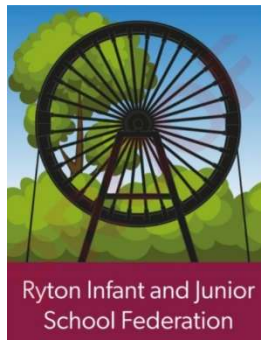


RYTON FEDERATION

Allergy Management Policy



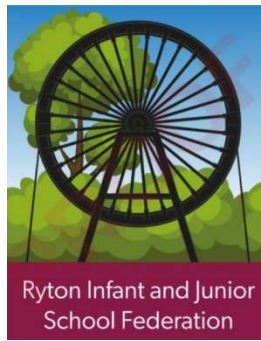
Introduction

Ryton Infant and Junior School welcome all children with food allergy to be part of our community. We aim to maintain the schools as a nut-aware zone and all parents and carers are made aware of this when their child is admitted to the school.

Our Schools' position is not to guarantee a completely allergen free environment as this would be impossible but rather to minimise the risk of exposure, encourage self-responsibility, and plan for an effective response to possible emergencies.

Policy Aims

- We aim to ensure that Ryton Infant and Junior School have considered the needs of food-allergic
- We aim to work in partnership with the parents/carers of children with food allergy, building excellent levels of trust, communication and individualised care around their child's specific needs.
- We aim to do all we can to minimise the risk of any child experiencing food allergy-induced reactions especially anaphylaxis.
- We aim to ensure that affected children are not unknowingly exposed to food allergens like nuts during school hours.
- We aim to extend these policies to all meals and food consumed in school and during any trips organised by the school.
- We aim to ensure staff are properly trained prepared to manage emergency situations should they arise.
- We aim to consider the needs of food-allergic pupils when handling foods as part of the school curriculum.
- We aim to educate children to eventually become more responsible for managing their own allergy as is appropriate to their age and development.
- We aim to educate a child's peers to be aware of food allergy and to know what to do in an emergency.



Food Allergies

True food allergies are reproducible adverse reactions to a particular food that involve the immune system. Virtually all known food allergens are proteins. They can be present in the food in large amounts and often survive food-processing conditions.

Allergic reactions are characterised by the rapid release of chemicals in the body that cause symptoms, which can occur within minutes or up to an hour or more after ingestion of the allergen. Whilst almost any food protein can cause an allergic reaction in some people, the most common food allergens in Europe include:

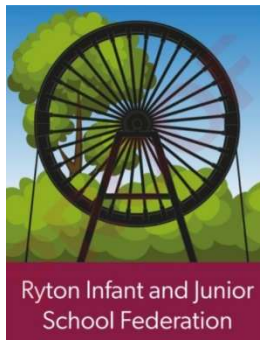
1. Celery and celeriac
2. Cereals containing gluten – wheat, rye, barley, oats, spelt or kamut
3. Crustaceans (e.g. prawns, lobster, scampi, crab, shrimp paste)
4. Egg
5. Fish
6. Lupin (seeds and flour used in Europe for pastries and breads)
7. Milk
8. Molluscs - mussels, whelks, squid, land snails, oyster sauce
9. Mustard
10. Nuts and nut oil
11. Peanuts
12. Sesame
13. Soya
14. Sulphur dioxide and sulphites

Many allergens are hidden where you would least expect them to be. We ensure that our staff are familiar with the constituents of EVERY ingredient. Our staff examine the ingredients list on the packaging carefully and check with the supplier if necessary.

The proportion of the population with true food allergy is approximately 1-2% of adults and about 5-8% of children, which equates to about 1.5 million people in the UK.

N.B. Coeliac disease is not an allergy. Whilst it is classified as food intolerance it is not like other

intolerances in that it is an autoimmune disease, which means that the body produces antibodies that attack its own tissues. In coeliac disease this attack is triggered by gluten, a protein found in wheat, rye and barley. This intolerance to gluten causes an inflammatory response that damages the gut. Villi (tiny, finger-like projections that line the gut) become inflamed and then flattened (villous atrophy), leading to a decreased surface area for absorption of nutrients from food. People with undiagnosed coeliac disease can, as a result, have a wide range of digestive symptoms and can suffer from nutritional deficiencies.



Procedures

Parental responsibilities

- We require parents to provide detailed information about their child's allergy. This is to include past reactions, triggers and recommended treatments. We also require copies of letters from their doctor/allergy consultant.
- We require parents to provide an annual medical update at the beginning of each academic year or earlier if necessary.
- We require parents to register their child's Epipen expiry date with the Epipen text alert system accessed via the Epipen website to act as a back up to the alerts also sent by the school nurses. New Epipens will need to be provided promptly.

