



Dietary and Severe Food Allergies Policy

Reviewed by the Proprietor, September 2018

Statement

Le Hérisson is an inclusive school that aims to support and welcome children with all special dietary requirements from various religious groups and cultures, vegetarians, vegans and those with severe food allergies. We aim to provide all children with dietary requirements and severe food allergies the same opportunities as others at school. We will help to ensure they can:

- Be healthy
- Stay safe
- Enjoy and achieve
- Make a positive contribution
- Achieve economic well-being

Purpose

The purpose of this policy is to identify all pupils with special dietary needs and to ensure that special dietary needs are met and catered for wherever possible.

Definitions (See Appendix For More Definitions)

Food Allergy

Food Allergies are caused by the immune system falsely recognising the protein component of a food as a threat. Most food allergy reactions usually occur quickly; generally within 2 hours of exposure, but gut related symptoms (such as diarrhoea, constipation or bloating) may take several hours or even a few days to develop. Children are most likely to develop a food allergy when they are under 5 years of age. Reactions to cow's milk, eggs, peanuts, tree nuts, soy, wheat, and fish account for more than 85% of food allergies in children. Allergies to nuts and seafood commonly produce the most severe reactions and are also more likely to be the allergies that persist for life.

Severe Food Allergy

A child will be deemed to have severe food allergies if the consumption of a particular food substance poses significant and immediate harm to their health.

Food Intolerance

Food intolerance is a reaction to food that does not involve the immune system. It is well documented that certain food chemicals can "irritate the nerve endings in sensitive people to cause a range of symptoms". Common symptoms include recurrent hives and swellings, rhinitis or sinusitis (frequently running or stuffed up nose), recurrent mouth ulcers, stomach pains and bowel irritations (loose, frequent often very smelly stools or even constipation). Children with food intolerances may also present as irritable, restless or demonstrate behavioural problems such as defiance, exaggerated moodiness or even Attention Deficit and Hyperactivity Disorder (ADHD) – like behaviour.

School Kitchen

Le Hérisson has its own kitchen and food is delivered daily by the Little Tums Food Company who supply nutritionally balanced menus and specialize in catering for individual allergy requirements. Our kitchen has a hygiene rating of 5 and all members of staff are required to

undertake a basic food hygiene course, allergy awareness training, maintain personal hygiene and adhere to wearing protective clothing whenever handling food. Our Allergy and Food restriction list which details the children who have special requirements throughout the school can be found on the kitchen board along with additional information about allergens. Management and staff work closely with parents to ensure that all dietary needs/requirements are met and to ensure that healthcare plans are put in place to ensure the safety of children should adverse reactions occur.

Food from Home

The bringing of snacks and drinks is discouraged to ensure that those with special dietary needs are not put in harm's way or discriminated against and to encourage good dietary habits.

Parents who have opted out of having lunch at school are permitted to provide a packed lunch for their children. These parents are made aware of the allergens they should not include in their children's packed lunches by Management in order not to put fellow pupils at risk.

In view of the children who suffer allergies, the school is a Nut Free Zone and all food is carefully vetted and cooked under strict conditions by the *Little Turns* Food Company before its arrival to school. The school has a strict no nut policy and vigilance is to be exercised by all members of staff. All types and forms of nuts are prohibited and should not be on the premises/used under any circumstances. Members of staff are also required to undertake a risk assessment whenever they chose to do a food based activity.

Notifying the school

Upon registering with the school, parents are asked if their child has any dietary requirements, severe food allergies or medical conditions on the health questionnaire found in their registration pack. They must clearly indicate which foods their child is not allowed to consume and the reasons why. Parents are also required to inform us, in writing, of any changes to their children's dietary or medical needs.

Allergy and Food Restriction List

Each term, Management will collate all the information received from the parents to produce an Allergy and Food Restriction List. A copy of this list will be distributed to every classroom, the kitchen, staff room and the office. The children's doctors' details and medical requirements are recorded in their registration pack. The parents of children with an allergy are required to fill out a Healthcare Plan which states what should happen in the event of an severe allergic reaction. This information is located in the child's file in the office and in the teachers folders located in the child's classroom.

Severe Allergies Control

In order to provide the safest environment for children with severe allergies at Le Hérisson School, we will take the following actions:

- We appoint our Kitchen Porter with the overall control of foodstuff allocation/dispersal and food allergy control

- We require members of staff to notify our Kitchen Porter of the arrival to the cafeteria of any child with severe food allergies.
- The Little Tums Food Company along with staff will be notified of children with severe or anaphylactic food allergies before they officially enrol in the school.
- Parents are at liberty to contact Management at any point to discuss the menu which is already vetted by the Little Tums Food Company who have very strict policies and procedures on allergens and food preparation.
- Parents are responsible for notifying the school immediately of any change in circumstances.
- Children with allergies, intolerances and restrictions will be provided with colour coded placemats when they eat. Severely allergic children will have a red placemat. Vegetarians/Vegans will have a green placemat. Children with food restrictions will have an orange placemat and children with a dairy intolerance will have a white placemat.
- Every child will be educated as to why healthy eating is important and made aware of their peers needs in regards to food restrictions and allergens.
- Every child will be taught not to interfere with someone else's food.
- All staff will, including supply staff, be made aware of children with severe allergies, their history and how to manage any potential situations.
- Staff training on how to respond when food causing a severe allergic reaction is eaten will be provided during inductions and annually.
- Photographs of the children with allergies will be displayed in every classroom, the kitchen, school office, first aid room and staff room.
- Staff must only eat their own food in the staff room.
- Staff must wear gloves, an apron and hair net when handling food.

