7.3

7.3 Nut Safe and Allergy Awareness Policy for Parents/Guardians

Overview and Compliance Statement

This policy sets out Stowey Bears Pre-school's whole-setting approach to preventing, recognising and responding to allergies and anaphylaxis. It supports the setting's duty of care and safeguarding responsibilities, the requirements of the Equality Act 2010 where an allergy may amount to a disability, food allergen information duties under food information regulations, and the Department for Education's statutory allergy safety expectations for schools in England from September 2026. Stowey Bears is a nut-safe and egg-free pre-school and will take reasonable, proportionate steps to reduce allergy risks while recognising that no setting can guarantee a completely allergen-free environment.

The following foods and products must not be brought into pre-school unless the Manager has agreed a specific, documented arrangement as part of an Individual Healthcare Plan or risk assessment.

1. Almonds
2. Brazil nuts
3. Cashews
4. Chestnuts
5. Hazelnuts
6. Macadamias
7. Mixed nuts
8. Peanuts
9. Pecans
10. Pine nuts
11. Pistachio nuts
12. Walnuts
13. Nut filled chocolate spreads (eg Nutella or other brand)
14. Nut butters
15. Pesto's (usually contains pine nuts or cashew nuts)
16. Chocolate containing nuts (eg. Snickers bars)
17. Baklava, Greek pastry (walnut or peanut)
18. Marzipan (almond)
19. Praline (usually hazelnut)
20. Nut biscuits such as amaretti, macaroons
21. Florentines (almond)
22. Nut milk (eg. Almond milk)
23. Lupin and foods containing lupin flour or lupin seeds
24. Any food with "may contain nuts", "may contain peanuts", "not suitable for nut allergy sufferers", or similar precautionary wording

25. Any homemade or unpackaged food where ingredients and allergen information cannot be verified

Important Points for Parents and Guardians

• Parents and guardians must tell the pre-school immediately if their child has a diagnosed or suspected allergy, has been prescribed medication, or has had any change to their allergy status, symptoms, treatment or emergency action plan.

• Children with known allergies will have an Individual Healthcare Plan, agreed with parents or guardians and informed by healthcare advice where available. The plan will include known allergens, symptoms, medication, emergency actions, consent arrangements and review dates.

• Food birthday treats are not permitted. If parents wish, a non-food item such as bubbles, stickers or a small gift may be shared instead.

• Children will be supervised to wash their hands before and after eating. Tables, eating areas and relevant equipment will be cleaned using the setting's cleaning procedures to reduce the risk of allergen transfer.

• If a child brings in a prohibited or unverified food product, the child will not be allowed to eat it. Parents or guardians will be contacted, an alternative safe arrangement will be made where possible, and the incident will be recorded and reviewed.

• Parents and guardians should ensure children do not bring food into pre-school bags, pockets or lunch containers unless it has been agreed and checked in line with this policy.

Staff Training and Responsibilities

All staff, including temporary staff and volunteers where appropriate, will receive allergy awareness information as part of induction and at least annually. Training will cover common allergens, prevention measures, recognising mild and severe allergic reactions, responding to anaphylaxis, calling emergency services, administering adrenaline auto-injectors where authorised and appropriate, recording incidents, and learning from near misses.

The Manager is responsible for ensuring this policy is implemented, that staff know which children have allergy arrangements, that medication is accessible and in date, and that parents and guardians are informed of the setting's allergy safety expectations.

Medication and Spare Adrenaline Auto-Injectors

Where a child has been prescribed allergy medication, parents or guardians must provide it in the original packaging, clearly labelled with the child's name and instructions. Medication will be stored safely but remain quickly accessible in an emergency. Expiry dates will be checked regularly and parents or guardians will be asked to replace medication before it expires.

In line with current statutory expectations for schools in England, the setting will keep spare in-date adrenaline auto-injectors where this is required or adopted by the setting, with clear procedures for

storage, access, consent and use in an emergency. Spare devices are not a replacement for a child's prescribed medication.

Emergency Response

If an allergic reaction is suspected, staff will follow the child's Individual Healthcare Plan and emergency action plan. If anaphylaxis is suspected, staff will call 999 immediately, administer adrenaline without delay where available and authorised, position and monitor the child appropriately, contact parents or guardians as soon as possible, and ensure the child is not left alone.

Any allergic reaction, medication use, administration of adrenaline, emergency call, suspected exposure, or near miss will be recorded. The Manager will review the incident to identify learning, update risk assessments or Individual Healthcare Plans where needed, and share relevant information with staff and parents or guardians.

Food Provision, Labelling and Cross-Contamination Controls

All food provided by or within the pre-school will be checked for ingredients and allergen information before being offered to children. Staff will take reasonable steps to avoid cross-contamination, including checking labels, separating food where required, supervising mealtimes, preventing food sharing, cleaning surfaces and equipment, and ensuring allergen information remains available for food served or prepared on site.

Where pre-packed for direct sale food or any food prepared on site is provided, the setting will ensure allergen information is available and major allergens are identified in line with food information requirements.

Rationale for Developing a Nut Safe and Allergy Awareness Policy

The leadership team has a duty of care to take all reasonable steps to keep children, staff and members of the wider pre-school community safe. Allergies can be triggered by foods, insect stings, medicines, latex, animals or other substances, and a severe reaction can occur quickly. This policy therefore adopts a whole-setting approach to allergy safety, prevention, inclusion and emergency readiness.

This policy involves identifying allergy risks, reducing the risk of exposure through reasonable management controls, supporting children through Individual Healthcare Plans, training staff, keeping emergency procedures and medication accessible, recording and reviewing incidents and near misses, and communicating clearly with parents and guardians.

Review and Publication

This policy will be reviewed at least annually, and sooner if legislation, statutory guidance, a child's needs, an incident, a near miss, or operational practice changes. The policy will be made available to staff and parents or guardians and should be read alongside the setting's safeguarding, medication, first aid, food hygiene, risk assessment and health and safety procedures.

The success of this policy requires the co-operation of the entire pre-school community.