



## Food Allergy Policy

### Aims

Wynstones School fully recognises its responsibilities for the safety of its children and staff at all times. It is recognised that there is a growing case for awareness in the school for those children and staff who suffer from allergies, particularly food allergies and bee stings. It is, therefore, incumbent on the School to have a policy to mitigate the threat of injury to those who are at risk. We are especially vigilant in banning the presence of any food products (nuts and seeds) that could cause an anaphylactic reaction in the pupils with allergies.

### The Policy

***It is school policy that all children and staff avoid having anything containing PEANUTS, SESAME & SESAME SEEDS, WALNUTS, HAZELNUTS AND BRAZIL NUTS and anything containing the oils at school. For the protection of 'pupils with allergies, all staff and parents are also requested to comply with the TOTAL ban of these products from school, school events and on school grounds, including outings and trips.***

- All staff are requested to comply with this ban.
- Lunches that the school provides must not contain any of the allergens listed.
- Food that the Kindergarten provides must not contain any of the allergens listed.
- The school community is required to follow this practice.
- All parents and friends are required to follow this practice and requested to clearly list all ingredients on any food items sent in to cake stalls, birthdays, events etc.
- This policy also applies to any and all external events on school grounds like the Advent and Summer Fairs & School Trips, as well as outside events held on school grounds.
- Any incidents where a parent, or a child, or teacher suspects that banned food has been brought to school or a school event must be reported to the School Reception or the responsible staff member immediately. The food must be disposed of as soon as possible. Anyone in contact must go and wash their hands.

Every classroom is required to have a written emergency action plan on display for managing an anaphylactic reaction.

The staffroom has a display board identifying pupils at risk and guidelines for response in an emergency. The EPIPEN or equivalent medication needs to be immediately accessible and kept in a secure but unlocked location.

Substitute teachers are required to be familiar with the emergency action plan. It is the responsibility of the Safeguarding Officer, responsible for Health and Safety to ensure that this is the case. All staff must have up to date training in school allergies, anaphylaxis and general preventative principles.

When medication (inhaler, cetirizine, epipen) is administered parents must be informed and this should be logged and recorded at school

Relevant parents to be informed of any occurrence of 'near miss incidents', i.e. consumption of banned allergens by staff or pupils. This encourages transparency and will continue to make all aware there is a need for further communication and/or training

## **Best Practice Guidelines**

### **No Sharing Snacks**

Break times can be tempting; teachers to emphasise that children must not share snacks and give gentle reminders to all the children about this rule.

### **Example products**

Sample products containing sesame – Humous, tahini, halva, some soaps, seeded bread, muesli, granola, noodles, vegeburgers, vege sausages. Herbal drinks, Aqua Libra and many soaps, oils and lotions etc.

Sample products containing brazil nuts, hazelnuts, walnuts and peanuts – Snickers, stir fry, thai food, nut roast, fruitcake, other cakes and biscuits.

### **Food labels**

Check labels carefully to confirm if any allergens are present. If in doubt do not bring the food into School.

Note - Some food labels state that the product has been made in a facility that also handles a food that is an allergen. E.g. "Made in a facility that also handles peanuts and sesame" Such food is ok to bring to school as the risk is minimal.

### **Sport**

For PE and Games, the staff needs to be aware of the children who have asthma and food allergies. Reminders from staff may be necessary about taking inhalers/ Epipens to sports fields (and especially off site).

### **Trips**

It is important that pupils with allergies are included in all outings and it is also important to make sure that they are enjoyable for these children without any, or minimal, risk of allergic reactions.

- Day trips and trips away will require careful forward planning and any issue with a pupil with allergies will need to be worked into the risk assessment.
- Staff are required to carry the child's medication at all times. Staff responsible must have up to date emergency medication administration training.
- Provision of extra packed lunch items, drinks etc., and spare adrenaline devices may be useful in case children arrive with food containing banned items.

### **Other Children**

Explaining to other children about allergies could be done by the child and teacher, or the parent may find it useful to go and talk to the class. Children are naturally inquisitive and will want to know why a child has to avoid certain things, so it is easier to be open and discuss any issues surrounding the allergy that the children should be aware of. Any information given must be age-appropriate.

Circle time is a good environment to introduce the subject of allergies to other children and to talk about how to help an allergic child deal with their allergy. It can be useful to explain about situations where a child can and cannot take part, for instance, other children can often think that they are being kind by offering sweets etc., to an allergic child so that they are not left out. They may also not understand why some children cannot take part in activities, such as sport, and it can be helpful for teachers to explain this to classmates, even quickly when starting an activity where one child cannot take part for medical reasons.

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