



# The Collett School Nut and Sesame Free Policy

**Date Implemented:** 1<sup>st</sup> March 2022

**Date Last Reviewed:** August 2023

**Date Governing Body Approved:** n/a

**Review Period:** 3 Year

**Staff Responsibility:** Stephen Houlton-Allen

**Date for Next Review:** 1<sup>st</sup> September 2026

<b>Changes Since the Last Version:</b>	
<b>Section</b>	<b>Details of change</b>
All sections	Inclusion of sesame awareness throughout the policy
P3	School to ensure the kitchen is aware of this policy
P3	School to ensure class teachers know if a child in their class has a sesame allergy

# The Collett School is a Nut Free School and Sesame Aware School

Our aim is to provide a safe learning environment for all people in our school community.

To support this, The Collett School is a 'Nut Free School' and, a Sesame Aware School. This policy aims to increase our community awareness in order to minimise the risk to children with documented allergies to nut products and, sesame products.

Anaphylaxis is a severe form of allergic reaction which is potentially life threatening. There are many causative agents for anaphylaxis with nuts and sesame seeds/oil often being the precipitating factor.

Anaphylaxis is preventable. Avoidance of specific triggers is by far the best option. Management is via immediate injection of adrenaline and emergency transfer to the hospital.

This mean that we encourage parents, children and staff to avoid bring foods that contain nuts to school. Products that contain nuts include:

- Nuts
- Peanut butter
- Sesame seeds
- Sesame oil
- Nut spreads such as Nutella
- Most fruit and nut bars, energy bars and muesli bars
- Many cereals, crackers and cookies
- Some biscuits
- Chocolates and any other products that have nuts listed in the ingredients

## SCHOOL RESPONSIBILITIES

- To advise staff, pupils and parents that nuts are not allowed in our school setting and on school trips.
- To reinforce the challenges some pupils may face in sesame products being on school site/ school trips. Where there is a child with sesame products issues, then those children must not bring in sesame products.
- To ensure the school kitchens know we are a nut free school
- To ensure the school kitchens know we may have children with sesame allergies
- Reinforce appropriate avoidance and management strategies.
- Keep up to date information on nut and sesame allergies.
- On advice from a qualified medical doctor, individual classes may need to develop class specific measures.
- Provide additional information to classes with children who have had previous anaphylaxis to nuts.
- Aim to label food items donated to school with 'This product may contain nuts'.

## PARENT RESPONSIBILITIES

Parents/carers of children with previous anaphylaxis:

- Provide the school with a documented Health Care Plan from a medical practitioner for first aid response.
- Keep an Epi-pen in a clearly defined location agreed to by parents and the school.

- Provide the school with the name and contact details of the doctor who signed the Health Care Plan.
- Support the class teachers and other staff in implementing the Health Care Plan.

All parents are asked to support the school's Nut and Sesame Awareness Policy by:

- Being sensitive and supportive to the needs of students with a history of anaphylaxis.
- Providing children with healthy food options that do not contain nuts and sesame.
- Encouraging children to wash their hands before and after eating
- Considering the Nut and Sesame Awareness Policy when sending food to school for shared functions like brunch, birthdays and class parties and labelling home-made foods '*This product may contain nuts*'.

### **STAFF RESPONSIBILITIES**

All Staff are asked to support the school's Nut Free and Sesame Awareness Policy by:

- Incorporating it as part of the class health programme.
- Teaching children the importance of washing their hands before and after eating.
- Reminding students and parents of the Nut Awareness Policy prior to school events where food is available for sharing and/or purchase

Have up to date training in:

- What is an allergy?
- What is anaphylaxis?
- What are the triggers for allergy and anaphylaxis?
- How is anaphylaxis recognised?
- How can anaphylaxis be prevented?
- What should be done in the event of a child having a severe allergic reaction?
- Certain designated staff to be trained in Epi-pen use.

### **PROMOTING THE NUT and SESAME AWARENESS POLICY**

The policy will be promoted by:

- Parents and carers being informed via newsletters and the school website.
- Staff being informed and provided with training.
- Pupils to be taught about nut and food allergies.