



Name	Nut & Allergen Policy
Approved	August 2025
Review	August 2026

Purpose

Dubai Heights Academy is committed to providing a safe and healthy environment for all students, staff, and visitors. We recognise that some members of our community may have food allergies or intolerances, and we take these very seriously.

This policy outlines the procedures in place to minimise the risk of allergic reactions and to promote awareness, prevention, and support across all phases of the school and should be read in conjunction with the Dubai Heights Academy Healthy Eating Policy.

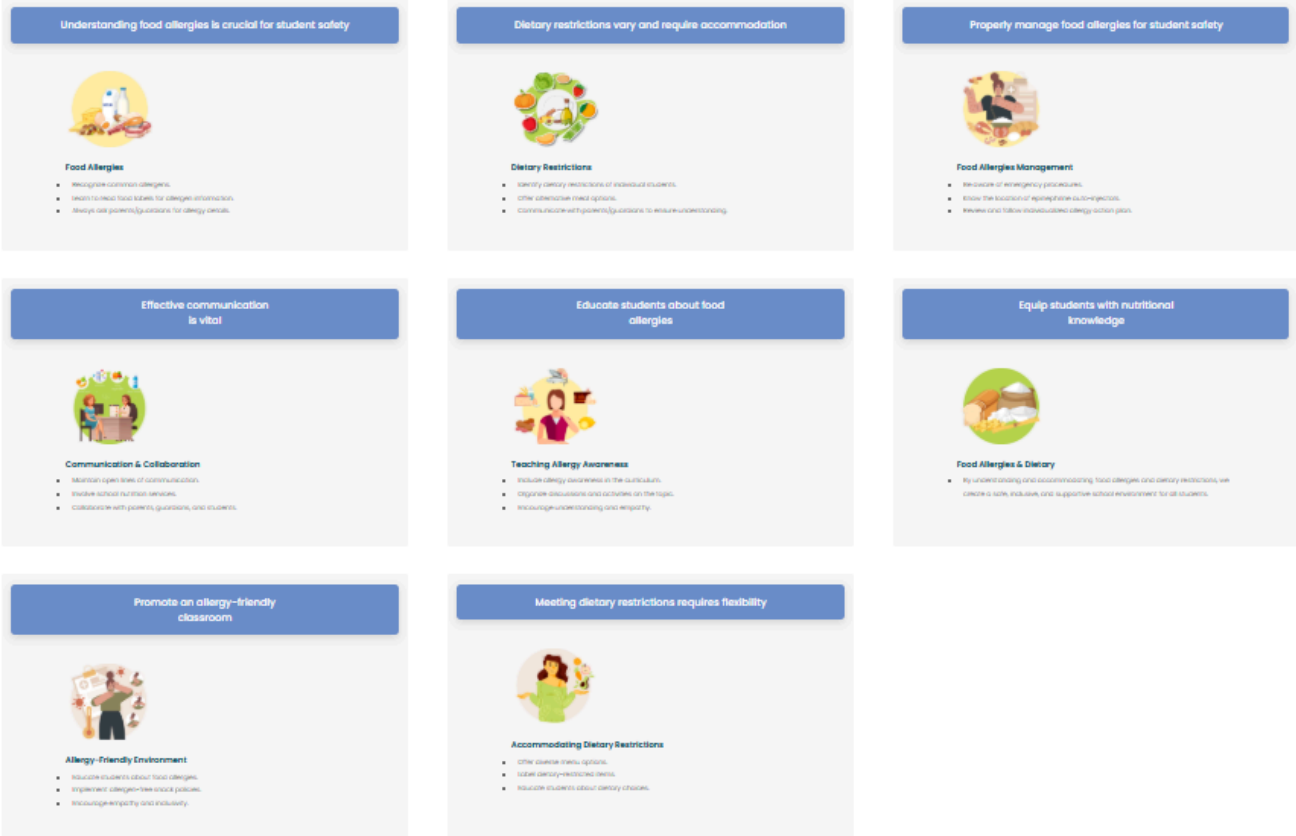
Focused resource for all staff to follow: [My School Food](#) ensuring Dubai Municipality compliance.

Aim

- To protect individuals with known food allergies from exposure to allergens.
- To promote awareness and understanding of food allergies among staff, students, and parents.
- To ensure that food provided or consumed at school meets the school's healthy eating and safety standards.
- To maintain clear communication between parents, medical staff, and teaching teams in all phases.
- To follow My School Food Policy and best practice: [Understanding Food Allergies](#)

Understanding Food Allergies and Dietary Restrictions

Supporting students with special dietary needs



The infographic consists of eight cards arranged in a 3x3 grid (with the bottom-right cell empty). Each card has a blue header, an illustration, a title, and a list of bullet points.

