



Ladeside Primary School Nut Allergy Policy

Date Adopted: June 2025

Review Date: Annually

1. Introduction

Ladeside Primary School is committed to providing a safe and inclusive environment for all pupils. We recognise that severe allergies, particularly to nuts, can pose a serious and potentially life-threatening risk. This policy outlines the procedures and responsibilities for managing nut allergies within our school community, aiming to minimise the risk of exposure and ensure appropriate responses in the event of an allergic reaction.

2. Aims

- To minimise the risk of accidental exposure to nuts and nut products for pupils with diagnosed nut allergies.
- To educate staff, pupils, and parents about the dangers of nut allergies and the importance of preventative measures.
- To establish clear procedures for managing allergic reactions, including the administration of emergency medication (e.g., EpiPen/Jext/Emerade).
- To foster a supportive and understanding environment for pupils with allergies.

3. Scope

This policy applies to all pupils, staff (teaching, support, administrative), volunteers, and visitors within the school premises, including during school trips and extracurricular activities.

4. Definitions

- **Nut Allergy:** An immune system reaction to proteins found in nuts (e.g., peanuts, tree nuts like almonds, cashews, walnuts, hazelnuts, pistachios, Brazil nuts, pecans, macadamia nuts). Reactions can range from mild to severe (anaphylaxis).
- **Anaphylaxis:** A severe, life-threatening allergic reaction that requires immediate medical attention. Symptoms can include difficulty breathing, swelling of the face/lips/throat, hives, dizziness, and collapse.
- **Adrenaline Auto-Injector (AAI):** A device used to deliver a dose of adrenaline (epinephrine) during a severe allergic reaction (e.g., EpiPen, Jext, Emerade).

5. Roles and Responsibilities

5.1. Head Teacher

- Overall responsibility for the implementation and review of this policy.
- Ensuring staff are adequately trained in allergy awareness and emergency procedures.
- Liaising with parents/guardians regarding their child's allergy management plan.

5.2. School Staff (Teachers, Support Staff, Lunchtime Supervisors, etc.)

- Familiarise themselves with this policy and the individual allergy management plans of pupils in their care.
- Supervise pupils diligently, especially during snack and lunch times.
- Be vigilant for signs of an allergic reaction and know how to respond according to emergency procedures.
- Administer emergency medication (AAI) if necessary and trained to do so.
- Report any incidents or concerns related to allergies.

5.3. Parents/Guardians

- Inform the school immediately upon diagnosis of a nut allergy (or any severe allergy) in their child.
- Provide the school with an up-to-date Individual Healthcare Plan (IHP)/Allergy Action Plan, completed by a medical professional, and review it annually.
- Provide the school with an adequate supply of in-date adrenaline auto-injectors (AAIs) and any other prescribed medication, ensuring they are readily accessible.
- Educate their child about their allergy and strategies for managing it.
- Communicate any changes in their child's allergy status or medication.
- Provide nut-free packed lunches and snacks for their child.

5.4. Pupils

- Understand their allergy (age-appropriately) and communicate any concerns to a trusted adult.
- Avoid sharing food with other pupils.
- Wash hands before and after eating.

6. Procedures for Minimising Risk

6.1. Communication and Information Sharing

- A confidential register of pupils with allergies will be maintained and accessible to relevant staff.
- Parents/guardians of pupils with nut allergies will complete an Individual Healthcare Plan (IHP) annually, outlining specific triggers, symptoms, and emergency procedures.
- Key information about pupils with nut allergies (e.g., name, photo, location of medication, main symptoms, emergency contact) will be prominently displayed in

relevant areas (e.g., staff room, classroom, dining hall), ensuring confidentiality is maintained.

- Parents/guardians of all pupils will be informed that Ladeside Primary School aims to be nut-aware/nut-free and requested to avoid sending nut products to school.

