

WE ARE AN ALLERGY AWARE SCHOOL

The change of wording from nut free to allergy aware or nut aware acknowledges that it is impossible for us to guarantee that there are no products in school that have been for example, prepared in a home where nuts are eaten, nor that children arrive at school having touched nuts or nut products at home. This does not change our response to nut allergies in school, nor does it change our advice to parents to not send any nuts or nut products in to school

We have a policy not to 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 and therefore it is not possible to guarantee and enforce a nut free zone. Staff cannot monitor all lunches and snacks brought in from home. A free from environment creates a false sense of security and does not safely prepare children for environments where nuts may be present. Because of this age appropriate education and awareness is important.

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 nuts or nut products in school lunch boxes.

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

- Packs of nuts
- Peanut butter or Nutella sandwiches
- Fruit and cereal bars that contain nuts
- Chocolate bars or sweets that contain nuts
- Cakes made with nuts
- Any home cooked meals for packed lunches that are made from nuts

We do not allow sesame or sesame products in school lunch boxes.

In addition, to support children with sesame allergies we advise that these items should also not be brought into school:

- Hummus
- Sesame seed bars
- Bread or rolls with sesame seeds

What types of food are nuts?

- Almonds
- Cashew nuts
- Hazelnuts
- Pistachio
- Walnuts
- Brazil nuts
- Nut oils
- Peanuts

Parents and carers must notify office staff if their child has any known or suspected allergy to nuts and provide all medical and necessary information. This will be added to your child's care plan and if necessary, a meeting organised with the school nurse.

All children are regularly reminded about the good hygiene practice of washing hands before eating which helps to reduce the risk of secondary contamination. Likewise, children are reminded and carefully supervised to minimise the act of food sharing with their friends.

There may be times when we have to make further adaptations in a class due to an individual child's allergy. Parents would be informed of this and would be encouraged to abide by measures to keep children safe.

Kind regards

Mrs J Page
Headteacher