



Nut and Sesame Aware Policy

Lydd Primary School including Bluebells Nursery

OUR COMMUNITY MULTI ACADEMY TRUST

Policy owner	Head of School
Responsible body	Our Community Multi Academy Trust
Approval body	Lydd Local Monitoring Council, subject to the Trust Scheme of Delegation
Status	Approved October 16 th 2026
Version	2.0 (replaces the Nut-free Policy)
Effective date	October 16 th 2026
Next review	October 2027, or sooner if pupil needs, law, guidance or risk changes
Related policy	Allergy and Anaphylaxis Policy



1 Purpose and relationship to the Allergy and Anaphylaxis Policy

Lydd Primary School, including Bluebells Nursery, is committed to reducing avoidable exposure to peanuts, tree nuts and sesame while ensuring that pupils with allergies participate fully in school life. This policy sets clear expectations for food brought onto the site and for school activities involving food.

This is a companion policy to the school's Allergy and Anaphylaxis Policy. That policy contains the school's statutory allergy-safety arrangements, including identification of pupils, Individual Healthcare Plans (IHPs), Allergy Action Plans, staff training, prescribed and spare adrenaline devices, emergency response, trips, information sharing and incident or near-miss reporting. If there is any conflict, the pupil's current IHP and Allergy Action Plan, followed by the Allergy and Anaphylaxis Policy, take precedence.

This policy applies during the school day and to Bluebells Nursery, breakfast and after-school provision, clubs, educational visits, events, lettings and activities organised by the school. It applies to pupils, parents and carers, employees, temporary and supply staff, catering and wraparound staff, volunteers, visitors, contractors and hirers, according to their role.

Important limitation

The school is allergy-aware; it cannot guarantee an allergen-free environment. A food restriction is only one risk-reduction measure and never replaces individual planning, trained staff, access to emergency medication or rapid treatment.

2 Terminology and policy position

Peanuts, tree nuts and sesame are separate food allergens. Sesame is a seed, not a nut. Each can cause a severe allergic reaction or anaphylaxis in a susceptible person.

In line with current Department for Education guidance, the school does not describe itself as "nut-free" or "sesame-free". Such claims can create a false sense of security, do not address other allergens and cannot be guaranteed. Instead, the school operates a nut- and sesame-aware approach based on reasonable precautions and the needs of identified pupils.

Foods intentionally containing peanuts, tree nuts or sesame must not be brought onto the school site for consumption, sharing or use in an activity, unless a documented pupil-specific or curriculum risk assessment has been approved by the Head of School. This expectation reflects the needs of the current school community and will be reviewed when those needs change.

Precautionary allergen labelling such as "may contain nuts" or "may contain sesame" does not state that the allergen is an ingredient. It will not create an automatic whole-school ban. Suitability for a particular pupil will be decided through that pupil's IHP and Allergy Action Plan, with relevant medical, parental and catering advice.

3 Legal and statutory context

This policy supports, but does not replace, the school's statutory Allergy and Anaphylaxis Policy. It has been reviewed against the following current official sources:

- [Allergy safety in schools: statutory guidance \(July 2026\)](#)
- [Supporting pupils with medical conditions at school](#)
- [Early years foundation stage statutory framework](#)
- [Equality Act 2010: advice for schools](#)
- [Keeping children safe in education 2026](#)
- [Food allergen labelling and information requirements](#)

Relevant legislation includes section 100 of the Children and Families Act 2014, as amended by section 34 of the Children's Wellbeing and Schools Act 2026; Equality Act 2010; Food Information Regulations 2014; Requirements for School Food Regulations 2014; Human Medicines Regulations 2012 (as amended); Health and Safety at Work etc. Act 1974; UK GDPR; and Data Protection Act 2018.

The DfE Suspension and Permanent Exclusion guidance, Academy Trust Handbook, charity law and Companies Act requirements do not create operational duties specific to this food-exposure policy. The SEND Code of Practice may be relevant where a pupil also has SEND, but an allergy does not by itself mean that the pupil has SEND.



