**Allergies And Nut Policy**

**Statement of Intent:**

This policy is concerned with a whole nursery approach to the health care and

management of those members of the nursery suffering from

specific allergies.

Staff at Milkshake Montessori school 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. Due to the different varieties and nature of allergic reactions the school requests that all allergies for children are professionally diagnosed by a GP to confirm the allergy and severity of reactions.

Milkshake Montessori’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 *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.

**AIM:**

The intent of this policy is to minimize the risk of any child suffering allergy induced

anaphylaxis whilst at the nursery.

An allergic reaction to nuts is the most common high risk allergy, and as

such has a separate policy statement.

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:

• School Staff

• 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.

**Health Care Plan**- A detailed document outlining an individual student’s

Condition, treatment, and action plan for location of Epipen, if required.

**Procedures and Responsibilities for Allergy Management**

**General**

• The involvement of parents and staff in establishing individual Health 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**

The school will seek updated information via medical form at the commencement of each calendar year.

Furthermore, any change in a child’s medical condition during the year must be reported to the Nursery manager in writing.

For students 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 Deputy Manager will ensure that a Health care Plan is established and updated for each child with a known allergy.

All staff are required to review and familiarise themselves with the medical information

A photograph for any children with allergies will be posted in all eating areas and the kitchen, staff must familiarise themselves with all children with allergy and dietary needs.

The wearing of a medic-alert bracelet is allowed by the nursery.

**Medical Information (Epicenes)**

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

• Parents/ guardians are responsible for the provision and timely replacement

of the EpiPens.

Parents/guardians are responsible for ensuring that a child’s epipen is within its expiry date.

Parents/guardians of a child with an Epipen must ensure that the Allergy Nurse from their local Healthcare Centre offers training to staff at the Nursery in the use of the individual epipen.

• 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 school.**

**Parents to send a letter confirming and detailing the nature of the**

**allergy; including:**

The allergen (the substance the child is allergic to) and date of medical diagnosis

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.

If a child has an allergy requiring an epipen, or the risk assessment deems it necessary, a “healthcare plan” must be completed and signed by the parents.

It is the responsibility of the Parent to provide the nursery with up to date medication/ equipment clearly labelled in a suitable container. All medication for allergies must be prescribed by a Doctor.

In the case of life saving medication like EpiPen the child will not be allowed to attend without it.

Parents are also required to provide up to date emergency contact information and it is the responsibility of parents to ensure that these details are kept up to date with the school office.

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 a “healthcare plan” is needed and a risk assessment should be carried and any actions identified to be put in place. The Assessment should be stored with the child’s healthcare 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 are to promote hand washing before and after eating.

All tables are cleaned with an approved solution.

Children are not permitted to share food.

All staff must have an up to date Paediatric first aid certificate.

We may 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.

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 “Medication Policy”.

If Parents have not arrived by the time ambulance arrives, a member of

Staff will accompany the child to hospital.

It is our policy that within our Nursery nuts are not used as an ingredient in either kitchen prepared dishes or bought in products.

Although we endeavour to ensure that we supply products which do not contain nuts, we cannot guarantee that all our products are 100% free from nuts and allergens. This is due to suppliers increasingly stating that although products are nut free they “cannot guarantee nut free” & “may contain nuts/ peanuts”, despite it not being labelled on the ingredients. This is due to nuts being used elsewhere in a factory or beforehand on the production line before a particular product is produced which we may use in the Nursery.

We have records of all children’s allergy and dietary requirements from information give to us by the parents/carers of children during registering their child. It is the responsibility of the child’s parent/carer to keep Milkshake Montessori updated with any changes in dietary or allergy requirements of their child. This is done by a written letter to the Manager informing her of any changes.

**The following sets out the list of food ingredients that must be listed as**

**allergens:**

**List of 14 Allergens**

**Food ingredients that must be declared as allergens in the EU**

1. **Cereals containing gluten**, namely: wheat (such as spelt and khorasan

wheat), rye, barley, oats or their hybridised strains, and products thereof,

except:

(a) wheat based glucose syrups including dextrose

(b) wheat based maltodextrins

(c) glucose syrups based on barley

(d) cereals used for making alcoholic distillates including ethyl alcohol of

agricultural origin

2. **Crustaceans** and products thereof

3. **Eggs** and products thereof

4. **Fish** and products thereof, except:

