

Brookland Federation

'Brookland Infant and Nursery School'

'Brookland Junior School'

Nut Policy



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Introduction

The Federation aims to protect children and staff who have allergies to nuts. We 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 into schools, including into school lunch boxes.

Nut Policy

Our “Nut Policy” means that the following items should never 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, including Bueno
- Sesame seed rolls (children allergic to nuts may also have a severe reaction to sesame)
- Cakes made with nuts
- Any home cooked meals for packed lunches that are made from nuts
- Birthday sweets or any similar foods

We do not use nuts in any of our food prepared on site within our Federation. Our suppliers provide us with nut-free products. However, we cannot guarantee freedom from nut traces.

What types of food are nuts?

- Almonds (badam)
- Cashew nuts (kaju)
- Hazelnut
- Pistachio (pista)
- Walnuts
- Brazil nuts
- Nut oils
- Peanuts
- Pesto (contains pine nuts)
- (Please note this is not an exhaustive list, as new allergies may arise)

Parents and carers must notify staff if their child has any known or suspected allergy to nuts or any other allergens and provide all medical and necessary information. This will be added to the child’s care plan and if necessary, a meeting organised with the Head of School to complete a Health Care Plan.

Definition of Anaphylaxis

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. Whilst most allergic reactions are the result of food ingestion, we recognise that severe allergic reactions can occur as a result of individuals being susceptible to airborne allergens. Allergic reactions can also be triggered by touching surfaces – such as computer or piano keyboards which may have been inadvertently contaminated.

What happens if someone brings a nut product into school?

If any item of food that could potentially contain nuts is brought into school, it will be removed and disposed of. Any child who is found to have eaten a product containing nuts will be asked to wash their hands immediately and possibly rinse their mouth with water, this will be dependent on each individual case. Parents/carers will be contacted and asked to take the child home so they can clean teeth and if necessary change clothes. We will keep spare toothpaste and toothbrushes in school and will allow children to brush their teeth if the parent cannot attend and with parental permission.

Staff

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

All staff are epi-pen trained and we have staff who are named first aiders. Please check the school office, medical area and the staffroom noticeboard for a list of qualified staff.

Parents

The Federation requests that parents and carers observe the nut-free policy and therefore do not include nuts, or any traces of nuts, in packed lunches. We also request that parents do not encourage their children to pick and eat any fruits or foods from any bushes or trees that are on our site, this includes parents themselves doing the same.

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 reminded and carefully supervised to minimise the act of food sharing with their friends. We insist that children do not share food with their friends or any other child. We also speak to children about not picking any food from the outside areas and consuming it.

Caterers and Lettings

The Federation will provide a copy of this policy to caterers and any lettings companies, PTFA or other organisations using the premises.

Birthday sweets or similar

Following advice from the local authority and Anaphylactic UK, we will be moving to be in line with other schools in the county, and asking children not to bring in sweets and cakes for their class when it is their birthday. This advice has been given to schools for various reasons including healthy eating but mainly for allergy safeguarding. Recently there have been numerous incidents in Hertfordshire where children have had serious anaphylactic reactions to birthday sweets and cakes that were brought into school. We of course love to acknowledge the birthdays of children and will continue to do so by wishing them a happy birthday and singing happy birthday to them, and we ask that if you do want to share something with the class, then a book for the class reading corner or a board game would be a great choice. As a Federation, we will continue to have times when we give a small treat to the children, e.g. ice lollies in the hot weather / Easter eggs etc. We are able to manage this due to holding allergy information for all children and staff and by ensuring we buy foods that meet the medical requirements for all our community. We hope you understand our reasons and support us in ensuring all our children and staff stay safe and well.

Nut trees

We are very fortunate to have a number of beautiful trees across our Federation grounds. As part of our ongoing risk assessments procedures, we have identified two walnut trees on the site - one located near the infant nursery and the other within the garden area of Lulu's preschool.

We will be carrying out regular inspections of these trees and updating our risk assessments accordingly. At present, we will continue to cut the trees back to minimise the likelihood of children, parents or staff coming into contact with the walnuts.

We kindly ask parents to ensure that children do not climb the trees, or pick or consume any walnuts they may find on the premises. We also request that parents refrain from collecting walnuts themselves.

We will continue to monitor the situation closely and will take any further action necessary to ensure the safety and wellbeing of our school community.