School Staff responsibilities

- All staff will be alerted to which children in school have an identified food allergy. Each child's photograph (with parent's permission) will be displayed in the kitchen area for reference.
- All staff, including catering staff, will work in partnership to ensure that they have the knowledge and skills to **CARE** for a child with a food allergy:

Comprehending the basic medical facts about food allergies.

Avoiding the Allergen.

Recognising a Reaction.

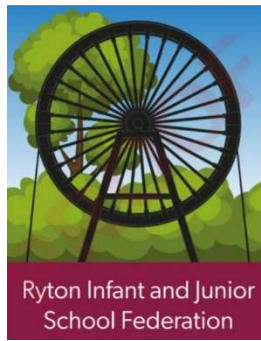
Enacting Emergency Care Plan.

All spare AAls are kept in a yellow bag, these are stored in the main admin offices and are accessible at all times.

Staff will have access to all relevant information about any child with a food allergy in the school. Staff are encouraged to check the arbor database for any child in their care who may have a food allergy.

On collection of First Aid bags for off-site matches/trips staff are asked to ensure they know the significant medical issues (SMIs) of the group they are taking, and to confirm that they are aware of any child in their care with a food allergy.

- As part of residential trips planning, the staff arranging the trip must have liaised with the hosts concerning any pupils with food allergies to ensure special diets are provided.
- All staff will be given allergy awareness training and will be offered the opportunity to learn how to administer an AAI.



School Kitchen responsibilities

- Catering staff will do their best to ensure that foods prepared and served are allergen-free for each individual. It is understood that some foods are labelled as having been prepared or manufactured in an environment that may previously have been used for preparing products containing nuts.
- Each child with a food allergy will be identifiable by a coloured lanyard. They be provided with an alternative menu.
- The school kitchen will liaise with parents and the friest aid lead with regard to any changes in a child's dietary needs.
- Any foods which are delivered as substitute products are double checked as they may not have the same ingredients as the usual product.

On the 1st October 2021, the new Allergen Regulations came into effect. The new “**Natasha’s Law**” requires all **pre-packaged foods prepared on site** to be labelled with a full list of ingredients highlighting any of the 14 main allergens that are present in the ingredients.

Pre-packaged foods include any items that are prepared on site, packaged up and displayed on a shelf or in a chiller. This includes items such as sandwiches, salads, pasta pots baguettes, cakes etc.

Allergy Training

- All staff have completed allergen awareness training.
- The Catering Team are informed in writing by the school with full details of students with allergies or those needing special diets. The catering department are notified of any changes throughout the term.

Allergies and Special Diets

Introduction

Gateshead School Catering strive to ensure the pupils of Gateshead can enjoy the nutritious and delicious school lunch on offer, regardless of any allergies, intolerances or medical diet requirements. We recognise special diets as an extremely important aspect of our catering provision, aiming for all pupils to enjoy their lunchtime experience, without the worry of being singled out.

Egg / Dairy Free Diets

An 'egg free' diet will exclude soft, hard and baked egg dishes from the menu.

A 'milk free' diet will become a 'dairy free' diet excluding milk, cheese and lactose dishes included on the menu.

By developing the menus in this way, it reduces the variations and frequent revisions and in turn reduces the risks.

Gluten Free Diets

Where possible, the main option will be adapted to a gluten free alternative. Gluten free menus are available upon request.

Please be aware that all gluten free meals are prepared in the same production kitchen as products containing gluten. Although all precautionary measures are taken, particles could become airborne.

Vegetarian, Vegan, Cultural and Religious Diets

Vegetarian, vegan, cultural and religious diets are available as choices on the Gateshead School Catering 3 weekly-cycle menu.

Gateshead School Catering will cater for the above requirements to the best of our operational ability, while following School Food Standards.

Diabetic Count

Gateshead School Catering can provide nutrient counts for a diabetic diet. To calculate the estimated carbohydrate count, we use a combination of technical specifications, advised literature and structured recipes.

The final count may vary, and it will be dependent on various aspects, such as: cooking times, cooking equipment, techniques and consumption. As a service we strive to provide the most accurate values. It is strongly recommended that the final meal consumption is evaluated by a designated member of staff to advise on the final carbohydrate count.

Nut / Peanut Safety statement

Gateshead School Catering do not intentionally use nuts or any products containing nuts as an ingredient within our food offer. All our suppliers are requested to supply nut free products, however whilst some products will be totally nut free, suppliers cannot give us a total guarantee that cross contamination with nuts does not occur during manufacture.

We will treat any products which holds the 'May Contain Nuts' declaration as an item which 'Contains Nuts' to eliminate any risk to our nut allergy pupils.

If a pupil suffers from a nut allergy, a 'Nut Free' menu should be requested from Gateshead School Catering.

Please keep in mind that we are unable to provide an 100% 'Nut Free' school meal due to handling products which 'May Contain Nuts' in the production kitchen.

