

Character Education Trust
(Wrotham School and Aylesford School)

Date: 10/11/2025

Nut and Peanut/ Food Allergy Awareness Policy

1. Purpose

Wrotham School is committed to providing a safe and inclusive learning environment for all students. This Nut and Peanut/ Food Allergy Awareness Policy replaces the previous “Peanut and Nut Free Policy.” While the school cannot guarantee a completely nut or peanut/ allergen-free environment, we aim to reduce risks for students and staff with nut/ peanut and food allergies by promoting awareness, responsible behaviour, and shared community understanding.

2. Scope

This policy applies to all students, staff, visitors, volunteers, and contractors on school premises or participating in school activities off site.

3. Rationale

- Between 1-2% of adults and 5-8% of children in the UK have a food allergy.
- Tragically about 10 people a year die from food induced anaphylaxis.
- A food allergy is when your immune system mistakes the protein in food as a threat.
- A food allergen is any substance, consumed or inhaled, that causes a reaction of the immune system.
- There is no cure for food allergies. The only way to manage it is to strictly avoid food that triggers the body’s immune response. The smallest trace of an allergen could cause a fatal reaction.
- Symptoms of an allergic reaction can be mild, moderate or severe.

- Anaphylaxis is the most severe allergic reaction. It is potentially life-threatening and requires immediate medical treatment. If you think someone is experiencing anaphylaxis dial 999 and ask for an ambulance.
- Food intolerance is not the same as a food allergy. Most do not involve the immune system and are generally not life threatening. Intolerance is a difficulty digesting certain foods and having an unpleasant physical reaction to them.
- Coeliac Disease is an autoimmune condition caused by a reaction to gluten, a dietary protein found in cereals such as wheat, barley and rye. The body's immune system attacks the small intestines and reduces its ability to absorb nutrients from food.
- Customers with food intolerance and Coeliac Disease should be treated with the same caution as someone who has a food allergy. Failure to do so could make someone very ill or affect their long term health.

Nut and Peanut allergies can be severe and may lead to life-threatening reactions. A Nut/ Peanut Aware approach recognises that proactive measures can significantly reduce the risk of exposure.

1 in 40 children (7.1%) have a peanut allergy - therefore a number of our children have a risk of severe anaphalactic reaction at any given time.

Peanut and Nut allergies are significant as they are the most common cause of fatal anaphylaxis. Therefore, this policy is designed to protect the students and staff at the school who have these potentially life threatening allergies.

Less Common, but equally severe, allergies including dairy, egg, sesame etc impact far fewer of our students and therefore, require alternative individual plans to mitigate the risk of reaction.

Peanut and Nut allergies can be incredibly sensitive to exposure and even contact exposure can cause anaphylaxis. For that reason, Nuts and Peanuts including products containing nut/ peanuts are prohibited in our schools.

4. Responsibilities

4.1 School Responsibilities

- Schools in our trust are Peanut and Nut Free Schools

- We actively promote awareness of nut allergies through communication, posters, and staff briefings.
- Provide training for relevant staff on recognizing and responding to allergic reactions, including the use of emergency medication such as adrenaline auto-injectors (epi-pens)
- Maintain and update individual healthcare plans for students with known allergies and adapt practice based on the range of allergies and their severity within the school community to minimise risk.
- Ensure that food served by the school's catering providers complies with "Natasha's law" and clearly identifies items containing all known/ common allergens and that **items containing nuts or peanuts are not served, used or sold at any time.**

4.2 Parent and Carer Responsibilities

Inform the school of their child's nut allergy and provide necessary medical documentation and emergency medication.

Supply up-to-date adrenaline auto-injectors or other prescribed medication, ensuring items are in date.

Support the Peanut and Nut free environment by not sending peanuts/ nuts or containing products in packed lunches or snacks.

(Snacks/ food items that **"may contain nuts"** are ok due to the low risk)

*Examples of common snacks that are prohibited - **"Reeces" branded chocolate, "yellow" M and M's, Peanut Butter, Snickers, nut based spreads (Nutella) - etc.***

4.3 Student Responsibilities

- Support the Peanut and Nut free environment by not bringing peanuts/ nuts or containing products into school.

*Examples of common snacks that are prohibited - **"Reeces" branded chocolate, "yellow" M and M's, Peanut Butter, Snickers, nut based spreads (Nutella) - etc.***

- Report any signs of allergic reaction in themselves or others immediately.
- Know where to find the auto adrenaline injectors or “epi-pens”
- Call an ambulance immediately when you believe a child/ adult is having an anaphylactic reaction.

Confiscation/ Disposal

When Peanut/ Nut based items are seen or found on site they will be confiscated and safely disposed of (wrapped in sealed plastic packaging) The school will not take responsibility for any compensation for items that have been removed and disposed of.

5. School Meals

- Catering teams will NEVER use peanuts/ nuts in school meal provisions or in snacks provided in the canteen.
- All food items containing allergens will be labelled in line with “Natasha’s law”.

6. Curriculum Activities

- Any department planning activities involving food including school trips and visits must assess the risks to students with allergies.
- Alternatives must be provided so that all students can participate safely.

7. Emergency Response

In the event of a suspected severe allergic reaction, staff will:

1. Call emergency services without delay.
2. Administer emergency medication if required.
3. Contact the student’s parent or carer.

8. Communication and Review

- The Nut? Peanut and Food Allergen Policy will be shared with parents, students, and staff at the start of each academic year and will be available on the school's website.
- The policy will be reviewed annually or sooner if legislation, best practice, or school needs change.