

Managing Nuts and other Food Allergies Policy

This policy is applicable to The Stephen Perse Foundation (the **Foundation**). It is applicable to the whole school community including the Early Years Foundation Stage (**EYFS**).

Definition of anaphylaxis

Anaphylaxis (also known as anaphylactic shock) is an acute allergic reaction to an antigen, affecting the entire body, and can occur within minutes of exposure. The main causes are attributed to nuts, peanuts, seeds and seafood.

Introduction

The Foundation recognises that a number of members of the Foundation community suffer from potentially life threatening allergies or intolerances to certain foods. Measures are put in place to ensure that there is an awareness of all allergies and to ensure that the risks are reduced to try to prevent exposure and/or a reaction.

Aims

The Foundation's aim is to reduce the risk, as far as possible, of any person suffering allergy induced anaphylaxis whilst at the Foundation or whilst attending any Foundation related activity.

This policy outlines how the Foundation ensures that students with food allergies are supported with a specific focus on the prevention of a nut related reaction and/or anaphylaxis. Information about the Foundation's policy and procedures for responding to an incident of anaphylaxis is contained in the Foundation's First Aid Policy, Medicine Policy and Supporting Pupils with Medical Conditions Policy.

Nuts

The Foundation's position is not to guarantee a nut free environment but to minimise the risk of exposure as far as possible by hazard identification, instruction and information.

The Anaphylaxis Campaign advises that this is a pragmatic approach, for the following reasons:

- It would be impossible to provide an absolute guarantee that the Foundation sites are nut free because students regularly bring in food from home;
- There would be a risk that students with allergies might be led into a false sense of security;
- A nut ban could be seen as a precedent for other 'risky' foods.

There is a strong argument that children with food allergies will develop a better awareness and understanding of how to manage their allergies if they grow up in an environment where allergens may be present.

Responsibilities and Implementation

The Foundation responsibilities, in conjunction with its external catering provider:

- Ensuring that Foundation staff, catering staff, contractors and any other visitors do not knowingly bring or use any nuts (including pine nuts and peanuts), sesame seeds and associated nut/sesame products on to the Foundation sites.
- Ensuring that items which the supplier indicates 'may contain' nuts are labelled accordingly.
- Ensuring that all food and catering suppliers are aware of the Foundation's policy for managing nuts and other food allergies.
- Ensuring that the weekly menus indicate where any of the 14 major allergens are present for each dish and supporting students whose allergies fall outside of these 14 food allergens.
- Requiring parents/carers to provide details of their child's allergies on joining the Foundation and making the catering team and other relevant staff aware of these, where applicable. Parents/carers are required to keep the Foundation updated of any changes to their child's medical needs, including if they become aware of any further allergies.
- Ensuring that students and their parents/carers are made aware that nuts and peanuts and/or snacks, cakes and any other foods containing nuts and peanuts are not permitted on Foundation sites or on any trips. A written reminder will be communicated to parents/carers at least once each year.
- Ensuring that students' allergies are included in the planning process and risk assessment of all trips.
- Ensuring that details of which dishes and other food and drink items contain the 14 major allergens are written out by catering staff, enabling catering staff to be able to provide allergen information whenever asked.
- Ensuring that catering staff receive regular training in respect of food allergens and relevant catering staff serving in the kitchens are briefed each day of which dishes contain the 14 major food allergens.
- Establishing and following clear procedures and responsibilities to be followed by all staff in meeting the needs of students with additional medical needs (as set out in the related policies listed above).

Whilst the Foundation, in conjunction with the external catering provider, exercises due care and attention to minimise risk, given current food manufacturing processes, it is impossible to guarantee that all products brought on to the site will be free from possible nut traces. The success of reducing anaphylaxis risk and other allergic reactions also requires the cooperation of all students, staff, parents and any other member of the Foundation community.

The Foundation labels the 14 major food allergens in accordance with legislation. Due to the broad number of food allergies, the Foundation expects staff, contractors and any other visitors to the Foundation to use their own discretion in respect of any allergies that fall outside of the 14 major food allergens.

Responsibilities of parents/carers:

- Providing full details of their child's allergies when they join the Foundation and any new allergies that they become aware of during their child's time at the Foundation as soon as possible.
- Ensuring that they do not provide their child with snacks, cakes and any other foods containing nuts and peanuts to take to any Foundation site or on any trips.

- Supporting their child to be able to self manage their allergy.

Whilst the Foundation will exercise all due care and attention to minimise risk, with the support of their parents, students are also expected to self manage their allergy, including being aware of:

- Foods which are safe or unsafe;
- When to ask catering staff about the ingredients of dishes, if they are unsure;
- When to consult catering staff if they think that food has been cross-contaminated (e.g. asking for serving utensils to be changed);
- Their own symptoms which may present if an allergic reaction occurs;
- For students in the 6th Form, their responsibility to carry their Adrenaline Auto-Injector (AAI), such as an Epipen, with them at all times;
- Who to advise, if and when an allergic reaction happens;
- Letting friends and staff know about their allergy, in case of emergency;
- When to seek guidance (and from whom) if in doubt.

Related documentation:

First Aid Policy
 Ill Health Procedures
 Medicine Policy
 Supporting Pupils with Medical Conditions Policy

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Version Control

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Policy owner	Vice Principal 3-11
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