



**St Mary's Christian Brothers' Grammar
School**

Nut, Peanut Allergy and Special Diets Policy

September 2024



Special diets for medical conditions

Special diets can be required for a wide variety of medical conditions including food allergies, food intolerance, diabetes and coeliac disease. A medically prescribed diet is one which has been prescribed by a medical consultant, general practitioner (GP) or registered dietitian. In some circumstances diet may be the only treatment of a medical condition or can form a major part of it. We will endeavor to cater for pupils with specific food related medical conditions if sufficient information is provided from the pupil's medical consultant, general practitioner or registered dietitian and within the limits of our canteen service in our school.

Nut Allergy

Although we recognise that this cannot be guaranteed, St Mary's CBGS aims to be a Nut-Free school. This policy serves to set out all measures to reduce the risk to those pupils and adults who may suffer an anaphylactic reaction if exposed to nuts to which they are sensitive. The school aims to protect pupils who have allergies to nuts yet 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. We request that nuts or nut products are not brought in school lunch boxes and inform parents and pupils about the policy.

Our 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 (pupils allergic to nuts may also have a severe reaction to sesame)
- Cakes made with nuts

We do 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.

Definition

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.

Roles and responsibilities

The provision of special diets is a shared responsibility and requires a joint approach and close communication between the School, Parent/Guardian and our Catering staff to

minimise risk and provide a safe educational environment for pupils with special dietary requirements.

School

The School Principal/Board of Governors have overall responsibility for a pupil's health and wellbeing whilst under their care and are the pivotal figures in coordinating the communication between all parties

Parent/Guardian

The Pupil's Parent/Guardian is instrumental in notifying the School and is responsible for informing the School of their son's requirements for a special diet. The school will make reasonable adjustment to menus so that special dietary requirements can be met sufficiently. The parent(s) / guardian(s) will be fully informed regarding what is possible within our school setting.

School Canteen

The school canteen has a significant role in the day-to-day provision of special diets. To allow the service to cater for special dietary requirements effectively and safely, the Catering Supervisor and management team will work in partnership, sharing joint responsibility between Pupil, Parent/Guardian and the school to provide as far as possible a nutritionally balanced meal that meets the special dietary requirements of the child.

The school canteen follows HACCP1 (Hazard analysis and critical control points) and the Food Information Regulations legislation (Food Information for Consumers Regulation No. 1169/2011)² therefore all controls and monitoring procedures are in place.

All catering staff should be trained commensurate to their duties.

PLEASE NOTE- The school canteen will accommodate specific dietary needs from existing menus and ingredient range, therefore a pupil with a special dietary need may not always get a choice of dishes.

Staff

Teaching and support staff 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. Particular products that are a cause for concern are: - Celebrations – Roses – Heroes – Quality Street as these varieties contains nuts or may contain traces nuts and are therefore unsuitable for school consumption.

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.

PLEASE NOTE- St Mary's Christian Brothers' Grammar School do not knowingly use peanuts, nuts, or peanut based products in the provision of school meals to our pupils. However, some products may be produced in a factory where nuts and peanuts are used and therefore contamination of these products may occur. St. Mary's cannot therefore guarantee that all products are always nut and peanut free.

Pupils

All pupils are regularly reminded about the good hygiene practice of washing hands before and after eating which helps to reduce the risk of secondary contamination.

Health Plans and Emergency Response

We have individual Healthcare plans for pupils with allergies and our medical register highlighting Healthcare plans in place, triggers, medication (Medication is stored, administered and documented in accordance with our Administering Medicine Policy).

Symptoms

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:

- Swollen eyes, lips, 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.

Religious, Cultural and Vegetarian and vegan diets

Other children follow special diets for religious or cultural reasons, or because they are vegetarian or vegan. Our school canteen menus are likely to meet most needs in relation to dietary requirements.

Menu planning and menu alterations

- School canteen representative and parents/guardians agree upon menu, ensuring the limitations of the school canteen are considered.
- School to agree upon special diet menu start date. Start date to be communicated to parent/guardian.
- School catering service to continue to review special diet menu for individual pupil based on current main menu which is sent home to parent/guardian via school.
- Parent/guardian to review and notify school if changes required for menu to comply with child's special dietary needs.

Provision of special diet to pupil

- Agree protocol for the how pupil will be identified to receive a special diet, e.g., through use of a photograph, introduced to canteen staff.
- Procedure for serving of special diet meals according to any specific instructions from production to child's plate, as agreed by school, parent/guardian and catering service.

APPROVALS	
Principal:	
Chair of the Board of Governors:	
Date of Approval by Governors:	
<i>Date of next annual review:</i>	