(a) fish gelatine used as carrier for vitamin or carotenoid preparations

(b) fish gelatine or Isinglass used as fining agent in beer and wine

5. **Peanuts** and products thereof

6. **Soybeans** and products thereof, except:

(a) fully refined soybean oil and fat

(b) natural mixed tocopherols (E306), natural D-alpha tocopherol, natural Dalpha

tocopherol acetate, and natural D-alpha tocopherol succinate from

soybean sources

(c) vegetable oils derived phytosterols and phytosterol esters from soybean

sources

(d) plant stanol ester produced from vegetable oil sterols from soybean

sources

7. **Milk** and products thereof (including lactose), except:

(a) whey used for making alcoholic distillates including ethyl alcohol of

agricultural origin

Gina’s

Montessori

Nursery

School

(b) lactitol

8. **Nuts**, namely: almonds (*Amygdalus communis* L.), hazelnuts (*Corylus*

*avellana*), walnuts (*Juglans regia*), cashews (*Anacardium occidentale*), pecan

nuts (*Carya illinoinensis* (Wangenh.) K. Koch), Brazil nuts (*Bertholletia excelsa*),

pistachio nuts (*Pistacia vera*), macadamia or Queensland nuts (*Macadamia*

*ternifolia*), and products thereof, except for nuts used for making alcoholic

distillates including ethyl alcohol of agricultural origin

9. **Celery** and products thereof

10. **Mustard** and products thereof

11. **Sesame seeds** and products thereof

12. **Sulphur dioxide and sulphites** at concentrations of more than 10 mg/kg or

10 mg/litre in terms of the total SO2 which are to be calculated for products as

proposed ready for consumption or as reconstituted according to the

instructions of the manufacturers

13. **Lupin** and products thereof

14. **Molluscs** and products thereof

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**Milkshake Montessori**

**Individual Healthcare Plan**

**Pupils Information**

|  |  |
| --- | --- |
| Name of child |  |
| Date of birth |  |
| Gender | Male/ female |

**Contact Information**

|  |  |
| --- | --- |
| Pupils address |  |

**Parental contact 1**

|  |  |
| --- | --- |
| Full Name |  |
| Contact Number | Work-  Home-  Mobile- |
| Relationship to child |  |
| Address if different to child |  |

**Parental contact 2**

|  |  |
| --- | --- |
| Full Name |  |
| Contact Number | Work-  Home-  Mobile- |
| Relationship to child |  |
| Address if different to child |  |

**Details of pupils medical/ allergy information**

|  |  |
| --- | --- |
| Name of medical condition | Condition:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Name of GP:  Date of Diagnoses: |
| Signs and symptoms |  |
| Name of allergy | Allergy:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Name of GP:  Date of Diagnoses: |
| Signs and symptoms if child comes into contact with allergen |  |
| Epipen issued | Yes/ no  If yes please give more details  Date issued:  Expiry date:  \*please note if your child requires an Epipen we recommend a second Epipen for the setting. |

|  |  |
| --- | --- |
| Triggers or things that make the pupils condition worse |  |
| Routine healthcare requirements  (For example, dietary, therapy, nursing needs or before physical activity) | During school:  Outside school: |

|  |  |
| --- | --- |
| What do in a emergency |  |

**Medical details**

|  |  |
| --- | --- |
| Full Name of GP |  |
| Contact Number |  |
| Date of last medical/health review |  |
| Address of Doctor surgery |  |
| Other professionals involved with the child  Health visitor/  Allergy nurse | Name:  Profession:  Contact details:  Name:  Profession:  Contact details:  Name:  Profession:  Contact details |

|  |  |
| --- | --- |
| Medication Prescribed | Name of medication:  Dose and duration:  Method:  Timing:  Date of medication issued:  Medication expiry date:  \*a separate medication form must be complete |

|  |  |
| --- | --- |
| Special educational/ medical requirements  (activities to avoid/ outings and such |  |
| Any other information |  |

**Person/s completing this form**

|  |  |  |  |
| --- | --- | --- | --- |
| Name of parent/ carer |  | Name of staff member |  |
| Signature of parent/ carer |  | Signature of staff member |  |
| Date |  | Date |  |

**Healthcare plan review**

|  |  |  |  |
| --- | --- | --- | --- |
| Name of parent/ carer |  | Name of staff member |  |
| Signature of parent/ carer |  | Signature of staff member |  |
| Date |  | Date |  |