



AMESBURY SCHOOL  
HINDHEAD

## **FOOD ALLERGY POLICY**

# Food Allergy Policy

This policy is based on the following guidelines:

- 1) [Supporting pupils at school with medical conditions \(publishing.service.gov.uk\)](https://www.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/324611/supporting_pupils_at_school_with_medical_conditions.pdf)
- 2) [The Food Information Regulations 2014 \(legislation.gov.uk\)](https://www.legislation.gov.uk/ukreg/2014/1251/contents/made)
- 3) [Allergen guidance for food businesses | Food Standards Agency](https://www.foodstandards.gov.uk/allergens)
- 4) Food Standards Agency 14- Allergens information [14 allergens | Food Standards Agency](https://www.foodstandards.gov.uk/allergens)

## 1. Introduction

Amesbury welcomes all children with a food allergy to be part our community. Our aim is to maintain the school as a nut-aware zone and all parents and carers are made aware of this when their child is admitted to the school.

The school cannot guarantee a completely allergen free environment but seeks to minimise the risk of exposure where reasonable able to do so, to encourage self-responsibility, and plan for an effective response to possible emergencies. Protocols are in place to try to ensure that foods containing nuts are not used in the catering department. It is the responsibility of the catering manager to check food and suppliers.

## 2. Policy Aims

We aim to:

- 2.1 Ensure that the appropriate personnel have considered the needs of food-allergic pupils and have developed appropriate procedures.
- 2.2 Work in partnership with the parents/carers of children with food allergies, build trust, effective communication, and individualised care around their child's specific needs.
- 2.3 Educate children to take responsibility for managing their own allergy as is appropriate to their age and development.
- 2.4 Minimise the risk of any child experiencing food allergy-induced reactions especially anaphylaxis where we are reasonably able to do so.
- 2.5 Minimise the risk of affected children being exposed to food allergens such as nuts during school hours, or at times when the school organises ad hoc practices and rehearsals outside of normal school hours, where reasonably able to do so
- 2.6 Ensure that staff are properly prepared to manage emergency situations should they arise.
- 2.7 To consider the needs of food-allergic pupils when handling foods as part of the school curriculum.

### **3.     Background**

True food allergies are adverse reactions to a particular food that involves the immune system. Virtually all known food allergens are proteins. They can be present in the food in large amounts and often survive food-processing conditions.

Allergic reactions are characterised by the rapid release of chemicals in the body that cause symptoms, which can occur within minutes or up to an hour or more after ingestion of the allergen. Whilst almost any food protein can cause an allergic reaction in some people, the 14 most common food allergens listed by the Food Standards Agency include:

- Cereals containing gluten
- Crustaceans such as prawns, crab, and lobster
- Molluscs such as mussels and oysters
- Lupin
- Eggs
- Fish
- Peanuts
- Tree nuts (almonds, hazelnuts, walnuts, Brazil, cashew, pecan, pistachio, and macadamia nuts)
- Pine nuts
- Milk
- Soya
- Sesame seed/oil
- Celery
- Mustard

Other allergens, known to Amesbury School specifically include:

- Fruit such as kiwi, strawberries, apples, and pears
- Raw tomatoes
- Bananas

The proportion of the population with true food allergy is approximately 1-2% of adults and about 5-8% of children, which equates to about 1.5 million people in the UK.

N.B. Coeliac disease is not an allergy. Whilst it is classified as food intolerance it is not like other intolerances in that it is an autoimmune disease, which means that the body produces antibodies that attack its own tissues. In coeliac disease this attack is triggered by gluten, a protein found in wheat, rye, and barley. This intolerance to gluten causes an inflammatory response that damages the gut, leading to a decreased surface area for absorption of nutrients from food.

### **4.     Procedures**

#### **Parents**

- 4.1 Provide the School Nurse with detailed information about their child's allergy to be recorded on the medical questionnaire; this is to include past reactions, triggers, and recommended treatments as necessary. We also require copies of letters from their doctor/allergy consultant where a formal diagnosis or prescription of an AAI has been made.
- 4.2 Alongside the School Nurse actively engage in taking responsibility for ensuring that their child's adrenaline pens are within date. It is recommended that they sign up with the 'Epipen *renewal reminder*' text facility. Expired adrenaline pens will be disposed of by the

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- School Nurse; this may lead to the pupil being unable to partake in away matches/visits if they do not have an in-date supply of their medication at school.
- 4.3 Refrain from sending their child into school with any food/sweets (including birthday cakes which will be provided by the Catering Department) as they may not be aware that they contain ingredients which represent a significant risk to other pupils. Also refrain from bringing food/snacks in for their children to eat when collecting after school/on weekend school activities.
  - 4.4 Refrain from providing foods/sweets for day / residential trips. If these are required, the school will provide them.
  - 4.5 Where the school cannot give guarantees around policies and protocols in place at other settings such as schools, residential settings, restaurants etc, parents are responsible for determining the level of risk by contacting the particular setting directly or via the School Nurse, and having done so, become responsible for deciding whether they are prepared to allow their child to attend given the level of risk involved. It is not the School Nurse's responsibility to decide this level of risk- this is a parental decision.
  - 4.6 Ensure their child is aware of their allergies and actively engage in empowering their child to have the confidence and knowledge to check for allergens in food.
  - 4.7 Understand that the school is an allergen aware site- this does not guarantee allergen free but rather that all measures are in place, where reasonably practicable to minimise the risk of exposure.

