



Leigh Academy
Peninsula East



LEIGH
Academies Trust

Policy for managing nut and other allergies

- 1. Introduction**
- 2. Policy**
- 3. Anaphylaxis protocol**
- 4. Emergency procedure**
- 5. Food Standards Policy**
- 6. Copy of Health care template**

Written September 2024
Last updated: September 2025
Due for review: September 2026

1. Introduction

ANAPHYLAXIS is a severe allergic reaction at the extreme end of the allergic spectrum, affecting the entire body, and can occur within minutes of exposure. The main causes are attributed to nuts, seeds and seafood. This policy focuses on the management of nut allergies.

2. Policy

Our Food Standards Policy (Section 5) emphasises the avoidance of nuts (tree nuts, peanuts and pine nuts) and nut related products in the catering services at the Academy recognising the potentially severe allergic reaction, for some people.

Within the catering facilities at Leigh Academy Peninsula East, we take precautions to minimise the risk of anaphylaxis and other allergic reactions occurring.

Cucina never knowingly use any nuts (including pine nuts and peanuts) or sesame seeds and associated nut/sesame products in our kitchens.

Pupils who are known to have food allergies (eg nuts, egg, milk, gluten, fish, molluscs, crustaceans) are encouraged to seek guidance from catering staff – on a daily basis, if necessary – on what they can have, from the menu, for lunch.

Catering staff receive regular training in respect of food allergies.

Food preparation staff take precautions to reduce the risk of cross contamination.

Our recipes are analysed, and allergens contained therein are highlighted and recorded

The kitchen produces a daily schedule of the safe food in respect of allergies, whilst the counter display menus identify allergens present in the various dishes.

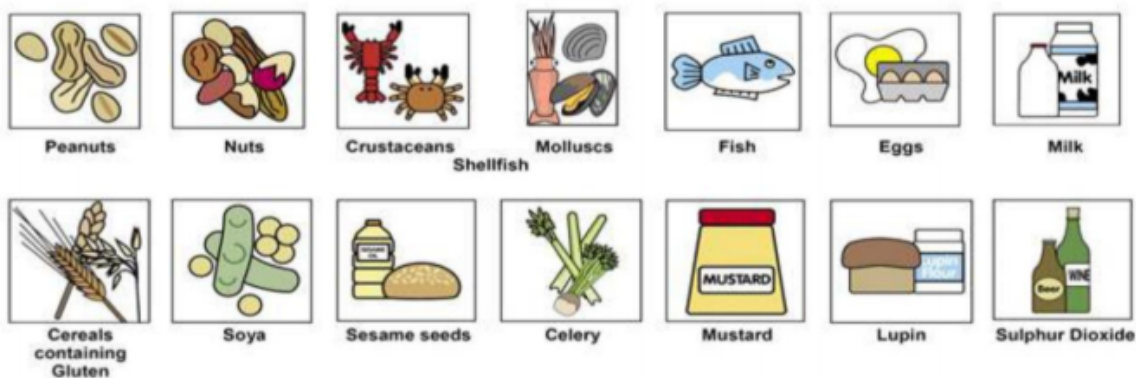
Cucina does not knowingly sell any products that specify tree nuts, pine nuts, peanuts or sesame seeds as ingredients.

It should be acknowledged that, given current food manufacturing processes, it is impossible to guarantee that all products will be free from possible 'traces of nuts' and other allergens.

EU allergen regulations (No 1169/2011, effective from December 2014) relating to pre-packaged food and 'loose' food offered in retail and other food outlets require food service operators to provide information on 14 specified allergens (three of which are nuts, peanuts and sesame).

Our commitment to flagging selected allergens on the service counter menu now extends to the additional newly prescribed allergens when present in the food we serve. Cucina keep detailed allergen information on all recipes and other food and drink items, enabling catering staff to be able to provide allergen information whenever asked.

14 allergens are screened for including:



Whilst most allergic reactions are the result of food ingestion, we recognise, too, that severe allergic reactions can occur as a result of individuals being susceptible to airborne allergens. Allergic reactions can also be triggered by touching surfaces – such as computer keyboards which may have been inadvertently contaminated.

The success of minimising anaphylaxis risk – and all other allergic reactions - requires the cooperation of pupils, staff and parents. Parents are asked not to provide pupils with snacks and cakes (birthdays are potentially high-risk occasions) that contain nuts and sesame seeds.

A written reminder will be communicated to parents at least once each year through the newsletter.

It is essential that the school has full details of all our pupils' allergies. This information is requested by the school, and must be provided by parents/carers when their child joins the school and then updated by parents/carers if allergies are discovered at a later stage.

The school Reception should also be provided with a treatment plan and EpiPen, clearly marked with the student's name. In some cases, the Reception and / or teacher will liaise directly with parents/carers on a regular or occasional basis.

Within the parameters of confidentiality, the school provides – to the catering department and other relevant parties – a list of names and photographs of pupils with severe medical conditions including severe allergies.

When the school provides packed lunches for trips away, catering staff are provided with a list of students who have allergies and specially labelled packed lunches are provided, accordingly.

