



Date Adopted: Spring 2026 Date to be reviewed: Spring 2027

Quadring Cowley and Brown's Primary School

Nut-Free School Policy

At Quadring Cowley & Brown's Primary School we strive to nurture and inspire all children to be well-rounded, confident and resilient individuals who love learning and are ready for life beyond school.'

Article 3: the best interests of the child must be the top priority in all actions regarding children.
Article 36: children must be protected from things that could harm them.

Statement of Intent

Although we recognise that this cannot be guaranteed, Quadring Cowley and Brown's 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 nut products in school.

Our Nut-Free Policy means that the following items should not be brought into school:

- Packets of nuts - Peanut butter sandwiches - Fruit and cereal bars that contain nuts - Chocolate bars or sweets that contain nuts - Chocolate spreads that contain nuts - Sesame seed rolls (Children allergic to nuts may also have a severe reaction to sesame) - Cakes made with nuts - Coconut/almond products - lip balms which contain Argon oil - skin creams which contain nuts.

We have a policy to not use nuts in any of our cooking sessions in school. Our school food suppliers provide us with nut-free products. Ideal School Meals currently provide their own Food Allergy Advice on their website which can be found by following this link

<http://www.idealschoolmeals.co.uk/lunches/>

We cannot guarantee complete freedom from nut traces as allergies in school currently can be air-born - making it difficult to contain. Any sweets/cakes brought in from home to be shared with friends for celebrations will be allowed as long as they specify they are nut free.

For cake sales and events that provide cakes to our school community - the products have to specify they are "nut-free" or for home-made goods, a full ingredients list will need to be provided before the cakes enter our school.

Definition

Anaphylaxis is a severe, rapid-onset, and potentially fatal allergic reaction affecting multiple body systems, commonly triggered by foods, insect stings, or medication. It causes breathing difficulties, airway obstruction, a sharp drop in blood pressure, and hives, requiring immediate epinephrine injection. Reactions usually occur within minutes of contact with the allergen, although it can also happen much later.

(Please see Appendix 1 for further definitions relating to this policy)

Symptoms

An anaphylactic reaction may lead to tingling lips, 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 that can present may be:

- Swollen eyes, lips, genitals, hands, feet and other areas
- 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 symptoms can be mild, 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.

Staff

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

Caution must be taken at certain times of the year such as Christmas and special celebrations. If Staff distribute confectionary, or help children to share birthday treats, care must be taken to ensure that no nuts are included in the product. Fruit sweets such as Haribo are a better alternative however we do not generally encourage sweets being brought into school or consumed on school premises.

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

If in any doubt, we urge all to exercise caution and choose alternatives.

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 a child's care plan and

if necessary, a meeting organised with the school nurse. Homemade snacks or party food contributions must have a label on detailing 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 in packed lunches. This is in the best interests of children, staff and visitors to school who may have an allergy to nuts or nut products.

A letter regarding this policy will be sent home to parents every term (three times per year.)

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 actively encouraged not to share food with their friends or with staff.

The Governing Board

The Governing Board are responsible for ensuring that staff receive allergy and anaphylaxis training at least biannually but also as and when required.

The Governing Board are also responsible for monitoring the effectiveness of this policy and reviewing it on a biannual basis, and after any incident where a pupil experiences an allergic reaction.

From September 2026, as part of Benedict's Law, schools will be expected to:

- stock "spare" adrenaline auto-injectors for use in emergency situations
- provide allergy awareness training for all staff — covering recognition of symptoms, emergency response and the use of adrenaline devices — alongside improved incident recording and lessons learnt processes
- have a comprehensive policy for supporting children with medical conditions, including Individual Healthcare Plans to record specific arrangements for individuals like an allergy management plan

Care Plans and Emergency Responses

We have Allergy lists in school where children and staff can be easily identified by staff where required.

Children with identified severe allergies that may require emergency treatment have an individual health care plan. All identified Health Care Plans must be followed at all times.

Medication is stored, administered and documented safely and where most appropriate for the child and for easy access should the need for an emergency response by an adult be required. All staff in school hold First Aid qualifications with most members holding the Paediatric First Aid qualification also. These members of staff are identified in the school office, Head teacher Office and school staff kitchen area. Staff have been trained in administering of EpiPens/auto injectors and regular refreshers will be taken as required.

Staff with Allergies

If staff have allergies to nuts, they will inform the headteacher and appropriate safety precautions will be established.

Staff will ensure they have their medication on their person at all times - Epi-pen and antihistamines.

If staff believe they are having an allergic reaction, they will immediately inform the nearest adult either through verbal communication, or through sending their identity card to the nearest adult or main office.

If required, the school office or staff member will call an ambulance.

Following an allergic reaction, the staff member will be permitted to go home, and appropriate cover will be arranged.

Further Guidance

More information should you require it about Food intolerance and allergies can be found at <https://www.allergyuk.org/> where factsheets are freely available for download. For further information about anaphylaxis, please visit <https://www.anaphylaxis.org.uk/>.

This policy will be updated on an annual basis or as the needs of children, staff and visitors arise.

Linked policies & documents

This policy should be read in conjunction with other related school policies and documents, including:

- Safeguarding and Child Protection Policy
- Healthy School Food and Drink Policy
- Health and Safety Policy
- Teaching and Learning Policy
- Curriculum Policy
- DfE School Food in England Guidance

<https://www.gov.uk/government/publications/standards-for-school-food-in-england/school-food-in-england>

- School Food Regulations 2014 (updated June 2023)
<https://www.legislation.gov.uk/ukxi/2014/1603/contents/made>
- DfE School Food Standards Practical Guide
<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools/school-food-standards-practical-guide>
- DfE Allergy Guidance for Schools (updated February 2023)
<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools/allergy-guidance-for-schools>
- DfE Guidance for Governors
<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools/school-food-guidance-for-governors>

Signed _____ (Headteacher)

Printed Name: _____

Date: _____

Signed _____ (for and on behalf of the
Governing Board)

Printed Name: _____

Date: _____

Appendix 1: Definitions

Allergy – is a condition in which the body has an exaggerated response to a substance. This is also known as hypersensitivity.

Allergen – is a normally harmless substance that triggers an allergic reaction for a susceptible person.

Allergic reaction – is the body's reaction to an allergen and can be identified by, but not limited to, the following symptoms:

- Hives
- Generalised flushing of the skin
- Itching and tingling of the skin
- Tingling in and around the mouth
- Burning sensation in the mouth
- Swelling of the throat, mouth or face
- Feeling wheezy
- Abdominal pain
- Rising anxiety
- Nausea and vomiting
- Alterations in heart rate
- Feeling of weakness

Anaphylaxis – is also referred to as anaphylactic shock, which is a sudden, severe and potentially life-threatening allergic reaction. This kind of reaction may include the following symptoms:

- Persistent cough
- Hoarse voice
- Difficulty swallowing, or swollen tongue
- Difficult or noisy breathing
- Persistent dizziness
- Becoming pale or floppy
- Suddenly becoming sleepy, unconscious or collapsing