



NUT FREE POLICY

UPDATED: SUMMER 2019

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| Head teacher: Nicola Pierce | Sign: <i>N Pierce</i> | Date: <i>11/07/2019</i> |
| Chair of Governing Body: James Fordham | Sign: <i>J Fordham</i> | Date: <i>11/07/2019</i> |

Ratified by Full Governing Body on Thursday 11th July 2019

Date for Review: Summer 2022 (or earlier, if required)

St. Augustine's Junior C of E (VA) Junior School

NUT FREE POLICY



INTRODUCTION

Although we recognise that this cannot be guaranteed, St Augustine's CE Junior School aims to be a Nut-Free School. This policy serves to set out all measures to reduce the risk to those children and adults with an allergy to peanuts and tree nuts.

The school aims to protect children who have allergies to nuts and also help them, as they grow up, to take responsibility as to what foods they can eat and to be aware of where they may be put at risk.

In school, the following measures are in place:

- We do not allow nuts or nut products in school lunch boxes. This is communicated to new parents and staff in their induction pack and regular blanket reminders are sent throughout the year. Parents who send their child with nuts or nut products in lunch boxes are spoken to individually and reminded of our policy.

Our "Nut-Free Policy" means that the following items should not be brought into school:

- Packs of nuts
- Peanut butter 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)
- Cakes made with nuts

We have a policy to not use nuts in any of our food prepared on site at our school. Our suppliers provide us with nut-free products. However, we cannot guarantee freedom from nut traces.

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DEFINITION

Around 1 in 70 children suffer from an allergy to peanuts or tree nuts. The symptoms of a food allergy can come on rapidly. These may include hives anywhere on the body, or a tingling or itchy feeling in the mouth.

More serious symptoms may include:

- Swelling in the throat and/or mouth
- Difficulty breathing
- Severe asthma
- Colicky abdominal pain

The term for this more serious form of allergy is anaphylaxis. In extreme cases, there could be a dramatic fall in blood pressure (anaphylactic shock). The person may become weak and floppy and may have a sense that something terrible is happening. This may lead to collapse and unconsciousness.

STAFF

Staff and volunteers must ensure they do not bring in or consume nut products in school and ensure they follow good hand washing practice.

Caution must be taken at certain times of year such as Easter and Christmas. If staff distribute confectionary, care must be taken to ensure that no nuts are included in the product. Fruit sweets such as Haribo are a better alternative (see Appendix 1 for a list of snacks, crisps and biscuits that do not contain nuts and are permissible as “treats”).

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 may contain traces nuts.

All staff are trained to administer Injector Pens. Our lead First Aider, Mrs Massey, ensures that all staff are aware of children in school who have been prescribed an Injector Pen and their photos are displayed in the school kitchen, staff room, first aid room and “grab bags” in each class.

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PARENTS AND CARERS

Parents and Carers must notify staff of any known or suspected allergy to nuts and provide all medical and necessary information. This is added to the child's care plan and if necessary, a meeting organised with the school nurse. The school requests that parents and carers observe the nut free policy and therefore do not include nuts, or any traces of nuts, in packed lunches. A copy of our policy is given to every family at the beginning of every new academic year and is included in our "new starters" information pack.

At special times of the year, parents may wish to send sweets/ party donations into school. Parents are asked to maintain our policy at these times. As an extra precaution, these items are checked by staff and an alternative provided if necessary.

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. Likewise, children are reminded and carefully supervised at lunch times, to minimise the act of food sharing with their friends.

HEALTH PLANS AND EMERGENCY RESPONSE

We have individual Healthcare plans for children with allergies and Allergy Lists are displayed in the school kitchen, staff room, first aid room and "grab bags" in each class. Allergy Lists include information regarding Healthcare Plans, known triggers and medication. All medication is stored, administered and documented in accordance with our First Aid Policy.

