



Nut-Free Policy

French Between The Commons French lessons aim to be a Nut-Free activity. We are hosted by nut free schools and we aim to protect children who have allergies to nuts whilst also helping them as they grow to take responsibility for what foods they can eat safely and be aware of what foods may put them at risk. We do not allow nuts or nut products during lessons and supervised time in snacks.

Parents and carers must notify staff if their child has any known or suspected allergy to nuts and provide all medical and necessary information. This will be added to your child's file and if necessary, a meeting will be organised with school staff.

The most serious risk to allergic children comes from nuts, which can cause severe, life-threatening 'anaphylactic' reactions within seconds in a susceptible child.

Our "Nut-Free Policy" means that the following items should not be brought during supervised time and lessons:

- Packs of nuts
- Peanut butter or Nutella sandwiches
- Fruit and cereal bars that contain nuts
- Chocolate bars or sweets that contain nuts
- Sesame seed rolls (children allergic to nuts may also have a severe reaction to sesame)
- Hummus as it contains tahini which is made from sesame
- Pesto which contains nuts
- Cakes made with nuts
- Self-serve pastries covered in almonds – for example almond croissants
- Any home-cooked meals for packed lunches that are made from nuts
- Any shared food for after-school events with nuts or nut oils

French Between The Commons requests that parents and carers observe the nut-free policy and therefore do not include nuts, or any traces of nuts, in packed snacks.

What types of food are nuts?

Almonds
Cashew nuts

Hazelnuts
Pistachios

Walnuts
Brazil nuts

Nut oils
Peanuts

All product packaging must be checked for warnings directed at nut allergy sufferers and if the following or similar are displayed, the product must not be used in school. Packaging must be checked for:

- o Not suitable for nut allergy sufferers;
- o This product contains nuts;
- o This product may contain traces nuts;

Staff

Most French Between The Commons staff have EpiPen training and those who work in the class with any child who has an EpiPen have or will have regular top-up training.

Children

All children are regularly reminded about the good hygiene practice of washing their hands before and after eating which helps to reduce the risk of secondary contamination.

Further Information

Allergy UK: <https://www.allergyuk.org/living-with-an-allergy/at-school/>

Anaphylaxis campaign: <https://www.anaphylaxis.org.uk/>