



Nut- Policy

Free



April 2026

Review Date: September 2027

Beckers Green Primary School Nut-Free Policy

1. Introduction

Beckers Green Primary School aims to be a **nut-free environment**. While we recognise that it is not possible to guarantee a completely nut-free setting, this policy outlines the measures in place to **reduce the risk of exposure** for children and adults who may experience an allergic or anaphylactic reaction to nuts.

Alongside protecting those with allergies, the schools are committed to helping pupils develop an appropriate understanding of **personal responsibility**, including awareness of safe foods, products they use, and situations that may place them at risk.

2. Nut-Free Environment

The term “*nut-free*” means that the following **must not be brought onto school premises**:

Food items

- Loose nuts
- Peanut butter or other nut butters
- Chocolate spreads containing nuts
- Cereal bars and some granola bars
- Cakes, biscuits, or cookies containing nuts
- Peanut butter cakes
- Some Asian foods, including satay sauces containing nuts
- Pesto
- Sesame seeds
- Nut-based milk products
- Any food item where **nuts or nut traces are listed** in the ingredients

The school **do not use nuts** in any food prepared on site. However, **freedom from nut traces cannot be guaranteed**.

Birthday treats or other food brought in from home may only be distributed if the items are **sealed and clearly labelled as nut-free**.

3. Definition of Anaphylaxis

Anaphylaxis (also known as anaphylactic shock) is a severe, potentially life-threatening allergic reaction.

It occurs when the immune system reacts abnormally to a substance (an allergen), such as food, wrongly identifying it as a threat. Symptoms typically develop **within minutes**, though in some cases reactions may be delayed by several hours.

4. Symptoms of Anaphylaxis

Symptoms usually begin between **3 and 60 minutes** after exposure, though they may occur later.

Common symptoms include:

- Feeling unwell, dizzy, or faint
- Sudden drop in blood pressure
- Breathing difficulties or wheezing due to airway narrowing

Additional symptoms may include:

- Swelling of the eyes, lips, genitals, hands, feet, or other areas (angioedema)
- Itching or nettle rash (hives)
- Sore, red, or itchy eyes
- Changes in heart rate
- Severe anxiety or apprehension
- Abdominal cramps, nausea, vomiting, diarrhea, or fever
- Loss of consciousness

Anaphylaxis varies in severity. While some reactions cause mild symptoms, others can progress rapidly and result in **sudden death** if untreated.

5. Emergency Response to Anaphylaxis

Care Plans and Staff Responsibilities

- Individual healthcare plans are in place for pupils with allergies.
- Allergy lists are displayed in classrooms.
- Staff must familiarise themselves with relevant care plans and known allergy triggers.

- Medication is stored, administered, and recorded in line with the **Administering Medicines Policy & Allergy Policy**.

Pupils with diagnosed anaphylaxis will have two prescribed **EpiPen's & antihistamines in class in the first aid bag**. The school office will hold emergency medication.

From September 2026 all staff will be **EpiPen-trained**.

6. Using an EpiPen (Emergency Procedure)

There is **no need to remove clothing**, but ensure the orange tip does not strike zips, buttons, seams, or buckles.

1. **Position the pupil**
 - Lay them down with legs slightly elevated or sit them up if breathing is difficult.
 2. **Remove the blue safety cap**
 - Hold the EpiPen in your dominant hand.
 - *Blue to the sky, orange to the thigh.*
 3. **Position the orange tip**
 - Hold at 90°, approximately 10 cm from the outer thigh.
 4. **Administer the EpiPen**
 - Jab firmly into the outer thigh.
 - Hold for **3 seconds**, then remove and dispose of safely.
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7. Staff and Volunteers

- Staff and volunteers must not bring or consume nut products on site.
- Good hand-washing practice must always be followed.
- Any incident involving nuts being brought onto the premises must be reported immediately to the **Health and Safety Officer and Headteacher**.
- **Do not attempt to clean the area**—it must be sealed off.

Extra care is required at festive times such as **Easter and Christmas**, particularly with confectionery. High-risk products include:

- Celebrations
- Roses
- Heroes
- Quality Street

Cosmetics or sensory products (e.g. hand creams) must be checked thoroughly.

Products must **not** be used if packaging states:

- Not suitable for nut allergy sufferers
- Contains nuts
- May contain nut traces
- Unsuitable for school use

Staff with known anaphylaxis must inform their line manager.

8. Parents and Carers

- Parents and carers must inform the school of any known or suspected nut allergy.
- Full medical details must be provided and will be added to the pupil's care plan.
- Emergency medication **must be provided** for pupils with known allergies.
- If medication is out of date, parents may be required to collect their child until a replacement is provided.

Homemade snacks or party food must:

- Include a full ingredient label
- Be prepared in a nut-free kitchen environment

Packed lunches **must not contain nuts or nut traces.**

9. Pupils

- Pupils are regularly reminded to wash hands before and after eating.
 - Food sharing is discouraged and carefully supervised.
 - Curriculum activities support learning about food allergies and personal safety.
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