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APPENDIX 1

NUT FREE Snacks, Crisps & Biscuits that do not contain nuts

April 2019: The following products are known to be nut free and therefore safe to eat in school. We have a number of allergy sufferers and we are a Nut Free School.

| ALDI | McVITIE'S |
|---|--|
| Digger Digestive Bars | McVitie's All Butter Shortbread |
| | McVitie's Arrowroot |
| BURTON BISCUITS | McVitie's Club Mint, Orange, Honeycomb |
| Jammie Dodgers | McVitie's Choc Gems |
| Maryland Mini Choc Chip Cookies | McVitie's Dark Chocolate Digestives |
| | McVitie's Dark Choc Hobnobs |
| CADBURY'S | McVitie's Digestive Cheesecake Creams – Lemon, Strawberry, Vanilla |
| Chomp | McVitie's Digestives |
| Crunchie | McVitie's Digestives – Double Chocolate |
| Curly Wurly | McVitie's Digestives Light |
| Flake | McVitie's Festive Faces |
| Fudge | McVitie's Fruit Shortcake |
| Time Out | McVitie's Ginger Nuts |
| Turkish Delight | McVitie's Gold |
| Twirl | McVitie's Hobnobs Creams – Chocolate, Vanilla |
| | McVitie's Iced Gems |
| CRAWFORDS BISCUITS | McVitie's Jaffa Cakes |
| Crawford's Bourbon Creams Crawford's | McVitie's Marie |
| Bourbon Creams (Mini Packs) Crawford's | McVitie's Milk Choc & Orange Digestives |
| Coconut Rings Crawford's Custard Creams | McVitie's Milk Chocolate Digestive Lights |
| Crawford's Custard Creams (Mini Packs) | McVitie's Milk Chocolate Digestives |
| Crawford's Digestives (Mini Pack) | McVitie's Milk Choc Digestives Caramels |
| Crawford's Fruit Shortcake (Mini Pack) | McVitie's Milk Chocolate Hobnobs |
| Crawford's Ginger Nuts (Mini Packs) | McVitie's Mini Jaffa Cakes |
| Crawford's Jam Rings | McVitie's Penguin – Milk, Mint, Orange, Toffee |
| Crawford's Malted Milk | McVitie's Rich Tea |
| Crawford's Milk Chocolate Digestives | McVitie's Rich Tea Lights |
| Crawford's Morning Coffee | |
| Crawford's Nice | Tasties |
| Crawford's Shortcake | McVitie's Tasties All Butter Shortbread |
| Crawford's Shorties | McVitie's Tasties Arrowroot |
| Crawford's Shorties (Mini Packs) | McVitie's Tasties Bourbon Creams |
| Crawford's Rover Assortment 650g | McVitie's Tasties Coconut Rings |
| Crawford's Teatime Assortment 275g | McVitie's Tasties Custard Creams |
| | McVitie's Tasties Digestives |

