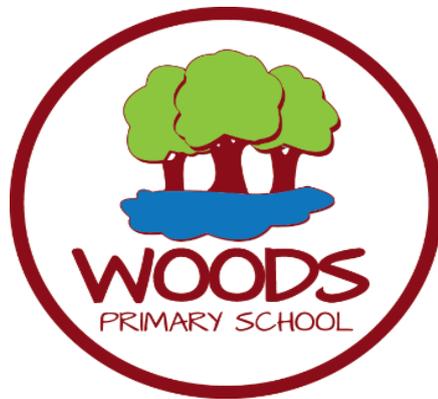


Woods Primary School

Food Allergen Policy



Date Ratified by BOG: June 2019

Principal Signature: _____

Chair of Board of Governors: _____

Introduction

Ethos

At Woods Primary School we seek to provide a caring, stimulating and happy and safe environment for each child where they learn to the very best of their ability. To achieve this, we actively encourage the involvement of parents, who can support and enrich the pastoral and curricular provision for all pupils.

This Food Allergens Policy reflects our school's vision and ethos with a view to providing a safe and happy environment for all in our school community.

Rationale

We recognise that many children suffer from allergic reactions to different foods. Some allergies e.g. nut can be very serious and are potentially fatal.

Allergen awareness therefore forms an important part of our pastoral care.

It is our aim to attempt to promote within our pupils, knowledge of how allergies can affect individuals, and the need for informed and responsible decisions with regard to the safety of others.

Although we recognise that this cannot be guaranteed, Woods Primary 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 peanuts or their products in school lunch boxes.

Our "Food Allergens Policy" means that the following items should not be brought into school:

- Packs of nuts (all types)
- Peanut butter sandwiches/Nutella spread sandwiches/other nut spreads
- Fruit and cereal bars that contain peanuts/other nuts
- Chocolate bars or sweets that contain nuts (or traces of nuts)
- Cakes/buns made with nuts
- Nut oils or products derived from nut oils

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.

Definition

Anaphylaxis (also known as anaphylactic shock) 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

As anaphylaxis is potentially life threatening it always requires an emergency response. Fortunately, anaphylactic reactions are uncommon and usually preventable.

Aims of the Food Allergens Policy

- To ensure a consistent approach to allergen-related issues by all members of the school staff including teachers, classroom assistants and all ancillary staff
- That pupils with anaphylaxis will be safer and less likely to encounter substances that could initiate an attack.
- Teachers, students & parents will be more aware of the dangers for some pupils in relation to their allergy.
- Ideally, the incidence of anaphylactic attacks will be reduced and averted altogether
- To develop procedures for dealing with any food allergen-related issue.
- To ensure our children acquire the knowledge, skills and understanding to make sensible decisions with regard to food allergens.
- To safeguard existing good practice

We need the full co-operation of parents to help us in this work.

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.

- Caution must be taken at certain times of year such as Easter 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. Particular products that are a cause for concern are: - Celebrations - Roses - Heroes - Quality Street.

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:

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

Designated teaching staff and some support staff are EpiPen trained. Please check the school office, and the Staffroom noticeboard for a list of qualified staff.

- Where necessary, parents will supply all medication and an EpiPen to be kept at the school. This remains in the secure area of the staffroom. Individual arrangements may be made with the teacher if applicable.
- Teachers and supervisory staff need to be fully aware of students who have severe allergies. Action plans need to be visibly displayed for all staff to refer to in an emergency.
- EpiPens and medication need to accompany students on excursions
- Notices will be published regularly in newsletters/website to remind families of the commitment to keep the school nut-free and be supportive of others.
- Laminated signs, relating to our school as a nut free zone, will be displayed around the school as a reminder for parents and pupils.
- Substitute teachers will be informed of any anaphylactic pupils in their care.

Parents and Carers

Parents and carers must notify staff of any known or suspected allergy to nuts/other food allergens 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 nurse.

- The school requests that parents and carers observe the Food Allergen policy and therefore **do not** include nuts or any traces of these, in packed lunches, breaks or anything that they send to school.

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. Like-wise, children are reminded and carefully supervised to minimise the act of food sharing with their friends.

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. This information is shared with the school kitchen staff.

(Medication will be stored, administered and documented in accordance with our Administering Medicine 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:

- 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.

Further guidance

www.anaphylaxis.org.uk

www.deni.gov.uk/support_with_medical_needs.pdf

www.safefood.eu/Nut-allergy

Woods Primary School will update this Policy in the light of any further guidance, any new food allergies that children develop and legislation and review it annually.