



Watermill School

Nut Free Policy

Policy Information		
Policy Author: Helen Clayton		
Governing Board approval date/date policy is in effect from: September 2026		
Latest Review information:	Summary of amendments	Date of next review:
Adopted by Governors September 2026		September 2027



Introduction

Although we recognise that this cannot be guaranteed, Watermill school including the Brindley site aims to be a Nut-Free School. This policy serves to set out all measures to reduce the risk to those children and adults with an allergy to peanuts, tree nuts and sesame seeds.

The school aims to protect children who have allergies to nuts and 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.

In school, the following measures are in place:

We do not allow nuts or nut products in school lunch boxes. This is communicated to new parents and staff in their induction pack and regular blanket reminders are sent throughout the year. Parents who send their child with nuts or nut products in lunch boxes are spoken to individually and reminded of our policy.

Our “Nut-Free Policy” means that the following items should not be brought into school:

- Packs of nuts
- Peanut butter sandwiches
- Fruit and cereal bars that contain nuts
- Chocolate bars or sweets that contain nuts
- Products containing sesame seeds (children allergic to nuts may also have a severe reaction to sesame)
- Cakes made with nuts

We have a policy to not use nuts in any of our food prepared on site at our school. Our suppliers provide us with nut-free products. However, we cannot guarantee freedom from nut traces.

Definition

Around 1 in 70 children suffer from an allergy to peanuts or tree nuts. The symptoms of a food allergy can come on rapidly. These may include hives anywhere on the body, or a tingling or itchy feeling in the mouth.

More serious symptoms may include:

- Swelling in the throat and/or mouth
- Difficulty breathing
- Severe asthma
- Colicky abdominal pain

The term for this more serious form of allergy is anaphylaxis. In extreme cases, there could be a dramatic fall in blood pressure (anaphylactic shock). The person may become weak and floppy and may have a sense that something terrible is happening. This may lead to collapse and unconsciousness.

Staff

Staff and volunteers must ensure they do not bring in or consume nut products in school and ensure they follow good hand-washing practice.

Caution must be taken when treats are bought in as part of celebrations. If staff distribute treats, care must be taken to ensure that no nuts are included in the product. All product packaging must be checked for warnings directed at nut allergy sufferers and if the following or similar are displayed, the product must not be used in school.

Packaging must be checked for:

- Not suitable for nut allergy sufferers;
- This product contains nuts;
- This product may contain traces nuts.

All staff are trained to administer Injector Pens. Our allergy lead, Helen Clayton, ensures that all staff are aware of children in school who have been prescribed an Injector Pen and their photos are displayed in the school kitchen, staff room, and medical room on both the Watermill and Brindley sites.

Parents and carers

Parents and Carers must notify staff of any known or suspected allergy to nuts and provide all medical and necessary information. This is added to the child's care plan and if necessary, a meeting organised with the school nurse. The school requests that parents and carers observe the nut free policy and therefore do not include nuts, or any traces of nuts, in packed lunches or as part of daily snack. A copy of our policy is given to every family at the beginning of every new academic year and is included in our "new starters" information pack.

At special times of the year, parents may wish to send sweets/ party donations into school. Parents are asked to maintain our policy at these times. As an extra precaution, these items are checked by staff and an alternative provided if necessary.

Children

All children are regularly reminded about the good hygiene practice of washing hands before and after eating which helps to reduce the risk of secondary contamination. Likewise, children are reminded and carefully supervised at lunch times, to minimise the act of food sharing with their friends.

Health plans and Emergency response

We have Individual Healthcare Plans (IHP) for children with allergies and Allergy Lists are displayed in the school kitchen, staff room, reception and medical room on the Watermill and Brindley sites. Allergy Lists include information regarding Healthcare Plans, known triggers and medication. All medication is stored, administered and documented in accordance with our First Aid Policy.