- Card 1 (Top Left):**
 - Header: Understanding food allergies is crucial for student safety
 - Illustration: A plate of food with a warning sign.
 - Title: Food Allergies
 - Bullets:
 - Recognise common allergens.
 - Learn to read food labels for allergen information.
 - Always use parents/guardians for allergy details.
- Card 2 (Top Middle):**
 - Header: Dietary restrictions vary and require accommodation
 - Illustration: A plate of food with various allergen icons.
 - Title: Dietary Restrictions
 - Bullets:
 - Identify dietary restrictions of individual students.
 - Offer alternative meal options.
 - Communicate with parents/guardians to ensure understanding.
- Card 3 (Top Right):**
 - Header: Properly manage food allergies for student safety
 - Illustration: A person sitting at a table with a first aid kit.
 - Title: Food Allergies Management
 - Bullets:
 - Review of emergency procedures.
 - Know the location of epinephrine autoinjectors.
 - Review and follow individualised allergy action plans.
- Card 4 (Middle Left):**
 - Header: Effective communication is vital
 - Illustration: A person talking to a group of people.
 - Title: Communication & Collaboration
 - Bullets:
 - Maintain open lines of communication.
 - Provide accurate nutritional details.
 - Collaborate with parents, guardians, and students.
- Card 5 (Middle Middle):**
 - Header: Educate students about food allergies
 - Illustration: A person holding a book and a plate.
 - Title: Teaching Allergy Awareness
 - Bullets:
 - Include allergy awareness in the curriculum.
 - Organise classroom and activities on the topic.
 - Encourage understanding and empathy.
- Card 6 (Middle Right):**
 - Header: Equip students with nutritional knowledge
 - Illustration: A plate of food with a magnifying glass.
 - Title: Food Allergies & Dietary
 - Bullets:
 - By understanding and accommodating food allergies and dietary restrictions, we create a safe, inclusive, and supportive school environment for all students.
- Card 7 (Bottom Left):**
 - Header: Promote an allergy-friendly classroom
 - Illustration: A person holding a sign that says 'Allergy-Friendly'.
 - Title: Allergy-Friendly Environment
 - Bullets:
 - Inform students about food allergens.
 - Implement allergen-free snack policies.
 - Encourage empathy and inclusivity.
- Card 8 (Bottom Middle):**
 - Header: Meeting dietary restrictions requires flexibility
 - Illustration: A person holding a plate with a fork and knife.
 - Title: Accommodating Dietary Restrictions
 - Bullets:
 - Offer course menu options.
 - Offer dietary-restricted diets.
 - Inform students about dietary choices.

1. Identification and Communication

- Parents must inform the school of any allergies or intolerances through the medical form at enrollment and update this information as needed.
- The School Nurse maintains an updated register of students with allergies and shares it confidentially with relevant staff (teachers, canteen, and support staff).

- Allergy information will be displayed in the school clinic and communicated appropriately within year groups, while ensuring confidentiality.

2. Food Provision and Labelling

- The school canteen and catering team label all food items accurately, clearly identifying the presence of common allergens (e.g. nuts, eggs, dairy, gluten, soy, seafood, sesame).
- Where possible, allergen-free alternatives will be provided.
- Cross-contamination will be minimised through strict hygiene and food handling practices.
- Staff monitor any food brought in for celebrations or events to ensure that it complies with the school's nut and allergen policy and the school's healthy eating policy.

3. Packed Lunches and Snacks

- Parents are encouraged to provide healthy, balanced meals and snacks that avoid common allergens where possible.
- Dubai Heights Academy is a nut-free school, and students are asked not to bring nuts or nut-based products to school.
- Sharing of food among students is strongly discouraged to reduce the risk of accidental exposure.

4. Implementation by School Phase

A. Early Years Foundation Stage (EYFS)

- EYFS teachers and assistants receive specific training on recognising and managing allergic reactions in young children.
- All snacks and meals provided in class are checked for allergens by the class teacher and nurse before distribution.
- Food sharing is strictly prohibited, and any food for celebrations must be approved in advance by the class teacher and school nurse.
- EpiPens or prescribed medication for allergic students are kept in a clearly marked, easily accessible area in the clinic, with staff trained in their use.
- Staff remain vigilant during snack and lunchtime and monitor children who have known allergies closely.

B. Primary

- Teachers, LSAs, and duty staff are made aware of students' allergies and emergency procedures.
- Children are educated, in age-appropriate ways, about respecting classmates' dietary needs and avoiding sharing food.
- The school nurse conducts refresher briefings each term to ensure staff remain alert to allergy management protocols.
- In-class cooking or food-based activities require prior approval from the nurse to ensure all ingredients are safe.

C. Secondary

- Secondary students are expected to take greater responsibility for managing their own dietary needs, with support from the nurse and pastoral team.
- The canteen displays allergen information clearly for all menu items.
- Staff members supervising lunch and extracurricular activities remain informed of any severe allergies and emergency procedures.
- Any practical lessons involving food (e.g. Food Technology) must include allergen checks and risk assessments prior to the activity.

7. Staff Training and Awareness

- All staff receive training on recognising allergic reactions and anaphylaxis.
- Designated staff are trained in the use of adrenaline auto-injectors (e.g. EpiPens).
- Awareness sessions are held regularly to reinforce understanding of allergy management and emergency procedures across all phases.
- The school's catering company PIC and the school's Principal and PIC will share the responsibility of the position of 'Nutrition in charge' role to ensure compliance with the wider school nutrition



standards.

8. Emergency Procedures

- Individual Healthcare Plans (IHPs) are created for students with severe allergies.
- In the event of an allergic reaction, the school nurse and trained staff will respond immediately according to the IHP and emergency protocol.
- Parents and emergency services will be contacted without delay.
- A post-incident review will be conducted to assess the response and update procedures if necessary.

9. Review and Monitoring

- This policy will be reviewed annually or as needed to reflect current best practice, medical guidance, and feedback from the school community.
- Monthly / termly monitoring of canteen operations, ingredient labelling, cross contamination audits and supplier compliance.
- Feedback from parents, staff, and students will be welcomed to ensure continuous improvement in allergy management.