



Nut Allergy Awareness Policy

St Paul's Church of England Primary School

Fountain of Life

Overflowing generosity Recognise

& Illuminate

Way of Life

All God's Children

Reaching out to others

Devotion to each other and God

*For with you is the Fountain of life; **in your light we see light.** (Psalm 36 vs9)*

Inspired by God's love for us, we illuminate the goodness in others, we care for and protect His children and reach out to help others flourish in their journey to the fullness of life.

Updated September 2025
To be reviewed June 2027



Nut Allergy Awareness Policy

This Policy is being introduced as we have children in St Paul's Primary School with nut allergies and we have a duty of care to protect God's children from what can be very serious, even life threatening. Background information can be found:

<https://www.nhs.uk/conditions/food-allergy/>

Purpose

- To provide a safe learning environment for all members of St Paul's Primary School
- To raise the awareness of all members of the school community regarding severe allergies Management

The Nut Aware Policy will be managed by:

- Parents and caregivers being requested **NOT** to send food to school that contains nuts (especially peanuts). This includes all types of nuts, peanut butter, Nutella and food containing nuts.
- Students being encouraged **NOT** to share food.
- Students being encouraged to wash hands before and after eating.
- Staff training in understanding and dealing with Anaphylaxis (severe allergic reactions) as the need arises.
- The School caterers complying with the Nut Awareness Policy.
- Breakfast & After School Club staff being aware of this Policy and will not be supplying foods that contain nuts.

Promotion

This policy will be promoted by:

- A copy of this policy being made available to all parents and caregivers.
- Staff being informed and provided with training opportunities.
- Pupils being informed via teachers, support staff and signs displayed around the school.

Risk management regarding Nut Allergy

- Parents will be informed by letter of the need to support this policy (see document attached)
- Regular reminders for parents via the newsletter.
- Staff will be made aware of the content of this policy.
- Children with a nut allergy will be made known to staff along with appropriate actions.



- Staff will be alert to any obvious signs of nuts being brought in, but they will not inspect all food brought into school.
- The School Lunchtime staff will follow the nut awareness policy as will all staff.
- Relevant staff will be trained in the use of Auto-injectors e.g. Epi-pen, which will be held in School if a particular child should have this treatment prescribed.
- A list of staff trained in delivering Epi-pen visible in school office.

Parents **MUST** inform the School immediately a nut allergy or anaphylaxis problem has been diagnosed with their child.

Staff are informed.

Whilst the child, their parents and the School take all reasonable precautions, we cannot guarantee a nut free zone.

It is therefore VITAL that ALL parents are aware of and adhere to the following conditions if sending food into school.

The Policy

- **Any food, containing nuts or seeds must not be brought into School.**
- As mistakes may be made, children should be taught not to share their food with any other child.
- It is no way expected that parents provide treats for the Class to celebrate their child's birthday but, since some parents choose to do this, we would ask that such treats are nut free.

Food labels to look for:

- Not suitable for nut allergy sufferers
- This product contains nuts

Staff should ensure the following:

- Any treats should be given out at home time for parents to decide if they allow their child to eat them
- Children should be asked to wash their hands with warm water and soap regularly and especially before and after snack and lunch in case any foods containing nuts have been consumed. Please be aware that hand sanitisers may not effectively remove the nut protein.
- Cleaning a worktop suspected of traces of nut protein:
 - Wash - With warm, soapy water and a single-use towel, wipe down all surfaces.
 - Rinse - Fill a spray bottle with fresh water. Spray surfaces that have been cleaned with soapy water. Wipe with a clean, single-use towel.
 - Sanitise - With single-use, sanitised towels or wipes, polish surfaces and let them air dry.



St Paul's Church of England Primary School

Healthy lunchboxes and snacks

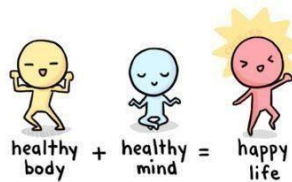
As part of our ECO action plan year, the ECO School council have decided to make it their mission to encourage our school to be a Healthy School again.



- Other effective surface-cleaning methods include commercial cleaning wipes that contain detergent or all-purpose detergent spray cleaners used with paper towels or clean cloths.



The ECO reps have noticed that break-time snacks and lunchboxes are not containing foods of the healthier options. We all need to be reminded that a healthy body feeds a healthy mind.



chibird

To help us to become a healthy school, we need your help!

Here are some ideas to help you and your friends help us to achieve this goal.



Healthy snacks at break time- these should consist of either a piece of fruit or vegetable or a cereal bar containing grains- **NO NUTS** Foods we **MUST** be avoiding at break times:

- Crisps,
- Chocolate bars,
- Sweets,
- Sausage rolls,
- Biscuits,
- Peperami.



Healthy lunchboxes- these should consist of either a sandwich (wrap, pitta, and bagel) pasta or salad. Crisps are acceptable as part of a lunch, yogurt, fruit and vegetables and cereal bar.

Foods we **MUST** be avoiding at lunchtime: Chocolate bars and sweets.



Always be in the mood to eat healthy food!