introduction**

Although we recognise that this cannot be guaranteed, Rise Park Academies **aim** to be a Nut and Peanut Aware organisation. 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 or peanuts to which they are sensitive. The school aims to protect children who have allergies to nuts/ peanuts yet also help them, as they grow up, to take responsibility as to which foods they can eat and to be aware of where they may be put at risk. We do not permit nuts/ peanuts or nut/ peanut products on the school premises.

Our “Nut and Peanut Aware Policy” means that the following items should not be brought into school:

- Packs of nuts/ peanuts
- Peanut butter/Nutella sandwiches
- Fruit and cereal bars that contain nuts or peanuts
- Chocolate bars or sweets that contain nuts or peanuts
- Sesame seed rolls (children allergic to nuts may also have a severe reaction to sesame)
- Cakes/biscuits made with nuts or peanuts
- Pesto products

We have a policy to not use nuts or peanuts 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 or peanut traces.

**Any birthday treats distributed at the end of the school day must be done so when parents are present outside the classroom and should follow the schools policy.**

## **Definition of Anaphylaxis (also known as Anaphylactic Shock)**

Anaphylaxis is an allergic condition that can be severe and potentially fatal. Anaphylaxis is the 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.

## **Staff**

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

Caution must be taken at certain times of year such as Easter and Christmas. If staff distribute confectionery, care must be taken to ensure that no nuts/ peanuts are included in the product. Fruit sweets are a better alternative. Likewise, **if staff bring in occasional treats for the staffrooms they must avoid nut/ peanut products particularly**



the following selections: **Quality Street, Celebrations, Roses and Reese's** chocolate.

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:

- This product contains nuts/ peanuts
- Nuts or peanuts printed in bold
- Indication that the product is unsuitable for school consumption

Any food brought into school for curriculum use or special one off events must be checked thoroughly and the following steps be adhered to:

(This excludes events such as the Summer Fayre where parents will be accompanying children out of school hours)

- Parents should be notified of any food products being used in advance by the member of staff/ volunteers responsible for the activity or event
- Details of ingredients should be sent via Dojo or parentmail to parents of children with allergies and verbal or written consent given for their child to participate at least a week before the event
- Each Individual packet must be thoroughly checked 48hrs in advance for nut products or traces of nuts by the adults responsible for the activity or event. ***Please note in some supermarkets the same food can differ in content depending on which factory it has been produced in.***
- For one off school events such as school discos, PTFA activities, these steps must be included in the risk assessment.

Epi Pen trained staff are named First Aiders. Please check the school office, medical room and the staffroom noticeboard for a list of qualified staff.

Staff will educate pupils in becoming nut and peanut aware and the importance of good hygiene with hand washing. Staff will communicate with parents if any nut or peanut products are bought into school and remind them of the school policy.

The school will send a reminder letter out each term regarding the policy on nut and peanut based products on site.



## **Parents and Carers**

Parents and carers must notify staff of any known or suspected allergy to nuts/peanuts and provide all medical and necessary information. This will be added to the child's care plan drawn up by the school nurse. Homemade snacks or party food contributions should detail all ingredients present and the kitchen environment where the food was prepared must be nut/peanut free. If you are unsure about a product, please speak to a staff member before bringing the food item into school.

The school requests that parents and carers observe the nut and peanut aware policy and therefore do not include nuts/peanuts or any nut/peanut-based products in packed lunches or snacks. Parents and carers should support the school policy by educating their children in good hygiene practice.

**Any parents who are new to the school are to be notified of the nut and peanut aware policy in advance.**

## **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. Children are educated in allergic reactions and the dangers it may cause for certain people. All pupils will be educated to be nut and peanut aware.

## **Health Plans and Emergency Response**

We have individual Healthcare Plans for children with allergies and allergy lists are displayed highlighting Healthcare Plans in place, triggers, medication (medication will be stored, administered and documented in accordance with our Administering of Medicines Policy).

**Should any potential exposure to nut based products occur the following actions should be taken:**

- **Parents/ carers of children with allergies should be notified immediately**
- **Any pupils with a nut allergy should be under observation by a member of first aid trained staff until a parent/ carer has been contacted and follow up actions agreed**
- **Any contaminated areas or equipment must be thoroughly cleaned**
- **The source of the contamination must be addressed/ followed up by a member of the Senior Leadership team to ensure no further incidents occur**

## **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:**

- 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 worsens, this indicates that the reaction is more severe.

**If staff are in doubt they are advised to administer antihistamine/ Piriton. Staff are advised not to move a child if they are recovering from a reaction as this could result in a secondary reaction which could be more severe.**

This policy was created in collaboration with parents/ carers of children with nut and peanut allergies.

**Legal framework**

- The Human Medicines Regulations (2012) further guidance
- Supporting Pupils at School with Medical Conditions (DfES 2015)

K. Palmer

June 2023