Luston and Shobdon Community Primary Schools Federation

including Luston Nursery

Nut Allergy Awareness Policy

Last reviewed	**24 Sep 2026**
Renewal due	**Sep 2027**

This policy was ratified by our Governors and disseminated to all staff.

There are children in Luston Primary School and Shobdon Primary School who have nut allergies.

Nut allergies can be very serious, even life threatening. Background information can be found in Appendix One along with signs of a reaction.

Purpose

- To provide a safe learning environment for all members of Luston Primary School and Shobdon Primary School
- To raise the awareness of all members of the Federation community regarding severe allergies Management

The Nut Aware Policy will be managed by:

- Parents and carers being requested **NOT** to send food to school that contains nuts (especially peanuts). This includes all types of nuts, peanut butter, and food containing nuts. Parents and Carers also encouraged **NOT** to send in food that displays 'May contain Nuts'
- Children being encouraged **NOT** to share food
- Children being encouraged to wash hands before and after eating
- Staff training in understanding and dealing with Anaphylaxis (severe allergic reactions) as the need arises
- The Lunchtime Meal Providers complying with the Nut Awareness Policy
- Breakfast and After School Club staff being aware of this Policy and will not be supplying foods that contain nuts

Promotion

This policy will be promoted by:

- A copy of this policy being made available to all parents and carers
- Staff being informed and provided with training opportunities
- Children being informed via teachers, support staff and signs

Risk management regarding Nut Allergy

- Parents/carers will be informed by letter of the need to support this policy
- Staff will be made aware of the content of this policy
- Children with a nut allergy will be made known to staff along with appropriate actions
- Staff will be alert to any obvious signs of nuts being brought in, but they will not inspect all food brought into school
- The Lunchtime Team will follow the nut awareness policy as will all staff
- Relevant staff will be trained in the use of Auto-injectors e.g. Epi-pen, which will be held in the school, in a known location, if a particular child should have this treatment prescribed

Parents/carers MUST inform the Federation immediately if a nut allergy or anaphylaxis problem has been diagnosed with their child.

Staff are informed, normally by posting on the staff room notice board, of the child/ren concerned.

Whilst the child, their parents and the Federation take all reasonable precautions, we cannot guarantee a nut free zone.

It is therefore VITAL that ALL parents/carers are aware of and adhere to the following conditions if sending food into school.

The Policy

- **Any food, containing nuts must not be brought into school**
- As mistakes may be made, children should be taught not to share their food with any other child
- Parents have been asked not to provide edible treats for the class to celebrate birthdays,

Food labels to look for:

- **Not suitable for nut allergy sufferers** – This will contain nuts
- **This product contains nuts** – Self-explanatory
- The packaging displays '**This Product May Contain Nuts**' – "May contain" labels are intended to alert consumers to the possibility of accidental cross contamination during the production process. So, for example, a supposedly nut free breakfast cereal is produced in the same factory as nutty granola, the manufacturer might put "may contain nuts" (or an equivalent warning) on the cereal packet. This is voluntary by the manufacturer and is intended to 'cover' them if there was accidental cross contamination. The product would not contain nuts otherwise the above warning labels would be required however there may have been a cross-contamination risk

Staff should ensure the following:

- In the event that any food treats are available for children, they should be given out at home time for parents/carers to decide if their child should eat them
- Children should be asked to wash their hands with warm water and soap regularly and especially before and after snack and lunch in case any foods containing nuts have been consumed. Hand sanitisers may not effectively remove the nut protein
- Regular cleaning of dining tables/ worktop suspected of traces of nut protein:
    - Wash - With warm, soapy water and a single-use towel, wipe down all surfaces
    - Rinse - Fill a spray bottle with fresh water. Spray surfaces that have been cleaned with soapy water. Wipe with a clean, single-use towel
    - Sanitise - With single-use, sanitised towels or wipes, polish surfaces and let them air dry
    - Other effective surface-cleaning methods include commercial cleaning wipes that contain detergent or all-purpose detergent spray cleaners used with paper towels or clean cloths

This policy has been read by all staff who have signed to show an understanding of the content.

Appendix 1

What happens with a Nut or Peanut Allergy?

The body's immune system normally fights infection. But, when someone is allergic to tree nuts or peanuts, the immune system overreacts to proteins in these foods.

Every time the person eats (or, in some cases, handles or breathes in) a peanut or tree nut, the body thinks the proteins are harmful invaders. The immune system responds by kicking into high gear to fend off the "invader." This causes an allergic reaction, in which chemicals like histamine are released in the body.

The release of these chemicals can cause someone to have the following problems:

- Panic
- Wheezing
- Trouble breathing (because their throat and nasal passages swell up)
- Coughing
- Hoarseness
- Throat tightness
- Stomachache/ cramps
- Vomiting
- Diarrhoea
- Itchy, watery, or swollen eyes
- Hives (red spots/ patches on the skin
- Hypotension (a drop-in blood pressure)

Reactions to foods, like peanuts and tree nuts, can be different. It all depends on the person and sometimes the same person can react differently at different times.

Nut and peanut allergies can cause a severe reaction called anaphylaxis. Anaphylaxis may begin with some of the same symptoms as a less severe reaction, but then quickly worsen, leading someone to have trouble breathing, feel lightheaded, or to pass out. If it is not treated, anaphylaxis can be life threatening. Anaphylaxis can also be caused by reactions to bee/ wasp stings.