



Allergies Policy – Including Food and Nuts

Statement of Intent:

This policy is concerned with a whole setting approached to the health care and management of those members of the nursery community suffering from specific allergies.

The nursery are aware that children who attend may suffer from food, bee/ wasp sting, animal or nut allergies and we believe that all allergies should be taken seriously and dealt with in a professional and appropriate way.

The nursery's position is not to guarantee a completely allergen free environment, rather: to minimise the risk of exposure, encourage self-responsibility, and plan for effective response to possible emergencies.

The nursery is committed to a no food and drink sharing.

The *Statutory Framework* states that the provider must obtain information about any dietary requirements/allergy. As such parents are asked to provide details of allergies in the child's Enrolment Form, which is submitted before starting nursery. If a child has an allergy to specific foods, supporting evidence should be provided by a GP. This is to understand the allergy or allergen in detail to effectively manage the risk.

Aim:

The intent of this policy is to minimize the risk of any child suffering allergy-induced anaphylaxis whilst at nursery. An allergic reaction to nuts is the most common high-risk allergy, and as such demands more rigorous controls throughout the policy.

The underlying principles of this policy include:

- The establishment of effective risk management practices to minimise the student, staff, parent and visitor exposure to known trigger foods and insects.
- Staff training and education to ensure effective emergency response to any allergic reaction situation.

This policy applies to all members of the nursery community:

- Nursery Staff

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- Parents / Guardians
- Volunteers
- Supply staff
- Students

Definitions

Allergy - A condition in which the body has an exaggerated response to a substance (e.g. food and drug) also known as hypersensitivity.

Allergen - A normally harmless substance that triggers an allergic reaction in the immune system of a susceptible person.

Anaphylaxis - Anaphylaxis, or anaphylactic shock, is a sudden, severe and potentially life-threatening allergic reaction to food, stings, bites, or medicines.

Epipen - Brand name for syringe style device containing the drug Adrenalin, which is ready for immediate inter-muscular administration.

Minimized Risk Environment- An environment where risk management practices (e.g. Risk assessment forms) have minimised the risk of (allergen) exposure.

Allergy Care Plan- A detailed document outlining an individual student's condition treatment, and/or action plan for location of Epipen.

Procedures and Responsibilities for Allergy Management

General

- The involvement of parents and staff in establishing individual Allergy Care Plans.
- The establishment and maintenance of practices for effectively communicating a child's healthcare plans to all relevant staff.
- Staff training in anaphylaxis management, including awareness of triggers and first aid procedures to be followed in the event of an emergency.
- Age-appropriate education of the children with severe food allergies.

Medical Information

- Parents will initially highlight a child's allergies on the Enrolment form. Further information will be required before the child starts at the nursery. This includes supporting documents from professionals.
- The nursery will seek updated information via a medical form at the commencement of each calendar year.
- Furthermore, any change in a child's medical condition during the year must be reported by parents/carers to the nursery.
- For children with an allergic condition, the nursery requires parents / guardians to provide written advice from a doctor (GP), which explains the condition, defines the allergy triggers and any required medication.
- The Nursery Manager will ensure that an Allergy Care Plan is established and updated for each child with a known allergy.
- Staff working with those children are required to review and familiarise themselves with the medical information
- Action Plans with a recent photograph for any students with allergies will be held on file in relevant rooms with parental permission.
- Where children with known allergies are participating in local visits or walks, the risk assessments must include this information.
- The wearing of a medic-alert bracelet is allowed by the nursery.

Medical Information (EpiPens)

Where EpiPens (Adrenalin) are required in the Allergy Care Plan:

- Parents/ guardians are responsible for the provision and timely replacement of the EpiPens.
- The EpiPens are located securely in relevant locations approved by the Nursery Manager.

Parent's Role

Parents are responsible for providing, in writing, ongoing accurate and current medical information to the nursery. Parents must complete an Allergy Care Plan confirming and detailing the nature of the allergy; including:

- The allergen (the substance the child is allergic to)
- The nature of the allergic reaction (from rash, breathing problems to anaphylactic shock).
- What to do in case of allergic reaction, including any medication to be used and how it is to be used.
- Control measures – such as how the child can be prevented from getting into contact with the allergen.
- It is the responsibility of the parent to provide the nursery with up to date medication/ equipment clearly labelled in a suitable container.

- In the case of life saving medication e.g. Epi-pens the child will not be allowed to attend without it.
- Parents are also required to provide up to date emergency contact information.
- Parents should liaise with staff about appropriateness of snacks and any food-related activities (e.g. cooking)

Staff's Role

Staff are responsible for familiarising themselves with the policy and to adhere to health & safety regulations regarding food and drink.

- If a child's Enrolment Form states that they have an allergy then an "Allergy Care Plan" is needed. It must be in place before the child starts attending sessions. A risk assessment should be carried and any actions identified to be put in place. The Assessment should be stored with the child's Allergy Care Plan.
- Upon determining that a child attending nursery has a severe allergy, a team meeting will be set up as soon as possible where all staff concerned attend to update knowledge and awareness of child's needs.
- All staff who come into contact with the child will be made aware of what treatment/medication is required by the Nursery Manager and where any medication is stored.
- All staff are to promote hand washing before and after eating.
- Snack times are monitored by staff and are nut free and free from other allergens depending on the children attending. All staff should know the procedures at snack and lunch time to ensure the safety of children with allergies. When possible, staff will sit facing the children, allowing for early intervention in the case of allergic reactions.
- However, staff cannot guarantee that foods will not contain traces of nuts.
- All tables are cleaned with an approved solution.
- Children are not permitted to share food.
- As part of the staff first aid course, EpiPen use and storage has been discussed.
- We will ask the parent for a list of food products and food derivatives the child must not come into contact with.
- Emergency medication should be easily accessible, especially at times of high risk.
- Staff should liaise with parents about snacks and any food-related activities.

Actions

In the event of a child suffering an allergic reaction:

- We will delegate someone to contact the child's parents.
- If a child becomes distressed or symptoms become more serious, telephone 999
- Keep calm, make the child feel comfortable and give the child space.
- If medication is available it will be administered as per training and in conjunction with the "Administering Medicines Policy".
- If parents have not arrived by the time ambulance arrives, a member of staff will accompany the child to hospital.

The following procedures and documentation in relation to this policy are:-

- National Food trust and Food policy in schools.

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- Statutory Framework for the Early Years Foundation Stage 2014, 2017, 2025– *Section 3- The Safeguarding and Welfare requirements- Food and Drink. Section – Safer Eating.*
- Our Nursery Health & Safety and Risk Assessment Policy
- Managing Medicines in Schools and Early Years Settings (DfES 2005)
<http://publications.teachernet.gov.uk/eOrderingDownload/1448-2005PDF-EN-02.pdf>