# Pathways School

# Nut-Free Policy

## Policy Monitoring

Date policy last reviewed: April 2026

Signed by:

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| Neil Jones | Headteacher | Date: | April 2026 |
| Saima Ali | Chair of governors | Date: | April 2026 |

Date of next review: April 2027

This policy will be reviewed at least annually and following any concerns and/or updates to national/local guidance or procedure.

## 1. Introduction

Pathways School aims to be a Nut-Free environment. We recognise that this cannot be absolutely guaranteed, but this policy serves to set out all measures to reduce the risk to those children and adults who may suffer an anaphylactic reaction if exposed to nuts to which they are sensitive. Whilst the school aims to protect students who have allergies to nuts we will also help them, to take responsibility for the foods they can eat and to be aware of where they may be put at risk.

This policy is applicable to students, parents, staff and visitors.

## 2. Links to other school policies and practices.

- Health and Safety Policy
- Risk Assessment Policy
- First Aid Policy
- Supporting children with medical conditions Policy
- Educational Visits Policy

## 3. Policy

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

• Loose nuts

• Peanut butter or other nut butters

• Chocolate spreads

• Cereal bars

• Some granola bars

• Cakes that contain nuts

• Biscuits / Cookies that contain nuts

• Peanut butter cakes

• Some Asian food, including satay Sauces that contain nuts

• Pesto

• Sesame seeds

We will not use nuts in any food prepared on site at our schools. However, we cannot guarantee freedom from nut traces. We will not give out any sweets, cakes or food brought in from home to be given out as birthday treats, unless they are sealed and are clearly marked as being nut free.

## 4. Anaphylaxis

### 4.1 Anaphylaxis

Anaphylaxis (also known as anaphylactic shock) is an allergic condition that can be severe and potentially fatal. Anaphylaxis is the body's immune system reacting badly to a substance (an allergen), such as food, which it wrongly perceives as a threat. The whole body can be affected, usually within minutes of contact with an allergen, although sometimes the reaction can happen hours later. The symptoms of anaphylaxis usually start between three and sixty minutes after contact with the allergen. Less commonly they can occur a few hours or even days after contact. An anaphylactic reaction may lead to feeling unwell or dizzy or may cause fainting due to a sudden drop in blood pressure. Narrowing of the airways can also occur at the same time, with or without the drop in blood pressure. This can cause breathing difficulties and wheezing.

Other symptoms can be: Swollen eyes, lips, genitals, hands, feet and other areas (this is called angioedema); Itching; Sore, red, itchy eyes; Changes in heart rate; a sudden feeling of extreme anxiety or apprehension; Itchy skin or nettle-rash (hives); unconsciousness due to very low blood pressure; abdominal cramps, vomiting or diarrhoea, or nausea; and fever.

Anaphylaxis varies in severity. Sometimes it causes only mild itchiness and swelling, but in some people, it can cause sudden death. If symptoms start soon after contact with the allergen and rapidly worsens, this indicates that the reaction is more severe.

### 4.2 Emergency response to anaphylaxis

There are individual Healthcare plans for students with allergies. Allergy Lists are displayed in classrooms and on student profiles, highlighting, triggers and medication. Medication is stored, administered and documented in accordance with our Administration of Medication Policy. Emergency medication will be carried by staff working with students in medication clutch bags. Students with known anaphylaxis will have an epi-pen. Student epi-pen protocols can be found in Student Folders, Individual Clipboards and emergency medication bags. All staff are trained in administering an epi-pen.

### 4.3 Staff

If a member of staff has known anaphylaxis they should ensure that the Headteacher is aware.

Staff and volunteers must ensure they do not bring in or consume nut products in the schools and that they follow good hand washing practice. Caution must be taken at certain times of year such as Celebrations. If Staff distribute confectionary, care must be taken to ensure that no nuts are included in the product. Particular products that are a cause for concern are Celebrations, Roses, Heroes and Quality Street. 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 brought into school:

• Not suitable for nut allergy suffers;

• This product contains nuts;

• This product may contain traces nuts;

• Indicating this is unsuitable for school consumption.

## 5. 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 will be added to the student's care plan and if necessary, a meeting will be organised. Homemade snacks or party food contributions must

have a label detailing all ingredients present and the kitchen environment where the food was prepared must be nut free. If unsure about a selection, please speak to a staff member before bringing the food item into school. The schools request that parents and carers observe the nut-free policy and therefore do not include nuts, or any traces of nuts, in packed lunches.

## 6. Students

All students 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, students are reminded and carefully supervised to minimise the act of food sharing with their peers. Curriculum and teaching opportunities are used to ensure that students learn about the potential risks of nut products.

## 7. Visitors

Visitors to the school will be made aware that the school is a nut-free environment in their joining instructions (i.e. the email confirming the visit/meeting). Visitors will be reminded, on arrival, that the school is a nut-free environment.