Southend YMCA Community School

building a future

Nut-Free School Policy

Approved by: Headteacher		**Date: 3rd November 2025**
Last reviewed on:	3rd November 2025	
Next review due by:	3rd November 2027	

Nut-Free School Policy

Purpose

The purpose of this policy is to provide a safe learning environment for all students, particularly those with severe nut allergies. Nut allergies can cause life-threatening reactions, and this policy aims to reduce the risk of exposure within the school setting.

Scope

This policy applies to:

- All students, staff, and visitors

- All areas of the school including classrooms, dining areas, outside areas, and school trips

- All food brought into school, whether provided by the school or brought from home

Definition

“Nuts” refers to:

- Peanuts

- Tree nuts (e.g., almonds, cashews, walnuts, hazelnuts, pecans, pistachios, coconut)

- Nut oils and nut-based products (e.g., peanut butter, Nutella)

Policy Statement

Our school is a nut-free environment. To protect the health and safety of students with nut allergies, we ask that:

- No nuts or nut products are brought into school in packed lunches or snacks.

- All food provided by the school is free from nuts.

- Staff check all ingredients used in cooking, baking, and classroom activities.

- External vendors and caterers comply with our nut-free policy.

Responsibilities

Parents/Carers

- Ensure all food sent to school is nut-free.

- Read labels carefully and avoid products with “may contain nuts” warnings.

- Inform the school of any allergies your child may have.

Staff

- Enforce the nut-free policy consistently.

- Check food labels and ingredients before use.

- Be trained in allergy awareness and emergency response procedures.

Students

- Learn about food allergies and the importance of not sharing food.

- Follow school rules regarding food and snacks.

Emergency Procedures

- Staff are trained to recognise signs of an allergic reaction.

- Emergency medication (e.g., EpiPens) is stored and accessible.

- Individual Health Care Plans are in place for students with allergies.

Communication

- This policy will be shared with all staff, parents, and visitors.

- Signage will be displayed around the school.

- Reminders will be included in event communications.

Monitoring & Review

- The policy will be reviewed annually or following any allergy-related incident.

- Compliance will be monitored through regular audits and feedback.