



PROTOCOL ON MANAGING NUT AND OTHER ALLERGIES

Introduction

Whilst we do all we can to protect pupils and staff with food allergies, and have proactive precautions to minimise the risk of anaphylaxis and other allergenic reactions occurring, we do not claim to be free of nuts and cannot guarantee this given that pupils regularly bring in food from home and food items bought on the way to School and we do not want children with allergies to be led into a false sense of security. Children with food allergies will develop a better awareness and understanding of how to manage their allergies if they grow up in an environment where allergens are regularly present but we still take measures to limit the dangers for those with severe nut allergies. In taking this approach we are following the advice of the Anaphylaxis Campaign.

Measures to minimise risk undertaken by the Catering Department

Given current food manufacturing processes it is impossible to guarantee that all products will be free from possible 'traces of nuts' and other allergens but

- We never knowingly use any nuts (including pine nuts and peanuts) or sesame seeds and associated nut/sesame products in our kitchens.
- Pupils who are known to have food allergies (e.g. nuts, egg, milk, gluten, fish, molluscs, and crustaceans) are introduced to key members of the catering team, on their first day at the School, and are encouraged to seek guidance from catering staff – on a daily basis, if necessary – on what they can have, from the menu, for lunch.
- Photographs of pupils with allergies and special requirements and who carry epipens are on display in staff common rooms and in the Main School and Fiveways kitchens.
- Catering staff receive regular training in respect of food allergies.
- Food preparation staff take precautions to reduce the risk of cross contamination.
- The recipes are analysed, and allergens contained therein are highlighted and recorded.
- The counter display menus identify allergens present in the various dishes. There is a file available of recipes which highlight potential allergens. Pupils are advised to seek advice from servers.
- The kitchen does not knowingly sell any products that specify tree nuts, pine nuts, peanuts or sesame seeds as ingredients.



- The Catering Department keeps detailed allergen information on all their recipes and other food and drink items, enabling catering staff to be able to provide allergen information whenever asked.
- When the School provides packed lunches for trips away, catering staff are provided with a list of pupils who have allergies and specially labelled packed lunches are provided, accordingly.

Other precautions

Whilst most allergic reactions are the result of food ingestion, it should be recognised too that severe allergic reactions can occur as a result of individuals being susceptible to airborne allergens. Allergic reactions can also be triggered by touching surfaces – such as computer or piano keyboards which may have been inadvertently contaminated.

The success of minimising anaphylaxis risk – and all other allergenic reactions - requires the cooperation of pupils, staff and parents. Parents need to be regularly reminded not to provide pupils with snacks and cakes (birthdays are potentially high risk occasions) that contain nuts and sesame seeds, and reminders will be sent in the newsletters.

It is essential that the School has full details of all our pupils' allergies. This information is requested by the School, and must be provided by parents when their son/daughter joins the School and then updated by parents if allergies are discovered at a later stage. The School nurse should also be provided with a treatment plan and EpiPen, clearly marked with the pupil's name. Each pupil has an individual health care plan. Within the parameters of confidentiality, the School provides – to the catering department and other relevant parties – a list of names and photographs of pupils with severe medical conditions including severe allergies.

When pupils take part in single or multi-day school trips or fixtures, participating pupils' allergies, their respective treatments and other associated requirements are factored into the planning process and iSAMS highlights their condition on school lists

Pupil responsibilities

Whilst the School exercises all due care and attention to minimise risk, pupils are expected to learn how to self-manage their allergy by developing an understanding of;



- Foods which are safe or unsafe.
- When to ask staff to change serving utensils if they think cross-contamination has taken place.
- Their specific symptoms, if an allergic reaction occurs.
- Who to advise if and when an allergic reaction happens.
- Letting friends and staff know about their allergy, in case of emergency.
- When to seek guidance (and from whom).

It is recognised that younger children will need more guidance and assistance with self-managing.

Epipens:

The School has a viable procedure for dealing with anaphylaxis quickly and effectively. Part of this relates to storage and availability of medicines for treating anaphylaxis with key personnel identified to administer medicines to students.

In Fiveways each pupil has two Epipens, one kept in the pupil's classroom and one in the kitchen area.

In the Junior School each pupil has two Epipens, both held by the Junior School secretary.

In the Senior School each pupil is expected to carry their own Epipen and another is held in the Main School Reception.

In addition the School Nurse has Adrenalin Auto-Injectors with parental consent forms available in the Medical Centre.

KJD March