



NUT FREE POLICY

This policy supports the overarching DENI and DHSSPS “*Supporting Pupils with Medication Needs*” (2008) policy and should be read in conjunction with Part IV of this policy – Management of Common Conditions (pp. 71-75).

Rationale:

It is important that the school look after all students in its care. To this end, we endeavour to ensure Belleek PS is a **nut-free school** and seek the school community’s cooperation in supporting the safety of all students at the school. **Nuts and Peanuts are excluded from the school site based on the ingredient list of any food product.**

In response to the food sensitivities reported among current pupils we provide this policy. The immediate impact of a nut exposure to a child with a nut allergy can be life threatening and require medical intervention or hospitalisation. The support of all school families and staff can make this a simple policy and relieve the worry of a possible nut allergy contact.

What is Anaphylaxis?

Anaphylaxis is a severe and sudden allergic reaction. It occurs when a person is exposed to an allergen (such as a food or an insect bite). Reactions usually begin within minutes of exposure and can progress rapidly over a period of up to two hours or more. Anaphylaxis is potentially life threatening and always requires an emergency response. Fortunately, anaphylactic reactions are uncommon and usually preventable.

Implementation:

- On enrolment, parents should supply the school with as much information as possible regarding their child’s condition. For severe anaphylactics, this should include an action plan supplied by a doctor. Parents should also notify the teacher on first meeting them.
- Where necessary, parents will supply all medication and an EpiPen to be kept at the school. This remains in the secure area of the office. Individual arrangements may be made with the teacher if applicable.
- Teachers and office staff need to be fully aware of students who have severe allergies. Action plans need to be visibly displayed for office staff to refer to in an emergency.

- **ALL** staff need to be made aware of students who have severe allergic reactions at a staff meeting.
- School parents will be asked **NOT** to supply their children with peanut butter sandwiches and other nut products in an effort to minimise the chance of anaphylactic children coming into contact with an allergen.
- At all times, the sharing of food is to be discouraged, especially at lunch and break-times.
- Teachers supervising at lunch and break-time need to remain vigilant to this issue.
- Notices will be published regularly in newsletters/school letter heads to remind families of the commitment to keep the school nut-free and be supportive of others.
- The canteen has also made a commitment to provide nut-free products.
- Any birthday treats supplied for the class by a parent should be nut-free.
- Parents of anaphylactic pupils should be encouraged to provide alternative treats for the teacher to have on hand so that their child does not continually miss out on special occasions.
- Classes with anaphylactic pupils in them need to discuss the issues with pupils and be alert for potential problems. Understanding in all school children of the conscious choice to protect our friends is important. Inform pupils in an understandable and effective manner of our concern.
- All cakes made for cake stalls should be clearly labelled as to their ingredients.
- **MOST IMPORTANTLY:** Parents must be responsible for educating their children about their anaphylaxis. Pupils who suffer from anaphylaxis should follow very strict rules as regards their eating habits as stipulated and instilled by the parents.
- Staff will be trained in the use of an EpiPen.
- EpiPens and medication need to accompany students on excursions.

Outcomes:

- Pupils with anaphylaxis will be safer and less likely to encounter substances that could initiate an attack.
- Teachers, students & parents will be more aware of the dangers for some pupils in relation to their allergy.
- Ideally, the incidence of anaphylactic attacks is minimised and averted altogether.

Useful websites:

- www.anaphylaxis.org.uk
- www.deni.gov.uk/support_with_medical_needs.pdf
- www.safefood.eu/Nut-allergy

Monitoring and evaluation:

Belleek PS will update this Policy in the light of any further guidance and legislation and review it regularly.

On-going evaluation will ensure the effectiveness of the Policy.

Date Policy Reviewed:

Signed: _____ (Chair of Board of Governors)

_____ (Principal)

_____ (Designated Teacher)

PLEASE NOTE:

Whilst we can promote the nut-free policy within the school community, its success is totally dependent on the co-operation of the parent body to assist with its implementation.