PEPONI SCHOOLS

Managing Nuts and Other Food Allergies

To be reviewed by:	Deputy Head Pastoral and Nurses
Date of Policy:	September 2026
Review Frequency:	Annually
Review Date:	September 2027

The Policy
This policy is applicable to all Peponi Schools.

Definition of Anaphylaxis
Anaphylaxis (also known as anaphylactic shock) is an acute allergic reaction to an antigen, affecting the entire body, and can occur within minutes of exposure. The main causes are attributed to nuts, peanuts, tree nuts, seeds, seafood, dairy, egg, soy, sesame and stings.

Introduction
Peponi recognises that a number of members of the school community suffer from potentially life-threatening allergies or intolerances to certain foods. Measures are put in place to ensure that there is an awareness of all allergies and to ensure that the risks are reduced to try to prevent exposure and/or a reaction.

Aims
Peponi Schools' aim is to reduce the risk, as far as possible, of any person suffering allergy-induced anaphylaxis whilst at the school or whilst attending any school-related activity.

This policy outlines how the schools ensure that pupils with food allergies are supported with a specific focus on the prevention of a nut-related reaction and/or anaphylaxis. This policy ensures that the school fulfils its statutory responsibility to ensure that pupils are supported with any medical conditions at school.

Information about the school's policy and procedures for responding to an incident of anaphylaxis is contained in the school's First Aid Policy, Medicines Policy, and Supporting Pupils with Medical Conditions Policy.

Nuts
The school's position is not to guarantee a nut-free environment but to minimise the risk of exposure as far as possible by hazard identification, instruction, and information.

The Anaphylaxis Campaign advises that this is a pragmatic approach, for the following reasons:

i. It would be impossible to provide an absolute guarantee that the school sites are nut-free because pupils regularly bring in food from home;
ii. There would be a risk that pupils with allergies might be led into a false sense of security;
iii. A nut ban could be seen as a precedent for other 'risky' foods.

There is a strong argument that 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 may be present.

Responsibilities and Implementation

The school will:

i. Ensure that school staff, contractors, and any other visitors do not knowingly bring or use any nuts (including pine nuts and peanuts), sesame seeds and associated nut/sesame products onto the school sites.
ii. Ensure that items which the supplier indicates 'may contain' nuts are labelled accordingly.
iii. Ensure that all food and catering suppliers (cooking activity) are aware of the school's policy for managing nuts and other food allergies.
iv. Require parents/carers to provide details of their child's allergies on joining the school and making the catering team and other relevant staff aware of these, where applicable. Parents/carers are required to keep the school updated of any changes to their child's medical needs, including if they become aware of any new allergies.

v. Ensure that pupils and their parents/carers are made aware that nuts and peanuts and/or snacks, cakes, and any other foods containing nuts and peanuts are not permitted on school sites or on any trips. A written reminder will be communicated to parents/carers at least once each year.

vi. Include pupils' allergies in the planning process and risk assessment of all trips.

vii. Ensuring that catering staff receive regular training in respect of food allergens.

viii. Establish and follow clear procedures and responsibilities to be followed by all staff in meeting the needs of pupils with additional medical needs (as set out in the related policies listed above).

ix. Provide, via the school office, the catering manager on each site with updated information each term regarding all pupils who have allergies and/or food intolerances and on an ad-hoc basis when a new student begins in the school or their information is updated by their parent/carer.

x. Remind parents/carers to update their child's personal and medical details at the start of each term.

Procedures

Prior to the start of each term allergy information for named children is shared via email to all staff including the school catering team. In addition, photos of children with allergies are displayed on the staff room walls and kitchen area. This enables the school catering team to cross reference the received information with each child's photograph and allergy information in the MIS. When parents inform the school of changes this is updated immediately in the MIS shared with the catering team and with all staff.

At Peponi House the menus contain identifiers of the 14 recognised allergens and the children's name is indicated against any allergies or other dietary requirements supporting the adult at the table. Children from Year 3 are encouraged to read the menu and recognise allergens that they should avoid in making their food choices. Where a pupil cannot have any of the food choices on a given day a special meal will be provided.

At Peponi School we have self-service and labels placed on the dishes indicating it's content eg contains eggs. There is also a separate table for gluten-free and another for vegetarian.

All our pupils are empowered to speak to the catering team about their allergies and the food they take.

Whilst the School, exercises due care and attention to minimise risk, it is impossible to guarantee that all products brought on to the site will be free from possible nut traces. The success of reducing anaphylaxis risk and other allergic reactions also requires the cooperation of all pupils, staff, parents, and any other member of the school community.

Responsibilities of parents/carers

i. Providing full details of their child's allergies when they join the school and any new allergies that they become aware of during their child's time at the school as soon as possible.
ii. Ensuring that they do not provide their child with snacks, cakes, and any other foods containing nuts and peanuts to take to any school site or on any trips.
iii. Supporting their child to be able to self-manage their allergy, as appropriate to their age.

Whilst the school will exercise all due care and attention to minimise risk, with the support of their parents, pupils are also expected to self-manage their allergy, including being aware of:

i. Foods which are safe or unsafe;
ii. When to ask catering staff about the ingredients of dishes, if they are unsure;
iii. When to consult catering staff if they think that food has been cross-contaminated (e.g. asking for serving utensils to be changed);
iv. Their own symptoms which may present if an allergic reaction occurs;
v. Who to advise, if and when an allergic reaction happens;
vi. Letting friends and staff know about their allergy, in case of emergency;
vii. When to seek guidance (and from whom) if in doubt.

Related policies and documentation:

i. First Aid Policy
ii. Medicines Policy
iii. Supporting Pupils with Medical Conditions Policy