SHARJAH ENGLISH SCHOOL
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Policy

Nut-Free Policy

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Safer Recruitment Statement

SES is an equal opportunity employer and as such treats all job applicants and staff with equal respect free from unjustifiable discrimination.

SES is committed to safeguarding and promoting the welfare of all its students. A UK ICPC or equivalent police check is a prerequisite for all appointments.

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Nut-Free Policy

This is an extremely important policy and should be read by all members of the SES community.
Any questions should be directed to the school health office and/or senior leaders in the school.

Aims and Rationale

This policy serves to set out all measures to reduce the risk to those children and adults who may suffer anaphylactic reaction if exposed to nuts to which they are sensitive/allergic.

The school aims to protect children who have allergies to nuts yet also help them, as they grow up, to take responsibility as to what foods they can eat and to be aware of where they may be put at risk.

SES aims to be a Nut-Free school and will do all that it reasonably can to enable this to happen. However SES recognises that this cannot always be 100% guaranteed and that an element of risk remains around this issue.

Anaphylaxis (also known as anaphylactic shock) is an allergic condition that can be severe and potentially fatal. Anaphylaxis is the body's immune system reacting badly to a substance (an allergen), such as a food, which it wrongly perceives as a threat. The whole body can be affected, usually within minutes of contact with an allergen, although sometimes the reaction can happen hours later.

Symptoms

The symptoms of anaphylaxis usually start between three and sixty minutes after contact with the allergen. Less commonly they can occur a few hours or even days after contact. An anaphylactic reaction may lead to feeling unwell or dizzy or may cause fainting due to a sudden drop in blood pressure. Narrowing of the airways can also occur at the same time, with or without the drop in blood pressure.

This can cause breathing difficulties and wheezing.

Other symptoms:

- Swollen eyes, lips, genitals, hands, feet and other areas (this is called angioedema)
- Itching
- Sore, red, itchy eyes
- Changes in heart rate
- A sudden feeling of extreme anxiety or apprehension
- Itchy skin or nettle-rash (hives)
- Unconsciousness due to very low blood pressure
- Abdominal cramps, vomiting or diarrhoea, or nausea and fever.

Anaphylaxis varies in severity. Sometimes it causes only mild itchiness and swelling, but in some people, it can be fatal.

If symptoms start soon after contact with the allergen and rapidly worsen, this indicates that the reaction is more severe.

Compulsory guidance

We do not allow nuts or nut products in school lunch boxes.

Our Nut-Free policy means that the following items should not be brought into school:

- Packs of nuts
- Peanut butter or Nutella sandwiches
- Fruit and cereal bars that contain nuts
- Chocolate bars or sweets that contain nuts
- Sesame seed rolls (children allergic to nuts may also have a severe reaction to sesame)
- Cakes made with nuts. We have a policy to not use nuts in any of our food prepared on site at our school.

All product packaging must be checked for warnings directed at nut allergy sufferers and if the following or similar are displayed, the product must not be used in school.

Packaging must be checked for:

- Not suitable for nut allergy suffers;
- This product contains nuts;
- This product may contain traces of nuts;
- Indicating this is unsuitable for school consumption.

Hair oils derived from nuts including coconut oil can trigger allergic reactions and are not allowed.

Staff cannot give out any sweets brought in from home to be given out as birthday treats.

Staff and volunteers must ensure they do not bring in or consume nut products in school and ensure they follow good hand washing practice.

EpiPen Training

All first aid trained staff have received epipen training. In serious cases staff must deploy the use of the epipen without delay - staff please see separate guidance from the school health office regarding the process.

A Medical Team, consisting of a doctor and two nurses are also available in case of any anaphylactic emergency. A member of the medical team must be contacted as soon as possible should such an event occur.

Parents and Guardians

Parents and carers must notify staff of any known or suspected allergy to nuts and provide all medical and necessary information. This will be added to the child's care plan and if necessary, a meeting organised with the school doctor.

In the event of a school organised Party day contributions must have a label detailing all ingredients present and the kitchen environment where the food was prepared must be nut free. If you are unsure about a selection, please speak to a staff member before bringing the food item into school.

Children in School

All children are regularly reminded about the good hygiene practice of washing hands before and after eating which helps to reduce the risk of secondary contamination.

Likewise, children are reminded and carefully supervised to ensure that the act of food sharing with their friends does not happen.

Health Plans and Emergency Response

We have individual Healthcare plans for children with allergies and Allergy Lists are available for viewing in the health office and staffrooms. These highlight healthcare plans in place, triggers, and medication.

(Medication will be stored, administered and documented in accordance with our Administering Medicine Policy).

Food suppliers for our school canteen and at other events provide us with nut-free products; this is strictly monitored by the school.