



# No Nut Policy

## Context

People who suffer from nut allergies can develop a severe, potentially life-threatening allergic reaction. If someone has a nut allergy it is not just eating nuts that can cause a severe reaction, just being touched on the skin or smelling the breath of someone who has eaten nuts or a product containing nuts can trigger anaphylactic shock (which can cause breathing and swallowing difficulties). This policy has not been introduced lightly but after serious consideration in order for us to do our utmost to ensure the safety and wellbeing of all children who attend Livingstone.

## Purpose

The purpose of this policy is to:

- Raise awareness about allergies to all our school community
- Ensure we provide a safe learning environment for all
- Give assurance to those children/families with severe allergies that we take the management of these seriously.

## Aim

We are not a nut-free school but we aim to be as nut-free as we can. It is impossible to provide an absolute guarantee that no nuts will be brought onto the premises but we will strive to minimise this as much as we can.

## Management

We ask that all members of the school community work together to manage the day to day application of this policy in the following ways:

- Parents and carers are requested NOT to send food to school that contains nuts or sesame. This includes all types of nuts, peanut butter, Nutella, cereal/chocolate bars and any other food containing nuts. This includes items sent in for birthday treats.
- We ask parents to check packaging closely for the safety of all our children.
- Staff will be alert to any obvious signs of nuts being brought in, but they will not inspect all food brought into school.
- If we do see children with food that does contain nuts or nut products, they will be asked to swap that food for a non-nut product and take the nut product home unopened. If children bring a peanut butter sandwich, we will ask them to swap it for a sandwich of cheese / ham that we make in the school kitchen.
- Children who have already consumed a nut product will be asked to wash their hands immediately before finishing the rest of their dinner.
- Children will be asked NOT to share food and will have the severity of the situation explained.
- Children will be encouraged to wash hands before and after eating.
- Some staff are trained in understanding and dealing with Anaphylaxis (severe allergic reactions) and will use this training as the need arises.

- The school dinner providers will ensure all cooked food is nut-free.
- Little Stones before and after school club will also ensure that the snacks and food it provides is nut and sesame free.

**Examples of foods this policy applies to:**

Nuts can come in many forms, some examples of foods we do not wish children to bring to school are:

- packs of nuts / loose nuts
- peanut (or other nut) butter sandwiches
- fruit and cereal bars that contain nuts
- chocolate bars such as Snickers that contain nuts
- sesame seed products including rolls and houmous
- Nutella spread sandwiches or dips
- muesli bars
- cookies and biscuits that contain nuts
- cakes that contain nuts including coconut
- nut sauces or flavourings such as Satay

**Promotion**

The policy will be promoted by:

- A copy of this policy being made available to all parents and carers.
- A letter issued to all parents and carers and regular reminders in the newsletter.
- Staff being informed and provided with training opportunities.
- Children being informed via teachers and support staff.
- Publication of this policy on the school website.
- Issue of the policy in the new admission packs.