



## POLICY STATEMENT

## FOOD ALLERGY POLICY

In conjunction with this policy, parents are encouraged to familiarize themselves with the guidance contained within the Foremarke School Parent Handbook.

Foremarke School is committed to a whole school approach to the care and management of pupils and staff with food allergies. As a school, we cannot guarantee a completely free allergen environment. However, our aim is to minimize the risk of exposure, encourage self-responsibility amongst staff, pupils and parents and have an effective response and robust emergency plan in the event of a medical emergency.

Peanut, Tree nut and Sesame seed allergies are the most common food allergy in children although there are other foods that can cause allergies for example eggs, kiwi fruit and shellfish. Nut allergy is the most common high-risk allergy and as such demands controls that are more rigorous.

Food allergies can cause immediate and the symptoms can vary from mild to severe resulting in anaphylaxis (sudden and life threatening allergic reaction). Anybody can develop a food allergy at any time of their life irrespective of whether they have consumed the food previously. An allergic reaction may occur through the ingestion of the food allergen or through food that may contain traces of the allergen. Some people also have an airborne allergy..

There will be no trading and sharing of foods, food utensils and food containers. Handwashing will also be encouraged before and after eating. The use of food in crafts and cooking classes may need to be restricted depending on the allergies of the pupils.

If your child has any food allergy, please inform the school, the school nurse and their teacher as soon as possible so that we can ensure your child does not come into contact with any triggers. The school recommends that children who have severe food allergies have packed lunches instead of the lunch provided by the School Caterer.

## FOREMARKE SCHOOL



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To help keep all of our children safe, it is vital that you *do not* provide the following foods in your child's lunch box in school or for school trips. Such things should also not be provided for party food/special occasions or school functions:

Food Allergen	Examples of prohibited food
Peanuts (legumes)	Groundnut oil / peanut flour / peanut sauces.
Tree nuts - Almonds / Cashews / Hazelnuts / Pistachios / Walnuts / Pecan nuts / Pine nuts.	Pesto (Pine nuts) / Nutella (Hazelnut) / Nougat (contains tree nuts) / Turkish delights (contains pistachios and nuts) / Marzipan (contains almonds)
Sesame seeds	Hummus / Tahini / Sesame seed oil.
Coconut	Products that contain coconut.
Homemade cakes / shop bought cakes in line with the birthday celebration guidelines.	

Please always check the labelling carefully. If the packaging says “may contain nuts”, “made in environment that may contain nuts” or you are in doubt, please do not send into school as these will be confiscated in line with the lunchbox blitz initiative. Our school caterer has also adopted this policy.

Please help us in ensuring that Foremarke School is a safe environment and assist those parents with children who may have a life-threatening reaction.

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This policy will be reviewed annually by the following:

School Doctor: Dr.Farina Ghaznavi

Headmistress: Mrs Zoe Woolley

Last amended: September 2020

Date of next review: Annual Review

### **References:**

Allergy UK: <https://www.allergyuk.org/>.

American College of Allergy, Asthma and Immunology: <http://acaai.org/allergies>.

Allergy and Intolerance: <https://www.food.gov.uk/science/allergy-intolerance>.

Food allergy – NHS choices: <https://www.nhs.uk/conditions/food-allergy/Pages/Intro1.aspx>.

Snack Safely website: <https://snacksafely.com/safe-snack-guide/>

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