



St John's
School Billericay

Nut Free School Policy

Date: April 2026

Those Responsible: Mr A Angeli - Headteacher
Mrs A Fleming - Deputy headteacher
Mr J Summers - Health and Safety Officer

To be reviewed: September 2026

Policy Statement

The school is committed to providing a safe and inclusive environment for all pupils, including those with severe nut allergies. Although we recognise that this cannot be guaranteed, we aim to be a Nut-Free school.

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

All parents, carers, staff, pupils, visitors, and contractors are expected to support and comply with this policy.

Purpose

The purpose of this policy is to:

- Reduce the risk of allergic reactions to nuts and nut products.
- Protect pupils and staff with diagnosed nut allergies.
- Promote awareness and understanding of food allergies within the school community.
- Establish clear expectations regarding food brought onto school premises.

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

- Peanuts
- Tree nuts (e.g. almonds, walnuts, cashews, hazelnuts, pistachios, pecans, Brazil nuts)
- Peanut butter and nut spreads
- Nut oils
- Nut-containing chocolate bars, cakes, biscuits, cereal bars, and sweets
- Peanut butter sandwiches
- Fruit and cereal bars that contain nuts
- Any other product that contains nuts e.g. hand creams that contain nut butters.

Staff

Staff will:

- Promote awareness of allergy safety.
- Monitor food brought into classrooms where appropriate.
- Ensure that allergy information and emergency procedures are known and followed.
- Receive appropriate allergy awareness and emergency response training.
- Staff and volunteers must ensure they do not bring in or consume nut products in school and ensure they follow good hand-washing practice.
- EpiPen trained staff are named First Aiders. Please check the school office, medical room and the Staffroom noticeboard for a list of qualified staff.

School Meals and Snacks

The school kitchen and catering providers will make every reasonable effort to ensure that meals and snacks provided by the school are free from nuts and nut products.

However, as it is impossible to guarantee a completely allergen-free environment, the school cannot guarantee that traces of nuts will never be present.

Educational Activities

Where food is used in lessons, cooking activities, fundraising events, or enrichment activities, staff must ensure that nut-free alternatives are used.

Caution must be taken at certain times of year such as Easter and Christmas. If staff distribute confectionery, care must be taken to ensure that no nuts are included in the product. Fruit sweets such as Haribo are a better alternative.

Products that are a cause for concern are: Celebrations, Roses, Heroes, Quality Street.

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;

Parents and Carers

Parents and carers are asked to:

- Not send any nuts or nut-containing products into school.
- Carefully check ingredient labels before sending food into school.

- Inform the school of any diagnosed food allergies or changes to medical information.
- Support the school in educating children about allergy awareness.

Birthday Treats and Special Events

Parents and carers wishing to provide food for birthdays, celebrations, or school events must ensure that all items are nut-free and supplied in original packaging with clear ingredient labels.

The school reserves the right to refuse any food items that may pose a risk to pupils with allergies.

The school requests that parents and carers observe the nut-free policy and therefore do not include nuts or nut products in packed lunches or snacks.

Pupils

Pupils are expected to:

- Not bring nuts or nut products into school.
- Not share food with other pupils.
- Wash hands before and after eating.

Non-Compliance

If a pupil brings nuts or nut products into school:

- The item will be removed and stored safely or disposed of appropriately.
- Parents/carers may be informed.
- Repeated breaches may be addressed in line with the school's behaviour policy.

Health Plans and Emergency Procedures

Emergency Procedures

The school maintains procedures for responding to allergic reactions, including:

- Access to prescribed emergency medication such as adrenaline auto-injectors (e.g. EpiPens)
- Staff training in recognising and responding to anaphylaxis
- Emergency contact procedures
- Calling emergency services where required

Health Plans

We have individual Healthcare plans for children with allergies, highlighting plans in triggers, medication and response (medication will be stored, administered and documented in accordance with our Administration of Medicines Policy).

The symptoms of anaphylaxis usually start between three and sixty minutes after contact with the allergen. Less commonly they can occur a few hours or even days after contact. An anaphylactic reaction may lead to feeling unwell or dizzy or may cause fainting due to a sudden drop in blood pressure. Narrowing of the airways can also occur at the same time, with or without the drop in blood pressure. This can cause breathing difficulties and wheezing. Other symptoms:

- Swollen eyes, lips, genitals, hands, feet and other areas (this is called angioedema)
- Itching
- Sore, red, itchy eyes
- Changes in heart rate
- A sudden feeling of extreme anxiety or apprehension
- Itchy skin or nettle-rash (hives)
- Unconsciousness due to very low blood pressure
- Abdominal cramps, vomiting or diarrhoea, or nausea and fever. Anaphylaxis varies in severity. Sometimes it causes only mild itchiness and swelling, but in some people, it can cause sudden death.

If symptoms start soon after contact with the allergen and rapidly worsens, this indicates that the reaction is more severe.