

**THIS SCHOOL IS
NUT FREE**



White Ash Primary School aims to be a Nut-Free school. The school aims to protect children and staff who have allergies to nuts and encourage parents to be aware of what foods may cause a risk.

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)
- Hummus or houmous as it contains tahini which is made from sesame
- Pesto which contains nuts
- Cakes made with nuts
- Self-serve pastries covered in almonds – for example almond croissants
- Any home-cooked meals for packed lunches that are made from nuts
- Any shared food for after-school events with nuts or nut oils

The school requests that parents and carers observe the nut-free policy and therefore do not include nuts in packed lunches.

What types of food are nuts?

Almonds

Cashew nuts

Hazelnuts

Pistachios

Walnuts

Brazil nuts

Nut oils

Peanuts

Sesame seeds (the proteins in sesame seeds may resemble proteins in certain nuts and may trigger an allergic reaction in children who have a nut allergy)

Pine nuts

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 contains sesame seeds
- This product may contain traces nuts

Our suppliers provide us with nut-free products.

However, we cannot guarantee complete freedom from nut traces.

Staff

2 nominated First Aiders at work have Epi Pen training

All staff have annual EpiPen training.

Class staff are also aware of the location of an Epi Pen for a nominated person, and full instructions for use.

Children

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.

The most serious risk to allergic children and adults comes from nuts, which can cause severe, life-threatening 'anaphylactic' reactions within seconds in a susceptible child.

Parents and carers must notify the school if their child has any known or suspected allergy to nuts and provide all medical and necessary information.

This will be added to your child's file and if necessary, a meeting organised with school staff.

Further Information

Allergy UK: <https://www.allergyuk.org/living-with-an-allergy/at-school/>

Anaphylaxis campaign: <https://www.anaphylaxis.org.uk/>