



# Nut Free Policy



---

Person(s) Responsible:

Headteacher

Family Liaison and Mental Health Lead

Formally adopted by the  
Governing Body:

March 2025

Review date:

January 2026

***This policy also applies to the Early Years Foundation Stage (EYFS)***

## Nut-Free Policy

Although we recognise that this cannot be guaranteed, Biggin Hill Primary School aims to be a Nut-Free school. This policy serves to set out all the measures to reduce the risk to those children and adults who may suffer an anaphylactic reaction if exposed to nuts to which they are sensitive. Anaphylaxis can be life threatening and nut products of any kind must not be brought into school. The school aims to protect children who have allergies to nuts yet also help them, as they grow, to take responsibility as to what foods they can eat and to be aware they may be at risk.

### **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 in to school:

- Packs of nuts
- Peanut butter sandwiches
- Chocolate spread sandwiches (unless stated nut-free)
- Fruit and cereal bars that contain nuts
- Sesame seeds including rolls (some children allergic to nuts also have a severe reaction to sesame). In some case this can also be life threatening
- Cakes made with nuts
- Any chocolate bar that states it may contain nuts
- Coconut / almond products

We have a policy not to use nuts in any of our food prepared at our school. Our suppliers provide us with nut-free products. However, we cannot guarantee freedom from nut traces.

## Staff

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

Caution must be taken at certain times of the year such as Christmas and Easter. Staff who distribute confectionery, must take care to ensure no nuts are included in the product.

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 sufferers
- This product contains nuts
- This product may contain nut traces
- Indications that it is not suitable for school consumption.

All staff members have received EpiPen training.

---

## Parents and Carers

Parents and carers must notify the school of any suspected allergy to nuts and provide all medical and necessary information including a BSACI care plan signed by a medical professional. This will be added to the child's school care plan and all staff will be made aware.

Any food contributions must follow the nut-free policy and the school requests that parents/carers ensure all packed lunches are nut-free.

## Children

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

Children in KS1 who have a nut or food allergy wear a lanyard when visiting the dining hall identifying their medical needs.

## Care Plans and Emergency Response

We have individual Care Plans for children with allergies which is attached to the BSACI care plan provided by parents/carers. All staff are made aware of these and they are reviewed yearly by Kathryn Sargeant, Family Liaison and Mental Health Lead. It is the parents/carers responsibility to notify the school of any changes in the interim period that may require the school care plan to be updated before the set date.

## Medication

If a child is prescribed an Adrenaline Auto Injector (AAI) e.g Epipen/Jext pen/ Emerade Injector it is required that the school have two on-site at all times. This medication will be stored in designated areas (identified on a child's care plan) and administered and documented by a trained First Aider.

For some children an AAI is not required, a dose of Antihistamine is sufficient to abate any allergic symptoms a child may experience. This medication is also stored in a designated place (identified on a child's care plan) and only administered and documented by a trained First Aider.

## Anaphylaxis

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 (allergen) which it sees as a threat. The whole body can be affected, usually within minutes of contact/ingestion although sometimes the reaction can occur hours later.

## Symptoms

Symptoms usually occur within three and sixty minutes after contact with the allergen. Less commonly they occur a few hours or even a day 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 airway 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
- Itching
- Sore, red, itchy eyes
- Changes in heart rate
- A sudden feeling of extreme anxiety
- Hives (nettle rash)
- Abdominal cramps, vomiting or diarrhoea, or nausea and fever.

Anaphylaxis varies in severity. Sometimes it causes only mild itchiness and swelling, but in some it can cause sudden death.

*This policy will be reviewed annually.*