Nut-Free School Policy

September 2025

Purpose

The purpose of this policy is to ensure a safe and inclusive environment for all students and staff by minimising the risk of exposure to peanuts, tree nuts, and nut products. Some members of our community have severe, life-threatening allergies (anaphylaxis) to nuts. This policy outlines our commitment to safeguarding their health and well-being.

Scope

This policy applies to all students, staff, volunteers, parents, guardians, visitors, and any external providers operating on school premises or during school-sponsored activities, including trips and off-site events.

Policy Statement

Mount Nod Primary School operates as a nut-free school. The following will apply:

No peanuts, tree nuts, or food products containing nuts may be brought into school premises.

Food provided by the school, including that supplied by external caterers, will comply with the nut free policy.

All staff members will be trained to recognise symptoms of anaphylaxis and administer emergency medication, such as epinephrine auto-injectors (e.g., EpiPens).

Responsibilities

Parents and Guardians: Must ensure that any food or snacks sent to school do not contain nuts or nut products. It is their responsibility to check ingredient labels carefully.

Students: Are expected to comply with this policy and must not share food items with others.

School Staff: Must monitor lunch and snack times, educate students on the importance of allergen safety, and enforce the policy consistently and fairly.

External Providers and Visitors: Must be informed in advance and comply with the nut-free requirements when participating in school activities or providing goods/services.

Implementation Process

Letters, website updates and posters will inform all stakeholders about the policy.

Staff training sessions on allergy awareness and emergency response will be conducted annually.

School meals menus will be audited and verified to be nut-free.

Signage will be placed around the school to remind all parties of the nut-free status.

Any breaches of this policy will be addressed appropriately, balancing education with disciplinary measures where necessary.

Exceptions

There are no planned exceptions to this policy. It is implemented to prioritise health and safety.

Policy Review

This policy will be reviewed annually, or sooner, if necessary, to ensure its effectiveness and to reflect any changes in best practice, legal requirements, or school needs.

Nut-Free School Policy – Parent FAQs

Why is Mount Nod Primary School becoming nut-free?

Some students have severe, life-threatening allergies (anaphylaxis) to peanuts and other tree nuts. Even a tiny trace can trigger a serious reaction. Our nut-free policy helps provide a safe, inclusive environment for all children.

Which foods are not allowed under the new policy?

Any foods containing peanuts, tree nuts, or nut products must not be brought to school. This includes, but is not limited to:

- **Peanut butter**
- **Nutella and other chocolate spreads containing nuts**
- **Cereal or granola bars with nuts**
- **Cakes, cookies, or biscuits containing nuts**
- **Trail mixes or snack packs with nuts**

What about food labelled "**may contain nut**" as they are made in a factory that processes nuts"?

These items are acceptable.

Is the school catering service nut-free?

Yes. Our catering providers have been instructed to supply only nut-free meals and snacks. They have provided written confirmation that they are complying with the nut-free policy.

What if my child accidentally brings a nut product to school?

If a student accidentally brings a prohibited item:

• The food will be removed and stored safely out of reach.

• Parents will be contacted to collect the item or provide an alternative meal.

• Staff will remind students (in a supportive way) of the importance of the policy.

How will the school ensure that children with allergies are protected?

• Staff are trained annually in allergy management and emergency care (use of EpiPens, calling emergency services, etc.).

• A Health Action Plan is in place for affected students.

• Education around allergy awareness will be included in our health and PSHE curriculum.

Who can I speak to if I have concerns or need help finding suitable alternatives?

We are happy to support you with guidance and suggestions for nut-free options. Please contact your school administrator for further information.