REPTON
AL BARSHA

Food Allergy Policy

DOCUMENT CONTROL			
Document title	Food Allergy Policy	**Reference**	RAB-MED-015
Owner	School Nurse	**Approved by**	Principal, on behalf of SLT
Date reviewed	August 2026	**Next review**	August 2027
Status	School policy — Cognita Group requirement	**Applies to**	All pupils, parents, staff and catering providers
Related documents	Healthy Eating Policy; Healthy Lunch Box Guidelines for Parents; Health Record Management and Retention Policy; Glucagon Policy		
Regulatory framework	Dubai Health Authority standards for clinics in educational and academic settings; KHDA regulations; Dubai Municipality food safety requirements		

In conjunction with this policy, parents are encouraged to familiarise themselves with the guidance contained within the Repton Al Barsha Parent Handbook.

Repton Al Barsha 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 allergen-free environment. However, our aim is to minimise the risk of exposure, to encourage self-responsibility amongst staff, pupils and parents, and to have an effective response and a robust emergency plan in the event of a medical emergency.

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

Food allergies can be immediate, and symptoms can vary from mild to severe, resulting in anaphylaxis — a 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 or sharing of foods, food utensils or food containers. Handwashing is 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.

Prohibited Foods

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. These 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.

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Food allergen	Examples of prohibited food
Tree nuts — almonds, cashews, hazelnuts, pistachios, walnuts, pecan nuts, pine nuts.	Pesto (pine nuts), Nutella (hazelnut), nougat (contains tree nuts), Turkish delight (contains pistachios and nuts), marzipan (contains almonds).
Sesame seeds	Hummus, tahini, sesame seed oil.
Coconut	Products that contain coconut.
Cakes	Homemade or shop-bought cakes, in line with the birthday celebration guidelines.

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

Please help us to ensure that Repton Al Barsha is a safe environment, and support those parents whose children may have a life-threatening reaction.

References

1. Allergy UK.
2. American College of Allergy, Asthma and Immunology.
3. Food Standards Agency — Allergy and Intolerance.
4. NHS — Food Allergy.
5. Snack Safely — Safe Snack Guide.

Approval and Review

Stage	Role	Name and signature	Date
Prepared by	School Nurse	_____	_____
Reviewed by	School Doctor	_____	_____
Approved by	Principal	_____	_____

This policy is reviewed annually. The review dates recorded in the document control box above are the authoritative record.