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Nut Allergy Policy

2025 – 2026

Reviewer:	Business Manager
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Approved:	July 2025
Next Review:	July 2027

Nut-Free Policy

Although we recognise that this cannot be guaranteed, Eggar's School aims to be a Nut-Free school so far as is reasonably practicable. This policy serves to set out all measures to reduce the risk to anyone who may suffer an anaphylactic reaction if exposed to nuts. The school aims to protect students, staff and visitors who have allergies to nuts yet also help them to take responsibility for 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 lunch boxes.

Our "Nut-Free Policy" means that anything containing tree nuts, sesame, peanuts, or anything stating 'May Contain Nuts' must not be brought into school. Examples of these include:

- Packs of nuts
- Peanut butter or Nutella sandwiches
- Fruit and cereal bars that contain nuts
- Chocolate bars or sweets that contain nuts
- Products containing Sesame (people allergic to nuts may also have a severe reaction to sesame)
- Cakes made with nuts

We do not use nuts in any of the food prepared on-site at our school, including in Food and Nutrition lessons. Our catering suppliers (Innovate) provide us with nut-free products, including products that state may contain nuts. 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 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.

Staff

Staff and volunteers must ensure they do not bring in or consume nut products in school and follow good hand-washing practices.

EpiPen-trained staff are named First Aiders. Please check the medical room for a list of qualified staff.

Caution must be taken at certain times of year such as Easter and Christmas, and during any fundraising events at the school. If Staff distribute confectionery, care must be taken to ensure that no nuts are included in the product.

All product packaging is to be checked for warnings directed at nut allergy sufferers and must clearly identify the food contents and ingredients. If the following or similar are displayed on packaging, the product must not be used in school:

- Not suitable for nut allergy sufferers
- This product contains nuts

Parents and Guardians

It is the overall responsibility of the parents/ carers to check that EpiPens are in correct working order. Provided EpiPens need to be labeled with the student's full name, in date, in the correct packaging and with the correct paperwork.

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 students' file, and if necessary, a meeting organised with Student Services. Homemade food must have a label detailing all ingredients present, and the kitchen environment where the food was prepared must be nut-free. If unsure about the product, 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.

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.

Health Plans and Emergency Response

We have individual Healthcare plans for students with allergies. (Medication will be stored, administered, and documented in accordance with our First Aid Policy).

Symptoms

The symptoms of anaphylaxis may be immediate or delayed after contact with the allergen. Less commonly, symptoms can occur for 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 a drop in blood pressure. This can cause breathing difficulties and wheezing.

Other symptoms:

- Swelling of the eyes, lips, and mouth (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 diarrhea, 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.

Legal framework:

- The Human Medicines Regulations (2012)
- The Children and Families Act 2014 states that schools have a duty to support pupils at their school with medical conditions
- The Food Information Regulations 2014 require all food businesses, including school caterers to show the allergen ingredients' information for the food they serve
- 'Supporting students at school with medical conditions' (DfE December 2015) refers to medical conditions in general, but does not specifically refer to allergies/nuts