When pupils take part in single or multi-day school trips, participating pupils' allergies, their

respective treatments and other associated requirements are factored into the planning process.

Whilst the school will exercise all due care and attention to minimise risk, pupils are expected to self-manage their allergy too, having an understanding of;

- Foods which are safe or unsafe
- When to ask staff to change (self-service) serving utensils, if they think cross-contamination has taken place
- Their specific symptoms, if an allergic reaction occurs
- Their responsibility to carry their EpiPen with them at all times
- Who to advise, if and when an allergic reaction happens
- Letting friends and staff know about their allergy, in case of emergency
- When to seek guidance (and from whom) – if in doubt

3. Anaphylaxis protocol

How do I recognise an anaphylaxis reaction and what action should I take?

Early symptoms include:

- Itchy, urticarial rash anywhere on the body
- Runny nose and watery eyes
- Nausea and vomiting
- Dizziness

Danger signs include:

- Swelling of the lips, tongue and throat
- Cough, wheeze, tightness of chest or shortness of breath
- Sudden collapse or unconsciousness

Treatment will depend on the severity of the reaction

For mild symptoms Piriton or inhaler may be given by a health coordinator, first aider or (on trips away from school) by any adult attendant. The agreed health plan will be in a named medical box stored in the medical cabinet in Reception or taken away on the trip.

For severe symptoms (see Section 4 - Emergency procedure) an EpiPen device should be used. This should be administered into the thigh muscle (can be delivered through clothing) and will allow the adrenaline to quickly reverse the effects of the allergic reaction. The child should then be taken to hospital.

4. Emergency procedure

The following procedure must be adopted;

- Call an ambulance and send a responsible person to fetch the child's emergency box
- Call Reception. If unavailable, send a responsible person to the Admin office and ask for a first aider
- Monitor the child's condition carefully
- Administer the EpiPen by
 - Remove packaging and pull off the blue safety cap from the EpiPen
 - Hold the device about 10 cm from the outer thigh
 - Inject – swing and jab the orange tip firmly against the outer thigh and listen for an
 - audible click from the mechanism – hold in place for 10 seconds
 - The orange tip extends on removal
 - Massage the area for 10 seconds
- Monitor the child's progress – a second dose of EpiPen may be required after 10 minutes, if the condition has not improved and help has still not arrived
- When the ambulance crew arrives, ascertain where they will be taking the child and give all used EpiPens to the ambulance crew for safe disposal
- Contact the child's parents/carers and advise them to meet at the hospital, if they are not in the immediate vicinity
- Accompany the child to hospital if the parents/carers are not able to meet at the school

5. Food standards policy

At Leigh Academy Peninsula East, our caterers, Cucina, provide a fresh, healthy, varied and tasty lunch menu, encouraging all our pupils to take and enjoy the important mid-day meal – eating well and stimulating an interest in food and nutrition.

To ensure balance and variety, Cucina lunch menus feature three main course choices each day: a classic style dish, a fish dish, and a vegetarian option. It is their policy to use predominantly fresh food, delivered daily. Salt is used sparingly, to season the food, during some of the cooking processes but its use is avoided as much as possible.

Natural sugars are used where possible to ensure that the daily offer contains fibre, protein, starchy carbohydrate, vitamins, iron and other essential minerals, which are all so important for young, growing people.

Whilst fried food is occasionally, good-quality vegetable oils are used but no deep fat fryers. Each day, there is a selection of green and other vegetables available, together with a range of homemade salads and a variety of fresh fruit.

Our desserts are all freshly made and we never use confectionery-type products as part of the lunch offer.

Freshly drinking water is readily available throughout the Academy.

We review and change our menus regularly, using imagination and drawing on different cultures from around the world – whilst still finding room for the traditional favourites. Within the parameters of the menu options, we believe that our pupils should be free to make considered choices. Served style counters enable our pupils to choose what they require for main course, pudding and fresh fruit.

We are very conscious of individuals' dietary requirements, whether they arise from personal choice or medical necessity. A great deal of thought goes into providing a varied and original daily vegetarian dish and our caterers are always willing to assist with advice regarding other dietary needs.

In accordance with our Managing Nut and other Allergies policy, we avoid using nuts or nut products in our cooking but acknowledge that there can be no absolute guarantee that cross contamination has not occurred somewhere in the food supply chain.

We do not knowingly use genetically modified foods and our supplier agreements stipulate this requirement.

6. Health care plan template

Health Care Plan

Name of school/setting				
Child's name				
Group/class/form				
Date of birth				
Child's address				
Medical diagnosis or condition				
Date				
Review date				
Family Contact Information				
Name – Parents				
Phone no. (work)				
(home)				
(mobile)				
Name – Foster Carer				
Phone no. (work)				
(home)				
(mobile)				
Clinic/Hospital Contact				
Name				
Phone no.				
G.P.				
Name				
Phone no.				

Describe medical needs and give details of child's symptoms

Daily care requirements (*e.g. before sport/at lunchtime*)

Emergency Evacuation

Describe what constitutes an emergency for the child, and the action to take if this occurs

SAFE STORAGE – EMERGENCY MEDICATION