4 Roles and responsibilities

4.1 Trust Board and Local Monitoring Council

- The Trust Board retains overall accountability for the academy's statutory allergy-safety arrangements. The Local Monitoring Council provides local oversight in accordance with the Trust Scheme of Delegation.
- Governance will seek assurance through the Allergy and Anaphylaxis Policy on implementation, training, medication, incidents and near misses. This companion policy will be reviewed as part of that assurance.

4.2 Head of School

- implement and communicate this policy consistently;
- ensure site expectations reflect current pupil risk assessments and are reviewed when needs change;
- coordinate with the named allergy-safety lead, parents, catering provider, wraparound provision and Trust;
- ensure food activities, events, trips, lettings and contractor arrangements include proportionate allergen controls; and
- address repeated non-compliance and ensure pupils are not shamed, excluded or left without food.

4.3 Staff, catering staff and activity leaders

- know the pupils they supervise who have allergies and follow their IHPs and Allergy Action Plans;
- apply the food expectations in this policy to their own food and to planned activities;
- check ingredients and cross-contact risks before food is purchased, prepared, served or used;
- prevent food sharing and promote effective hand and surface cleaning; and
- report any exposure, reaction, error or near miss under the Allergy and Anaphylaxis Policy.

4.4 Parents, carers and pupils

- Parents and carers should check ingredients and avoid sending foods that intentionally contain peanuts, tree nuts or sesame.
- Parents of a pupil with an allergy must provide current medical information, plans and medication under the Allergy and Anaphylaxis Policy and tell the school promptly about changes.
- Pupils should not share or trade food, utensils, bottles or food containers and should tell an adult immediately if they feel unwell or believe an allergen exposure has occurred.

5 Food brought from home

5.1 Packed lunches and snacks

- Food must not intentionally contain peanuts, tree nuts or sesame. Examples include whole nuts, peanut or nut butter, nut-based chocolate spreads, pesto containing nuts, marzipan, nut oils, tahini, hummus containing tahini, sesame bars and products topped with or containing sesame seeds.
- The examples are illustrative, not exhaustive. Ingredients can change, so brand names are not used and current packaging must be checked.
- Where possible, food should remain in its original packaging or have ingredient information available. Unlabelled food presents a higher risk than sealed, clearly labelled food.
- Pupils must not share or swap food, utensils, bottles or containers. Staff will supervise and reinforce this consistently and proportionately.

5.2 If a prohibited item is identified

1. Keep the item closed or separated and prevent sharing or cross-contact.
2. Quietly explain the expectation to the pupil without blame or embarrassment.
3. Provide or help arrange a safe alternative so the pupil is not left hungry.
4. Return the item to the parent or carer where safe to do so and inform them of the concern.
5. Clean affected hands, surfaces and equipment as necessary and report any actual exposure or near miss under the Allergy and Anaphylaxis Policy.



Repeated issues will be addressed supportively by a senior member of staff. The response will consider language, disability, financial hardship and other relevant circumstances; it will not punish the pupil for an adult's food choice.

6 Shared food, celebrations and rewards

- Teachers may give out commercially packaged sweets or other edible rewards when a member of staff has checked the current ingredient list and is satisfied that the product does not intentionally contain peanuts, tree nuts or sesame. Staff must also check suitability for the pupils concerned under their IHPs and Allergy Action Plans, including any precautionary "may contain" warning and other known allergens.
- A suitable alternative will be available where a sweet or edible reward is not safe or appropriate for an individual pupil, so that the pupil is included without being placed at risk.
- Parents and carers must obtain prior agreement before sending food for distribution. Any item accepted for sharing must be sealed, commercially packaged and fully labelled. Home-prepared or unlabelled food will not be distributed because ingredients and cross-contact cannot be reliably verified.
- Sealed, fully labelled products for an approved event or activity require prior agreement. Ingredient lists and precautionary labels must be assessed against the relevant pupils' IHPs and Allergy Action Plans.
- Food sold or supplied at fundraising and community events must follow agreed allergen-information and cross-contact controls. Unlabelled food must not be represented as safe for a person with an allergy.