6.2. Food Management

- "Nut-Aware" or "Nut-Free" Environment: Ladeside Primary School will communicate clearly to all parents/guardians that it is a "nut-aware" school. We request that parents/guardians do not send any food containing nuts or nut products (e.g., peanut butter, Nutella, certain cereal bars, some cakes/biscuits containing nuts) into school for snacks or packed lunches.
- School Meals: Our catering provider will be informed of all nut allergies and will ensure that school meals are prepared to be nut-free. Allergen information will be clearly displayed for all school meals.
- Classroom Snacks: If pupils bring snacks to school, parents will be reminded to check ingredients carefully and avoid nut products. Teachers will supervise snack times to ensure no food sharing occurs.
- Special Events/Baking: Parents/guardians will be informed in advance of any school events involving food (e.g., bake sales, parties) and reminded of the nut allergy policy. Alternatives will be provided for pupils with allergies where necessary.
- Handwashing: All pupils will be encouraged to wash their hands thoroughly with soap and water before and after eating.

6.3. Medication Storage and Access

- Individual pupils' AAIs will be stored in an easily accessible, clearly labelled, and unlocked location known to all relevant staff (e.g., in the classroom with the pupil's teacher, or in a designated medical cupboard in the school office).
- A spare, in-date AAI for each pupil with a diagnosed nut allergy should be provided by parents/guardians and stored centrally.
- AAIs will be checked regularly by a designated staff member for expiry dates and replaced as necessary. Parents/guardians will be reminded to provide new medication before expiry.

6.4. Staff Training

- All staff will receive regular training on allergy awareness, recognising the signs and symptoms of anaphylaxis, and emergency procedures, including the correct use of AAIs.
- Refresher training will be provided annually.
- New staff will receive training as part of their induction.

6.5. Classroom Management

- Classrooms will be regularly cleaned to remove any potential food residues.
- Art and craft materials will be checked to ensure they do not contain nut derivatives.
- No food will be used in classroom activities without prior consultation and risk assessment, especially when a pupil with a nut allergy is present.

7. Emergency Procedures (Responding to an Allergic Reaction)

7.1. Recognition of Symptoms

Staff will be trained to recognise the signs and symptoms of an allergic reaction, which can include:

- Mild to Moderate: Hives, rash, swelling of lips/face/eyes, tingling in mouth, abdominal pain, vomiting, nasal congestion, sneezing.
- Severe (Anaphylaxis): Difficulty breathing, wheezing, persistent cough, swelling of tongue/throat, sudden feeling of weakness, dizziness, collapse, pale skin, blue lips, loss of consciousness.

7.2. Action Plan

In the event of a suspected allergic reaction:

1. Remain calm.
2. Immediately administer the prescribed AAI if the reaction is severe or if in doubt (following the pupil's Individual Healthcare Plan). Do not wait for symptoms to worsen.
3. Call 999/emergency services immediately and state "anaphylaxis" and that an AAI has been administered.
4. Administer a second dose of AAI after 5-10 minutes if symptoms have not improved or are worsening.
5. Place the pupil in a comfortable position, usually lying flat with legs raised, or sitting upright if breathing is difficult.
6. Do not leave the pupil alone.
7. Inform the Head Teacher/designated first aider.
8. Contact parents/guardians immediately.
9. Record the incident on the school's accident/incident report form.

8. School Trips and Out-of-School Activities

- A risk assessment will be conducted for all off-site activities, specifically considering the needs of pupils with nut allergies.
- Relevant staff accompanying the trip will be fully briefed on the pupil's allergy and emergency procedures.
- AAIs and the Individual Healthcare Plan will accompany the pupil.
- Catering arrangements for trips will be thoroughly checked to ensure nut-free options are available.
- Parents/guardians may be asked to accompany their child on certain trips if significant additional support is required.

9. Communication and Review

- This policy will be reviewed annually or sooner if there are significant changes in legislation, school procedures, or new medical guidance.
- The policy will be readily available to all staff and parents on the school website or by request.
- Feedback from parents, staff, and medical professionals will be considered during the review process.