#### **School Nurse Responsibilities**

- 4.8 All staff will be alerted to which children in school have an identified food allergy. For those children with severe allergies and are prescribed AAIs, each child's name, photograph and allergy will be displayed in the kitchen, and staff room. An electronic copy is held on the Academic Admin Team and all relevant staff are sent this information when it is updated each year/when details are changed. . Once disseminated it is individual staff members' responsibility to ensure they are aware of food allergies before serving food to any pupils. This includes Games fixtures.
- 4.9 Relevant information can be found on pupil's individual ISAMS records. An individual care plan is in place for all children with a severe food allergy that may cause anaphylaxis and require the administration of an AAI. All AAIs are kept with a copy of the child's care plan, outside the Medical Department (in EY building for Pre-Nursery to Reception classes) and are always accessible. Parents will be asked to provide an insulated carry case for them to be kept in.
- 4.10 The School Nurse will ensure that any staff responsible for accompanying an AAI user off site for the purposes of a school trip/match are aware of the child's allergy and care plan. A list of children with AAIs is given to the teacher when the first aid bag is collected.
- 4.11 When pupils are playing away matches the Head of Games Dept, will advise the host school of any food allergies so that alternative arrangements can be made for match tea.
- 4.12 All teachers will be trained on how to assist in administering an AAI during the annual September inset staff training every year and through use of the TES EduCare understanding anaphylaxis module every 3 years. Additional training is given prior to residential trips on request.
- 4.13 The School Nurse will liaise with parents, teachers, and catering staff with regard to any changes in a child's dietary needs and the food allergy list/medical records will be updated.
- 4.14 The responsibilities of the School Nurse are strictly limited to the above. For further advice, guidance and support parents are advised to contact their family GP. It is the sole responsibility of the parent to ensure that changes to or additions to a child's allergens are sent, in writing, to the School Nurse by email: [medical@amesburyschool.co.uk](mailto:medical@amesburyschool.co.uk)

- 4.15 The school nurse with support from the Catering Manager, will liaise with the school front office to ensure that lunch registration nominal rolls correctly identify children with allergies. These children will then be handed an identifying card (currently red) so that all catering staff, even if new or agency, have a visual prompt that they are serving a child with a food allergy. This in turn also serves to promote open dialogue between the child and the catering staff member to better understand their dietary requirements.

#### **Catering Staff and Catering Manager's responsibilities**

- 4.16 It is the Catering Managers responsibility to ensure that all food preparation and allergen protocol is in line with the Food Standards Agency direction and all relevant guidance. The Catering Manager is responsible for all catering policies and direction in relation to this.
- 4.17 Catering staff will try to ensure that foods prepared and served are nut-free. It is understood that some foods are labelled as having been prepared or manufactured in an environment that may previously have been used for preparing products containing nuts.
- 4.18 Catering supplies are kept separate to the kitchen area until they have been checked and signed off.
- 4.19 Catering staff will ensure that they are able to support children with a food allergy by being able to help a child to identify the foods they should/should not eat.
- 4.20 Each child with a food allergy will be provided with alternative food choice.
- 4.21 Allergy free birthday cakes will be provided for each child as will cakes for the school cakes sale which are advertised well in advance; these will be sold from a separate table.
- 4.22 The Catering Manager is to liaise with parents and/or the School Nurse where necessary to ensure that catering protocol is in line with individual care plans.
- 4.23 The Catering Manager is to support the school nurse in ensuring that the safety card system is in place, effective and accurate.

#### **Teaching staff**

- 4.24 In addition, any teachers who have an AAI user in their care will be responsible for familiarising themselves with the child's allergy status and care plan. They can request a meeting with the School Nurse to assist in this, but the responsibility lies with the individual staff member to action this. The ISAMS system gives an immediate visual prompt for each child (red flag) with written details of a serious medical condition or allergy.
- 4.25 Staff need to request a first aid bag prior to any match or trip to ensure that the correct medication is provided by the School Nurse.
- 4.26 Staff should identify children with allergies to the catering staff at away matches and trips/residentials so that alternative food can be provided.

**5. Additional Risks**

- 5.1 There are numerous visitors to the Amesbury site on a daily basis and we cannot guarantee that they will comply with our requests relating to Amesbury being a Nut aware school. There are significant exposures on Wednesday and Thursday afternoons during inter school sport matches, after normal school hours and at weekends due to third party visitors and at special annual events such as Sports Days.
- 5.2 Charity cake sales are held. Although we ask parents to be careful about the ingredients in the cakes, we cannot guarantee they will be. The school cannot guarantee that coaches, hotels, cafes, and restaurants etc., we frequent during school trips will be 'nut aware or allergen free.' See above parental responsibility regarding risk assessments for such events.
- 5.3 Pupils are sometimes allowed to purchase their own food and sweets on school trips. Staff will remind pupils that other members of the touring party might have an allergy and that they should avoid purchasing products that heighten risks. However, the school cannot guarantee that pupils will not purchase and / or consume products containing allergens, either accidentally or intentionally.