



# The Oxford School, Dubai

## مدرسة أكسفورد ، دبي

### **NUT FREE POLICY**

#### **Policy Statement**

The Oxford School aims to practice a nut free policy that serves to set out all measures to reduce the risk to those children and adults who may suffer an anaphylactic reaction if exposed to nuts to which they are sensitive. The school aims to protect children who have allergies to nuts, help them as they grow up, to take responsibility as to what foods they can eat and to be aware of the consequences of an anaphylactic reaction.

#### **Anaphylaxis**

Anaphylaxis is an allergic condition that can be severe and potentially fatal. It is an immune response of the body to an allergen such as food which it perceives as a threat. The reaction is rapid in onset and can even lead to death.

#### **Responsibilities of the Staff**

Staff must ensure that the pupils do not bring in or consume nuts both in school and when out on trips and outings. If staff distribute confectionary, care must be taken to ensure that no nuts are included in the product.

#### **Responsibilities of the Parents**

Parents must notify of any known or suspected allergy to nuts and provide all the information needed on their child's individual health care plan.

Parents must not pack food or treats [such as birthdays] unless they have checked the ingredients carefully, likewise for snack and lunch box choices.

#### **Role of Children**

All children are regularly reminded about the good hygiene practice of washing hands before and after eating which helps to reduce the risk of secondary contamination. Likewise, children are reminded and carefully supervised to minimize the act of food sharing with their friends. Awareness is spread among children regarding the potential risks associated with anaphylaxis.



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### Health Plans and Emergency Response

We have individual health care plans for children with allergies. Allergy lists are displayed in our school clinic, medicines will be stored, administered, and documented in accordance with our Medicine Administering Policy.

We have Epi-Pen in our school clinic to administer in case of emergency. The parents of those children with allergy need to sign a consent form for the administration of Epi-Pen in emergency.

We have three staff in our clinic who are trained to administer Epi-pen in emergency.

### Symptoms

The symptoms of anaphylaxis usually start within 3 to 60 minutes after contact with allergen. Less commonly, they can occur a few hours or even days after contact.

An anaphylactic reaction may lead to feeling unwell, dizzy, fainting due to sudden drop in blood pressure, narrowing of the airways, difficulty breathing and wheezing.

### Other symptoms:

- Swollen lips, genitals, hands, feet, and other areas called Angioedema.
- Itching
- A strange metallic taste in the mouth
- Sore, red, itchy eyes
- Anxiety, apprehension
- Hives over the skin
- Loss of consciousness
- Vomiting, nausea, abdominal cramps, and fever.
- Anaphylaxis varies in severity, from mildness symptoms to potentially fatal outcomes.



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This policy was adopted at a meeting of THE OXFORD SCHOOL

Held on 27<sup>th</sup> September 2020

Date to be reviewed 26<sup>th</sup> August 2021

Policy prepared by Dr. Kulsum Abdul Rahaiman

Policy approved by The Principal

Name of the signatory MS Deepa Vinod

Role of the signatory Principal

