



WOOLTON PRIMARY SCHOOL

NUT AWARE POLICY

Updated October 2026

BELIEVE • BELONG • BECOME

Safety • Awareness • Inclusion • Care

We want every child to feel safe, included and able to take part in school life. This policy explains how families, staff and our catering team work together to reduce the risks associated with nut allergies.

Document owner	Headteacher
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Review	When required

Together, we help every child belong and thrive safely.



1. Purpose

The purpose of this policy is to:

- Raise awareness about allergies to all our school community.
- To minimise the risk of any pupil suffering a severe allergic reaction whilst at school or attending any school related activity.
- This policy sets out how the school will support pupils with allergies, to ensure they are safe and are not disadvantaged in any way whilst taking part in school life.
- Give assurance to those pupils/families with severe allergies that we take the management of these seriously.

2. Aim

We are not a nut-free school but we aim to be as Nut Aware as we can. It is impossible to provide an absolute guarantee that no nuts will be brought onto the premises but we will strive to minimise this as much as we can. This policy serves to set out all measures to reduce the risk to those children and adults who may suffer an anaphylactic reaction if exposed to nuts to which they are sensitive. The school aims to protect children who have allergies to nuts yet also help them, as they grow up, to take responsibility as to what foods they can eat and to be aware of where they may be put at risk.

3. Responsibilities

Parent responsibilities

- On entry to the school, it is the parent's responsibility to inform reception staff/ SENDCO of any allergies. This information should include all previous severe allergic reactions, history of anaphylaxis and details of all prescribed medication.
- Parents are to supply a copy of their child's Paediatric Allergy Action Plan (BSACI plans preferred) to school. If they do not currently have an Paediatric Allergy Action Plan this should be developed as soon as possible in collaboration with a healthcare professional e.g. Schools nurse/GP/allergy specialist.
- Parents are responsible for ensuring any required medication is supplied, in date and replaced as necessary
- Parents are requested to keep the school up to date with any changes in allergy management. The Paediatric Allergy Action Plan will be kept updated accordingly.

Staff Responsibilities

- Designated members of staff will complete anaphylaxis training. Training is provided for those staff on a yearly basis and on an ad-hoc basis for any new members of staff.
- Staff must be aware of the pupils in their care (regular or cover classes) who have known allergies as an allergic reaction could occur at any time and not just at mealtimes. Any food-related activities must be supervised with due caution.



- Staff leading school trips will ensure they carry all relevant emergency supplies. Trip leaders will check that all pupils with medical conditions, including allergies, carry their medication. Pupils unable to produce their required medication will not be able to attend the excursion.
- SENDCO will ensure that the up to date Paediatric Allergy Action Plan is kept with the pupil's medication.
- It is the parent's responsibility to ensure all medication is in date however the SENDCO will check the medication kept at school on a termly basis and send a reminder to parents if medication is approaching expiry
- SENDCO keeps a register of pupils who have been prescribed an Adrenaline Auto Injector and a record of use of any AAI(s) and emergency treatment given.

Pupil Responsibilities

- Pupils are encouraged to have a good awareness of their symptoms and to let an adult know as soon as they suspect they are having an allergic reaction.
- Pupils who are trained and confident to administer their own auto-injectors will be encouraged to take responsibility for carrying them on their person at all times.

4. Older children and medication

Older children and teenagers should, whenever possible, assume complete responsibility for their emergency kit under the responsibility of their parents (ref: Department of Health's guidance on the use of adrenaline auto-injectors in schools https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/645476/Adrenaline_auto_injectors_in_schools).

However, symptoms of anaphylaxis can come on very suddenly, so school staff need to be prepared to administer medication if the young person cannot.

5. Management

We ask that all members of the school community manage the day to day application of this policy in the following ways:

- Parents and carers are requested NOT to send food to school that contains nuts. This includes all types of whole nuts, nuts as ingredients and any other food containing nuts.
- Staff will be alert to any obvious signs of nuts being brought in, but they will not inspect all food brought into school.
- Pupils that DO bring in food that does contain nuts or nut products will be asked to eat that food away from any child with a nut allergy and to wash their hands before going to play.
- Pupils will be asked NOT to share food.
- Designated members of staff are trained in understanding and dealing with Anaphylaxis (severe allergic reactions) and will use this training as the need arises.



6. Catering

School meals are provided by Food for Thought, a not-for-profit catering service owned by its member schools, which promotes freshly cooked, nutritious meals.

The school menu is available on the school website. Food for Thought publishes menus, recipes and an allergen matrix at <https://foodforthoughtschools.co.uk/>. Parents and carers should discuss their child's allergies and dietary requirements with the school and Catering Manager/Cook/Chef.

The SENDCO will share up-to-date allergy information with the Catering Manager/Cook/Chef. The school will maintain a system so catering staff can identify pupils with allergies and will notify the kitchen of changes.

- The school will work with Food for Thought to ensure catering staff receive appropriate training in allergen awareness, allergen information and labelling requirements.
- The school and Food for Thought will ensure information about the 14 regulated allergens is available for food served, with day-to-day checks managed by the Catering Manager/Cook/Chef.
- Requirements for full ingredient lists and emphasised allergens on food that is prepacked for direct sale (PPDS) will be followed where applicable.
- Food for Thought's online allergen matrix is a guide only. Ingredients, products and supplier information may change, including approved substitutions. It must not be used as the sole basis for deciding whether a meal is suitable for a child with an allergy or dietary requirement.
- Before a meal is served to a pupil with a food allergy, catering staff must check the actual products and ingredients being used that day against the pupil's documented allergy requirements. Parents and staff should check any uncertainty with the school cook/chef before the meal is served.
- Precautionary labels such as "may contain" must be considered alongside the child's Individual Healthcare Plan and agreed parental and clinical advice. Relevant information must be recorded in the kitchen's current allergen records.
- Pupils should be encouraged, as appropriate to their age, to check with catering staff before choosing food. This does not replace adult responsibility for checking suitability.
- Food must not be given to primary-school-age children with food allergies, including treats and food for celebrations, without parental engagement and permission.
- Parents should discuss the suitability of canteen or tuck-shop food with the school before their child purchases it.

7. Other School Based Activities

- Use of food in crafts, cooking classes, science experiments and special events (e.g. fetes, assemblies, cultural events) needs to be considered and may need to be restricted/risk assessed depending on the allergies of particular children and their age.
- In arts/craft, an appropriate alternative ingredient can be substituted (e.g. wheat-free flour for play dough or cooking). Consider substituting non-food containers for egg cartons.



8. Promotion

The policy will be promoted by:

- A copy of this policy being made available to all parents and carers.
- Staff being informed and provided with training opportunities.
- Pupils being informed via teachers and support staff.
- Publication of this policy on the school website.

9. Other Relevant Policies

Supporting Children with Medical Needs Policy

Safeguarding and Child Protection Policy

School Meals Policy

Behaviour Policy

Catering source: Food for Thought website and Important Allergen Information accompanying its allergen matrix, checked 7 October 2026. Current resources: [foodforthoughtschools.co.uk](https://www.foodforthoughtschools.co.uk).