The Dietary and Severe Food Allergies Policy will be referred to in conjunction with the Medical Policy and First Aid Policy.

Review Date : August 2019

APPENDIX

Definitions of Diets

Vegetarian

A vegetarian diet is a diet based on plant-based foods including fruits, vegetables, cereal grains, with or without dairy products and eggs. Vegetarians do not eat meat, game, poultry, fish, crustaceans, shellfish or products of animal slaughter such as animal-derived gelatin and rennet. Vegetarian diets may be either **lacto-ovo** (can include dairy products and eggs) **lacto** (can include dairy products but not eggs) **ovo** (can include eggs but not dairy products).

Vegan

A vegan diet is a form of vegetarian diet which excluded all animal products, including dairy products, eggs and honey.

Gluten Free

Coeliac disease, also known as gluten intolerance, is a genetic disorder that affects a range of people. If a person has coeliac disease this means that they have a permanent intestinal intolerance to the gluten protein found in wheat, barley, malt, spelt, rye, triticale and oats. These grains and the products processed from them are used as ingredients in common foods such as breads, biscuits, cakes, pizza, pastry, pasta and breadcrumbs etc. Gluten is also found in some food additives which are used in many types of pre-prepared, commercial foods. This disease is treated by a lifelong gluten free diet.

Egg Free

Egg allergy is the most common food allergy in infants and young children. Egg allergy is first noticeable between 6-15mths of age when egg is first introduced to the child but is an allergy that most young children will grow out of. Both the egg white and egg yolk may affect the egg allergy sufferer.

Dairy Free

Dairy intolerance is a sensitivity to anything that contains cow's milk. Those who suffer from dairy intolerance experience a reaction to dairy because they are intolerant to the proteins in milk.

Lactose Free

Lactose is the sugar found in milk. Lactose intolerance is not an allergy and most lactose intolerant individuals are able to tolerate small amounts of lactose from some dairy foods over the day. The amount of lactose a person with lactose intolerance will tolerate will vary between individuals.

Halal

The Halal food laws carry a special significance for Muslims who by these laws are expected to eat for survival, to maintain good health and not to live for eating. There may be variations

in compliance with these laws within the community depending on the strictness of religious beliefs under which people in the Muslim community choose to live.

Foods classified as Halal (lawful or permitted) or Haram (unlawful).

There are three important guidelines that relate to selecting food and drink:

- 1) Whether the consumption of the foodstuff is prohibited
- 2) Whether the foodstuff is obtained through Halal or Haram means
- 3) Whether or not the material is harmful to health

Factors which help to identify if a food is Halal or Haram include: its nature; how it was processed; and where it originated from.

HARAM (unlawful) FOODS:

- Pork – including all by-products
- Insects considered ugly or filthy such as worms, lice and flies
- Animals with fangs such as tigers, lions and cats
- Birds that have talons with which they catch their prey such as owls and eagles
- Animals which Islam encourages to kill such as scorpions, centipedes and rats
- Dogs
- Animals which Islam forbids to kill such as bees
- Animals which have toxins, poisons or produce ill effects when eaten such as some fish
- Amphibian animals such as crocodiles, turtles and frogs
- Meat which has have been cut from a live animal
- Lawful animals (like cows, chicken and goats) not slaughtered according to Islamic rites (Fish is exempt from slaughtering)
- Carrion or dead animals
- Poisonous and Intoxicating drinks, plants and their by-products
- Other matters and their products – faeces, urine, placental tissue and blood

HALAL (lawful) FOODS:

Products made from the following substances are Halal unless they contain or come into contact with a Haram substance.

- All plants and their products
- Certified Halal meat, poultry, game birds and animals
- All water creatures, fish, crustaceans and molluscs
- Eggs from acceptable birds only. (See unacceptable birds above)
- Rennet from certified Halal slaughtered calves
- Non animal rennet (NAR, culture)
- Gelatine produced from certified beef skins and/or bones
- Animal ingredients certified Halal

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Severe Food Allergies Parental Agreement

CHILD'S NAME		BIRTH DATE		CLASS	
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I have completed a Healthcare Plan and Medical Permission Form in the event that my child requires medicine to be administered in an emergency situation. I have read the school's Severe Food Allergies Policy and agree to its implementation.

PARENTS NAME		DATE	
PARENT SIGNATURE		TIME	