

# The Willow Nursery Allergy Policy

This Allergy Policy forms a part of the overall policy for delivering the Early Years Foundation Stage (EYFS) curriculum at The Willow Nursery.

## Rationale

At The Willow Nursery, we are aware that children may have allergies which can cause allergic reactions. We will follow this policy to ensure, where possible, allergic reactions are prevented, and staff are fully aware of how to support a child who may be having an allergic reaction. Information passed on through parents from the registration form regarding allergic reactions and allergies must be shared with all staff in the nursery.

## Procedures

- Staff will find out if the child has any allergies before the child starts nursery.
- Parents are advised that we need a letter from their doctor or dietitian to confirm the child's allergy and to give us information about:
  - How to prevent exposure to allergens
  - How to recognize the symptoms of allergic reaction
  - How to treat the allergic reaction
  - If the child requires any specialist nutrition products
- The keyworker will complete an Allergy Care Plan with the parent prior to the child starting the nursery. The information is shared with all staff. The Allergy Care Plan will detail how the child's allergies will be managed on a day-to-day basis and what to do in the event of an allergic reaction.
- Our SENCo will liaise with the parent if relevant training is needed (e.g., epi-pen use - see also Health policy) and to draw up a Health Care Plan (to be appended to the Allergy Care Plan)
- Parents are asked to arrange for The Willow Nursery to have appropriate medication (if necessary) on site
  - We will ensure there is proper storage of medication and equipment.
- We will provide, wherever possible, alternative nutritious food substitutes in the case of a food allergy. If the substitute is difficult to source, we will ask the parent to provide the substitute. The food is clearly labelled and stored.
- A list of children with food allergies is posted in the kitchen (care is given to confidentiality issues) and on food trays used during break.
- Staff refer to the Dietary Requirements list and ensure that children with food allergies avoid contact with food that may cause an allergic reaction.
- The list is updated each term by the office or as and when we have a new starter.

- Appropriate medication are taken on all outings.
- Staff will promptly take proper steps outlined in the Allergy Care Plan if a reaction occurs in nursery.
- If we ever notice unusual symptoms such as a rash or vomiting after eating, or symptoms identified in the allergy care plan, swelling of the child's mouth or face, breathing difficulties during or after eating, or if a child has an allergic reaction to a bee sting, plant etc.; a First Aid trained member of staff will administer the appropriate treatment and parents will be informed.
- If this treatment requires specialist treatment, e.g., an Epi-pen, then at least two members of staff will receive specific medical training to be able to administer the treatment to the child.
- If the allergic reaction is severe, a member of staff will summon an ambulance immediately. DO NOT attempt to transport the sick/injured child in your own vehicle
- Whilst waiting for the ambulance, contact parents and arrange to meet them at the hospital. A sick child needs family; therefore, every effort should be made to contact a family member as soon as possible
- A senior member of staff will accompany the child and collect together emergency file details, relevant medication sheets and medication .
- Staff will remain calm at all times; children who witness an allergic reaction may well be affected by it and will need lots of reassurance.

## **Allergy Care Plans**

- The Allergy Care Plan will give information about the allergy, with a clear description of what the child is allergic to and an outline of what symptoms the child shows when having an allergic reaction.
- If the child needs regular treatment during the day to keep symptoms in check - such as eye drops during the hay fever season, or cream for atopic eczema, then the plan should state how often the treatment should be given and who will be responsible for giving it.
- The Willow Nursery will refer to the letter from the child's GP or dietitian, which should state the treatment prescribed for the child.

## **Reintroducing foods to diet**

If a parent would like to try re-introducing a food into their child's diet, where the child was previously thought to have an allergy, then the parent must try this at home and have success over several occasions before we will re-introduce it at nursery.

## Nut Ban

At The Willow Nursery, we have chosen to remove nuts from all cooking and snacks and ask that nuts are not brought into the school premises. We will make parents/carers aware that there is no absolute guarantee that a nut ban will ensure there are no nuts in the teaching areas on school premises.

### Responsibility, management and coordination

- The SENCo has overall responsibility for the implementation of this policy

**Related policies:** Health policy

Name of Person Reviewing Policy	Date Review Carried Out	Date to be reviewed (Yearly / when necessary)
Amanda Hunt	October 2024	As necessary

## Appendix 1

### List of 14 Allergens

Celery	This includes celery stalks, leaves and seeds and celeriac. It is often found in celery salt, salads, some meat products, soups and stock cubes.
Cereal Containing Gluten	This includes wheat (such as spelt and Khorasan wheat/kamut), rye, barley and oats. It is often found in foods containing flour, such as some baking powders, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and foods dusted with flour.
Crustaceans	This includes crabs, lobster, prawns and scampi. It is often found in shrimp paste used in Thai curries or salads.
Eggs	This is often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and foods brushed or glazed with egg.
Fish	This is often found in some fish sauces, pizzas, relishes, salad dressings, stock cubes and in Worcestershire sauce.
Lupin	This includes lupin seeds and flour, and can be found in some types of bread, pastries and pasta.
Milk	This is found in butter, cheese, cream, milk powders and yoghurt. It is often used in foods glazed with milk, powdered soups and sauces.
Molluscs	This includes mussels, land snails, squid and whelks. It is often found in oyster sauce or as an ingredient in fish stews.
Mustard	This includes liquid mustard, mustard powder and mustard seeds. It is often found in breads, curries, marinades, meat products, salad dressing, sauces and soups.
Nuts	This includes almonds, hazelnuts, walnuts, cashews, pecan nuts, Brazil nuts, pistachio nuts, macadamia or Queensland nuts. These can be found in breads, biscuits, crackers, desserts, ice-cream, marzipan (almond paste), nut oils and sauces. Ground, crushed or flaked almonds are often used in Asian dishes such as curries or stir fries.
Peanuts	This can be found in biscuits, cakes, curries, desserts and sauces such as for satay. It is found in groundnut oil and peanut flour.
Sesame seeds	This can be found in bread, breadsticks, hummus, sesame oil and tahini (sesame paste).
Soya	This can be found in bean curd, edamame beans, miso paste, textured soy protein, soya flour or tofu. It is often used in some deserts, ice cream, meat products, sauces and vegetarian products.
Sulphar	This is often used as a preservative in dried fruit, meat products, soft drinks and vegetables as well as in wine and beer.