



SCHOOL PACK

Welcome

Welcome to your coeliac disease in school pack. The aim of this pack is to provide you with information to effectively manage the needs of children in your care who have coeliac disease.

This guide will help you carry out your duties and to make arrangements to support pupils with medical conditions, as required by the Children and Families Act 2014. This pack includes information for teachers, catering staff and school nurses. It includes:

- What your school needs to do
- Individual Healthcare Plan template
- About coeliac disease
- The gluten free diet
- School activities
- Further information

About Coeliac UK

Coeliac UK is the charity for everyone living without gluten. We carry out research, we campaign for a fairer deal, and we provide independent, trustworthy advice and support. And we do it all so that one day, no-one's life will be limited by gluten.

coeliacuk
live well **gluten free**

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(3068044).

www.coeliac.org.uk

What your school needs to do

Section 100 of the Children and Families Act 2014 states that schools must make arrangements for supporting pupils at the school with medical conditions. The requirements apply to maintained schools, academies, alternative provision academies and pupil referral units in England.

There is also a duty for schools to provide universal and free school meals for eligible pupils.

One in 100 children have coeliac disease. A gluten free diet is the medical treatment for children with coeliac disease, and as such, is essential for supporting children with this condition.

Department for Education guidance on school food provision states that food allergies or intolerances must be taken seriously. Schools and caterers should work closely with parents to support children with medically verified allergies or intolerances and coeliac disease (which is an autoimmune condition). Head teachers and school governors are best placed to make decisions in the case of pupils who have special dietary requirements, taking into account local circumstances.

Schools should have policies setting out how they manage long term medical conditions. This policy should cover the following:

- who the school should contact if there is an emergency

- how the school will meet special needs, including diet
- how the school will help children with medical conditions to participate in physical activity and school trips, if needed
- agree with parents/carers of children on how the school will manage the child's condition during the school day.

Schools should provide an individual healthcare plan (IHCP) for every child with a medical condition. Coeliac UK has produced a template which can be used. A completed IHCP should be shared with the parent/carer once it has been agreed.

About coeliac disease

What is coeliac disease?

Coeliac disease (pronounced 'see-liac') is a serious illness where the body's immune system attacks its own tissues when food containing gluten is eaten. Gluten is a protein found in wheat, barley, rye and oats. This causes damage to the lining of the gut and means that the body cannot properly absorb nutrients from food. Other parts of the body may also be affected. Coeliac disease is not an allergy or food intolerance.

Around one in 100 children has coeliac disease, although many children are not yet diagnosed with the condition. Coeliac disease does run in families, but not in a predictable way. One in 10 close relatives of people with coeliac disease will have the condition.



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Coeliac disease can be diagnosed at any age, either in childhood after gluten containing foods have been introduced into the diet, or later in life. More females are diagnosed than males.

What happens in coeliac disease?

When someone with coeliac disease eats food containing gluten, the lining of the gut where food and nutrients are absorbed becomes damaged. Tiny finger like projections called villi which line the gut become inflamed and then flattened, leaving less surface area to absorb nutrients from food. Those with undiagnosed and untreated coeliac disease can have a wide range of symptoms and nutritional deficiencies as a result of the damage to the lining of the gut.

What are the symptoms?

Symptoms vary from person to person and don't tend to happen straight away. They can take hours or up to a couple of days to develop and can last several days, while other children might not have any obvious or immediate symptoms.

The classic symptoms of coeliac disease in children include:

- diarrhoea
- vomiting
- constipation
- abdominal distension
- prolonged fatigue
- faltering growth.

The gluten free diet

What is gluten?

Gluten is a protein in the grains wheat, barley and rye. Some people with coeliac disease may also be sensitive to oats. Gluten is commonly found in foods such as bread, breakfast cereals, biscuits, pasta and cakes but it is also in foods that you may not expect, such as some sauces, ready meals and sausages. Coeliac UK's Gluten free Checklist, available on the Coeliac UK website, is a guide to the types of foods that can be eaten, those that can't and those that need to be checked.

What can those with coeliac disease eat?

There are many naturally gluten free foods such as meat, poultry, fish, cheese, milk, fruit, potatoes, vegetables, pulses, rice and corn. Gluten free substitute foods including bread, breakfast cereals, pasta and biscuits are also available from most catering suppliers and in the Free From range in supermarkets.