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| JACOBS | McVitie's Tasties Fruit Shortcake |
| Cream Cracker & Cracked Black Pepper | McVitie's Tasties Ginger Nuts |
| TUC Original | McVitie's Tasties Jam Sandwich Creams |
| Cheddars | McVitie's Tasties Milk Chocolate Digestives |
| Cheddars Crispy Bacon Flavour | McVitie's Tasties Morning Coffee |
| Savours Cheese Thins | McVitie's Tasties Nice |
| Savours Salt & Cracked Black Pepper Bakes | McVitie's Tasties Plain Chocolate Digestives |
| Savours Sour Cream & Chive Thins | McVitie's Tasties Rich Tea & Fingers |
| Savours Sweet Chilli Thins | McVitie's Tasties Shorties |
| Cheeselets | |
| Original Twiglets | |
| Mini Cheddars – Original, BBQ, Chilli Beef, Cheese & Onion, Branston Pickle Flavours | Biscuit Assortment |
| Oddities Cheese, Smoky Bacon, Salt & Vinegar, Cheese and Onion, Roast Chicken flavours | McVitie's Exclusive Assortment |
| Bran Table Cracker Snack Pack (2 pack)) | McVitie's Family Circle Assortment |
| Choice Grain Snack Pack (3 pack | McVitie's Moments 400g (Eire) |
| Cornish Wafer Snack Pack (3 pack) | McVitie's Tasties Assortment |
| Cream Crackers Snack Pack (2 and 3 pack) | McVitie's Victoria Sapphire |
| Digestives for Cheese Snack Pack (2 pack) | |
| High Bake Water Biscuits Snack Pack (2) | Cakes |
| Savours Salt & Black Pepper Bakes Snack Pack (2 pack) | McVitie's Belgian Waffles with Sugar Pearls |
| Table Cracker Snack Pack (2 pack) | McVitie's Belgian Waffles with Belgian Chocolate |
| Cheddars Snack Pack (4 pack) | McVitie's Jaffa Cakes – Mini Rolls/Cake Bars |
| Fortt's Bath Oliver | McVitie's Jaffa Cakes – Cake Bars Double Chocolate |
| Hovis Crackers | McVitie's Cake – Jaffa Cake Bars Spooky Orange/Scary Lemon & Slime |
| Hovis Digestives for Cheese | McVitie's Cake – Jaffa Cake Bars – Orange & Cranberry |
| Krackawheat | McVitie's Penguin – Mini Rolls |
| Crinklys Cheese & Onion, Salt & Vinegar, Sweet BBQ, Bacon Flavours | McVitie's Cake – Penguin Yule Log |
| Cheddars Snack Pack (4 pack) | McVitie's Teacakes |
| Jacob's Cracker Crisps – Sea Salt & Balsamic Vinegar, Sour Cream & Chive, Thai Sweet Chilli. | McVitie's Toasting Waffles |
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| NESTLE | Caramac |
| Aero | Caramac Bar |
| Aero Peppermint Bubbles | Caramac Buttons |
| Aero Milk Bubbles | |
| Aero Milk Chocolate Bars & Sharing Blocks | Drifter |
| Aero Peppermint Chocolate Bars & Sharing Blocks | Drifter Chocolate Biscuit Bar |
| Aero White Chocolate Bars & Sharing Blocks | |
| Aero White Chocolate Bubbles | KitKat |
| Aero Mousse Bar & Sharing Blocks | KitKat 2 Finger Milk Chocolate Biscuit |
| After Eight | KitKat 2 Finger Dark Mint Chocolate Biscuit |
| After Eight Bite size Dark Chocolate Mints | KitKat 2 Finger Orange Chocolate Biscuit |
| | KitKat 2 Finger Toffee Treat Chocolate Biscuit |
| Blue Riband | KitKat 2 Finger Dark Chocolate Biscuit |
| Blue Riband Milk Chocolate Biscuit Bar | KitKat 2 Finger Cookies & Cream Chocolate Biscuit |
| Blue Riband Caramel Cream | KitKat 4 Finger Milk Chocolate Bar |
| Blue Riband Dark Orange | KitKat 4 Finger Dark Chocolate Bar |
| Blue Riband Coffee Cream | KitKat Chunky Milk Chocolate Bar |
| | Kit Kat Milk Snap & Share Bar |

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| Breakaway | Kit Kat Cookies & Cream Snap & Share Bar |
| Breakaway Milk Chocolate Biscuit | |
| Breakaway Chocolate Shortcake | Milky Bar |
| | Milky Bar White Chocolate Bar & Sharing Block |
| | Milky Bar White Chocolate Buttons |
| ROWNTREES | Milky Bar Giant White Chocolate Buttons |
| | Milky Bar Milk & Cookies Sharing Block |
| Rowntrees Pick & Mix | Milky Bar Giant Buttons Milkshake |
| Rowntrees Jelly Tots | |
| Rowntrees Tooty Frooties | Polo |
| Rowntrees Randoms | Polo Sugar Free Mints |
| Rowntrees Randoms Tandems | Polo Mints Original |
| Rowntrees Fruit Gums | Polo Spearmint |
| Rowntrees Fruit Pastilles | Polo Fruits & Sharing Bag |
| Rowntrees Fruit Pastilles Froosions | |
| Rowntrees Fruit Pastilles Berries & Cream | Quality Street |
| Rowntrees Fruit Pastilles Blackcurrant & Strawberry | Quality Street Mint Matchmakers Box |
| | Quality Street Mini Matchmakers Mint Chocolate Pouch |
| PRINGLES | Quality Street Orange Matchmakers Box |
| Pringles Original and Cheese & Chive | Quality Street Honeycomb Matchmakers Box |
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| OTHER ITEMS | |
| Doritos Cool Original Butterkist Toffee Popcorn | Rolo |
| | Rolo Chocolate Tube & Sharing Bag |
| | Rolo Dark Chocolate Sharing Bag |
| | |
| | Smarties |
| | Smarties Tube |
| | Mini Smarties |
| | Smarties Milk Chocolate Bar & Sharing Block |
| | Smarties Little Bar |
| | |
| | Toffee Crisp |
| | Toffee Crisp Single Chocolate Bar |
| | Toffee Crisp Biscuit Bar |
| | |
| | Yorkie |
| | Yorkie Milk Chocolate Bar |
| | Yorkie Milk Duo Chocolate Bar |
| | Yorkie Honeycomb Bar |
| | Yorkie Biscuit Bar |