7 School meals and catering

- The catering provider must comply with the Food Information Regulations 2014 and provide accurate information about the 14 regulated allergens in food served. Prepacked-for-direct-sale food must carry the legally required ingredients and allergen information.
- Catering staff will use safe storage, preparation, cleaning, utensils and service practices to reduce cross-contact. Recipes, ingredients, supplier substitutions and menu changes must be checked before service.
- The needs of pupils with allergies will be managed through the Allergy and Anaphylaxis Policy, the pupil's IHP and the caterer's allergen procedures. At least two reliable checks should identify the pupil and match them to the correct meal.
- Food containing peanuts, tree nuts or sesame will not ordinarily be offered under the site expectation. This does not remove the need to manage all other allergens or to verify each pupil's individual safe meal.
- The Head of School will obtain appropriate assurance from the catering provider about allergen information, staff training, cross-contact controls and incident or near-miss reporting.

8 Curriculum, clubs, events and the wider site

- Staff must check food and non-food materials before activities. Potential sources include cooking ingredients, old food packaging, play dough, glues, bird feed, animal feed, seeds, cosmetics and craft materials.
- Where a material poses a risk to a pupil, the activity will be adapted for the whole group wherever reasonably practicable so that the pupil is not singled out or excluded.
- Cooking activities require a documented ingredient and cross-contact check, safe storage and cleaning, and any pupil-specific controls in advance.
- Breakfast and after-school clubs, school trips, sports events, residential visits and external venues must follow this policy and the Allergy and Anaphylaxis Policy. The visit leader remains responsible for pupil-specific risk assessment and medication arrangements.
- Staff and visitors must follow the same food expectations as pupils. Food must be stored and consumed only in agreed areas and hands and surfaces cleaned before pupil contact where necessary.
- Contractors, hirers and external providers will be told the relevant rules before using the site. Their arrangements must not undermine pupil safety.

9 Hygiene and cross-contact controls

- Hands should be washed with soap and water before and after eating. Alcohol hand gel is not relied upon to remove food allergens.



- Tables, preparation areas, utensils and shared equipment will be cleaned with warm soapy water and appropriate food-hygiene procedures before and after use.
- Named food, drinks and equipment for a pupil with an allergy will be clearly identified and protected from cross-contact.
- Staff will consider cross-contact during food delivery, storage, preparation, service, clearing and waste handling, not only the stated ingredients.

10 Reactions, near misses, wellbeing and safeguarding

If a reaction is suspected

Follow the pupil's Allergy Action Plan and the Allergy and Anaphylaxis Policy immediately. For any airway, breathing or circulation problem, give adrenaline without delay, call 999 and say "anaphylaxis". Do not make the person stand or walk. Give a second dose after five minutes if there is no improvement.

All actual or suspected exposures, allergic reactions, wrong-meal events, missing ingredient information and other near misses must be made safe, reported and recorded under the Allergy and Anaphylaxis Policy. Relevant food or packaging should be retained safely where this may assist investigation. The IHP, activity risk assessment, catering controls and this policy will be reviewed where findings indicate that improvement is needed.

Pupils with allergies will be included alongside their peers. Allergy-related teasing, exclusion, threats or deliberate exposure will be treated seriously under the Behaviour and Anti-bullying Policy and may be a safeguarding matter. Health information will be shared only where lawful, necessary and proportionate under Trust data-protection arrangements.

11 Communication, monitoring and review

The school will communicate expectations to families at admission, at the start of each academic year and when pupil needs change. The policy will be available on the school website and in hard copy on request. Staff, catering, wraparound provision, volunteers, contractors and hirers will receive information appropriate to their responsibilities.

The Head of School will monitor implementation through feedback, lunch and activity checks, catering assurance, complaints, incidents and near misses. Monitoring will be proportionate and respectful and will not create a false assurance that all allergens have been eliminated.

This policy will be reviewed annually alongside the Allergy and Anaphylaxis Policy and sooner following a material change in pupil need, a serious incident or near miss, an audit finding, or a change in legislation or statutory guidance. Approval and oversight will follow the Trust Scheme of Delegation.