Reading labels

If you see any of the following on a food label you know that the food can be included in a gluten free diet:

- gluten free
- suitable for coeliacs
- the Crossed Grain symbol.

Cereals that contain gluten must, by law, always be listed on the ingredients list of a pre-packaged product. If there is no mention of any grains that contain gluten, such as

wheat, barley or rye in the ingredients list, then this means that gluten has not been used in the recipe.

Legislation introduced in December 2014, requires allergens to be emphasised in the ingredients list (such as in bold) so you can see them more easily.

May contain statements

You may see the following statements on some foods:

- may contain traces of gluten
- made on a line handling wheat
- made in a factory also handling wheat.

Manufacturers use these statements to highlight that there is a risk of cross contamination with gluten in the making or packaging of a food. Use of the may contain statement is voluntary and varies. Coeliac UK does not recommend caterers use foods with these warnings.

Tips for caterers

Use a variety of naturally gluten free foods and plan meals around them, such as:

- meat, poultry, fish and eggs
- fresh, frozen, canned or juiced fruit and vegetables
- dried or canned pulses
- dairy products
- rice or potatoes.

Ingredients that contain gluten can usually be exchanged for gluten free alternatives.

Use gluten free flours such as:

- rice
- corn (maize)
- tapioca (cassava)
- chickpea (besan, channa, gram flour)
- buckwheat
- potato
- soya
- millet
- gluten free flour mixes.

Cross contamination

Be careful to avoid cross contamination in the kitchen from foods that contain gluten by:

- washing down surfaces before preparing gluten free food
- using separate toasters or toaster bags for gluten free bread
- cooking gluten free foods in separate dishes and with separate utensils to those used for gluten containing foods.

Catering training

Coeliac UK provides a range of training options for caterers covering the following information:

- choosing and using the right ingredients
- storage, goods inwards and ingredients management
- how to cater within the law on gluten free
- training your staff
- communicating so those with coeliac disease feel confident you understand their needs.

Visit www.coeliac.org.uk/catering for more information.

School activities

School trips

Children must not be excluded from school trips because they have coeliac disease. If food is provided as part of a school activity whether a day trip or longer, you must make reasonable efforts to provide gluten free food for children with coeliac disease. Speak to the child's family about their requirements. Parents can often provide information and tips on how to cater for their child.

Children's birthdays and celebrations

To avoid children feeling different or excluded at snack times, a gluten free equivalent should be made available. Ensure that these snacks are stored separately to avoid contact with foods containing gluten. If children bring in sweets or snacks for their birthdays or other celebrations, check their suitability and if they are not gluten free, it is a good idea to provide a gluten free alternative. Speak to the parents who are often happy to provide these.

Cookery classes

There is no reason why children cannot take part in cookery or food technology classes. Children often make small cakes or cookies as part of the curriculum and with some forward planning there is no reason why children with coeliac disease cannot take part.

Check the ingredients and provide gluten free where applicable or speak to the child's parents who may be able to provide substitute ingredients or suggest a modified recipe. It is important to avoid cross contamination during cookery lessons.

Playtime

Gluten has to be eaten to cause symptoms, so using paints, crayons and glues should not be a problem unless a child with coeliac disease accidentally eats them. As young children will often put things in their mouth, using materials made without gluten is a sensible option.

Preschool children will often make art and instruments with dried pasta. As this may be tempting for small children, it is advisable to use gluten free pasta or supervise the child.

Play Doh™ is not always gluten free. However, it is easy to make play dough without using gluten. A gluten free recipe is available on the Coeliac UK website at www.coeliac.org.uk.

Further information

You can find more information on a wealth of topics on the Coeliac UK website.

About coeliac disease:

www.coeliac.org.uk/coeliac-disease

The gluten free diet:

www.coeliac.org.uk/gfdiet

Caring for children with coeliac disease:

www.coeliac.org.uk/children



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Catering gluten free:

www.coeliac.org.uk/catering

Coeliac UK training:

www.coeliac.org.uk/courses

Further information about school food standards:

www.gov.uk/government/publications/school-food

The School Food Plan, including guidance for school caterers:

www.schoolfoodplan.com

Supporting pupils at school with medical conditions (statutory guidance):

<https://www.gov.uk/government/publications/supporting-pupils-at-school-with-medical-conditions-3>

Contact details for parent/carer

Fill out this section to retain for reference

Child's name:

Parent/carer name:

Relationship:

Telephone number:



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