



Independent School for Girls Aged 2 to 18
and Boys Aged 2 to 11

NUT POLICY

Harrogate Ladies' College family of Schools:

Highfield Pre School, Highfield and College

SLT Responsibility: Joanna Fox

Governor Committee Review: Pupil Welfare

Review Cycle: Triennial

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Since 1893

Nut Policy

Introduction

ANAPHYLAXIS is a severe allergic reaction at the extreme end of the allergic spectrum, affecting the entire body, and can occur within minutes of exposure. The main causes are attributed to nuts, seeds and seafood. This policy focuses on the management of nut allergies.

Policy

We avoid the use of nuts (tree nuts, peanuts and pine nuts) and nut related products in the catering services at HLC, recognising the potentially severe allergic reaction for some people. We also avoid the use of sesame seeds and sesame related products.

We do not claim to be a 'nut-free' school as it would be impossible to provide an absolute guarantee that the school is nut free. However, we do take a number of precautions to minimise the risk for students with nut allergies.

Within the catering facilities at HLC we take the following precautions to minimise the risk of anaphylaxis and other allergenic reactions occurring:

We never knowingly use any nuts (including pine nuts and peanuts) or sesame seeds and associated nut/sesame products in our kitchens.

Pupils who are known to have significant food allergies (e.g. nuts, egg, milk, gluten, fish, molluscs, crustaceans) are introduced to key members of the catering team, on their first day at the school, and are encouraged

to seek guidance from catering staff – on a daily basis, if necessary – on what they can have, from the menu, for lunch.

Catering staff receive regular training in respect of food allergies.

A complete list of allergens in every school dish is kept in the Catering Manager's office. If catering staff are unsure of any potential allergens in a particular dish, they can ask the head chef or Catering Manager to check the allergens ingredient file.

Food preparation staff take precautions to reduce the risk of cross contamination

It should be acknowledged that, given current food manufacturing processes, it is impossible to guarantee that all products will be free from possible 'traces of nuts' and other allergens.

The success of minimising anaphylaxis risk – and all other allergenic reactions – also requires the cooperation of pupils, staff and parents.

Parents of the older College pupils are asked not to provide pupils with snacks and cakes that contain nuts and sesame seeds.

The provision of food and drinks for all Food and Nutrition lessons is managed by the Food and Nutrition department. The selection of recipes is based on the specified scheme of works for each

This policy applies to all members of our school community, including boarders and those in our EYFS setting.

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year group, aligned to the examination syllabus and Department for Education curriculum recommendations. The repertoire of dishes does not include nut based recipes however there is no guarantee that given ingredients/food components do not contain 'traces of nuts' due to the manufacturing process. All of the Food and drink purchased for lessons meets the requirements of the school nut policy, with all pupils asked to notify the department both verbally and written in their work booklets of any known allergens or intolerances, inclusive of nuts.

In Highfield, parents are asked not to send any food into school with their child. Highfield bake sales take place at the end of the day so the adult collecting the child is able to supervise the consumption of any cakes purchased.

Highfield parents are asked to exchange birthday cake at collection times when the other child's responsible adult is present.

All HLC staff are asked not to bring onto site snacks and cakes that contain nuts and sesame seeds.

It is essential that the school has full details of all our pupils' allergies. This information is requested by the school, and must be provided by parents when their daughter or son joins the school and then updated by parents if allergies are discovered at a later stage.