



Anaphylaxis Policy -

We want all of our children to be as safe and healthy as possible when they are in school. Many children suffer from allergies to foods, materials and substances that can cause discomfort and irritation but are not serious in terms of a significant risk to health.

However, some children have a severe allergy and exposure to the foods/substances that trigger a reaction can result in anaphylactic shock.

When the school has been informed of a child who has a severe allergy we will work with the School Nurse and parents to get all necessary information and to put an appropriate care plan in place.

Relevant staff will receive training and medication will be held in school in the classroom of the pupil and administered if necessary. The care plan and training will be developed under the guidance of the school nurse.

Policy on Foods that Trigger Anaphylaxis

Nuts are the major risk food that we currently are aware of. We do not allow nuts in school and parents of all pupils should try to ensure that they do not send foods into school that obviously contain nuts. Most food packaging is now labelled regarding nut content.

We appreciate the difficulties presented by the trend for manufacturers to use phrases such as 'packaged in an atmosphere that may contain traces of nuts' on many products that do not directly contain nuts.

Food manufacturers use this kind of phrasing because they are anxious to avoid being responsible for inadvertently exposing someone to food containing nuts.

As a school we are not in a position to make a decision that is more relaxed around this grey area than the food producers who have a full understanding of the ingredients and processes involved in the manufacture of each product. In these cases we ask parents to err on the side of caution and avoid sending products that may have traces of nuts in them.

We cannot guarantee a nut free environment in school and we cannot police every item of food that comes into the building. We will, however, when we are concerned that a food product does, or may have nut content ask for that product to be returned home unopened.

Obvious problem foods are:

- Peanuts, hazelnuts and nuts generally
- peanut butter
- other spreads and pastes containing nuts (eg. Nutella, pesto),
- cereal bars and chocolate bars that contain nuts
- biscuits/cakes that contain nuts. There may be occasions when staff will ask a child not to open or eat a particular item because they are concerned that it may contain nuts and pose a risk to a child nearby. We may not always get this right but will err on the side of caution.

Other Foods

Although less common, shellfish, some seeds and some fruit extracts can also trigger a reaction in some individuals. If this is the case we may ask the children in a class or year group to avoid having such foods in school.

We recognise that many parents may regard some of the foods noted above as part of a healthy balanced diet. However, in school we ask that you help to make our environment safer for those children for whom an allergic reaction poses a genuine risk.

Birthday Cakes

It is not uncommon for parents to send in birthday cakes or buns to share as part of celebrating their child's birthday. We do not want to be killjoys around this and we appreciate the enjoyment and care that goes into making homemade cakes and buns which are often delicious!

However, given the uncertainty there is around the ingredients and production of both shop – bought and homemade cakes and buns we will not allow the sharing of any cake which is not clearly labelled nut free with no ambiguities or disclaimers. That means we cannot accept home made cakes or buns – sorry!

There are a few companies currently producing cakes and related products available from major supermarkets that are clearly labelled as being nut free in terms of ingredients and production. These include cakes from the 'justlovefoodcompany' and 'Kinnerton'. Such product availability seems to be on the increase and there may be other products available.

Day to Day Snack at Break and Lunch Times

We would underline our Smart Snacks policy and strongly encourage the use of fresh fruit for snacks which removes the worry of what processed foods may contain. This helps encourage healthy eating routines and can improve growth, development and long term health and fitness. Some products such as cereal bars are often perceived to be healthy when in fact they contain high levels of fat and sugar as well as the risk of containing nuts.

Thank you in advance for your help and understanding with this.