"Through Faith, Friendship and Fun we Learn and Grow"

# Allergy Safety Policy

Ratified by Governing Body : June 2026
Review date : June 2028

# Allergy Safety and Anaphylaxis Policy

**Defford and Besford CE Primary School**

**Approved by:** Governing Body
**Responsible Person:** Mr Liam Hanson - Headteacher
**Review Cycle:** Annual, or sooner following any significant incident, legislative change or updated clinical guidance
**Next Review Due:** September 2028

## 1. Vision and Ethos

At Defford and Besford CE Primary School, we believe that every child is uniquely valued and loved by God. Guided by our Christian vision and the Fruits of the Spirit (Galatians 5:22-23), particularly **love, kindness, gentleness, faithfulness and self-control**, we are committed to ensuring that children with allergies are safe, included, respected and able to flourish.

We recognise that living with an allergy can create anxiety for children and families. Through our trauma-informed approach, staff seek to understand individual needs, reduce barriers to participation and create an environment where pupils feel secure and supported.

Safeguarding is at the heart of this policy. All adults within our school community share responsibility for protecting children from preventable harm.

# 2. Policy Aims

This policy aims to:

- Protect pupils with allergies and those at risk of anaphylaxis.
- Minimise exposure to known allergens.
- Ensure rapid and effective responses to allergic reactions.
- Promote inclusion and equal access to all aspects of school life.
- Support pupils' emotional wellbeing through trauma-informed practice.
- Ensure staff are appropriately trained and confident in responding to emergencies.
- Establish clear roles and responsibilities for staff, governors, pupils and families.
- Meet statutory requirements relating to supporting pupils with medical conditions and safeguarding.

# 3. Scope

This policy applies to:

- All pupils
- All school staff
- Governors
- Volunteers
- Visitors
- Contractors
- Breakfast and after-school clubs
- Educational visits and residential experiences

# 4. Trauma-Informed Principles

The school recognises that medical needs can affect children's emotional wellbeing and sense of safety.

Therefore, we will:

- Create predictable and supportive routines.
- Avoid practices that isolate or stigmatise pupils with allergies.
- Listen carefully to children and families regarding concerns.
- Respond compassionately to anxiety associated with allergies.
- Foster understanding amongst peers through age-appropriate education.
- Ensure pupils feel confident to seek help immediately if they feel unwell.

Our approach reflects current trauma-informed practice and safeguarding principles. Further information can be found at **www.trauma-informed.uk**.

# 5. Roles and Responsibilities

## Governing Body

Governors will:

- Ensure appropriate policies are in place and reviewed regularly.
- Monitor implementation of this policy.
- Seek assurance that staff training is current.
- Monitor allergy incidents and lessons learned.

## Headteacher

The Headteacher will:

- Oversee implementation of this policy.
- Ensure risk assessments and Individual Healthcare Plans (IHPs) are maintained.
- Arrange appropriate staff training.
- Ensure communication with families and relevant healthcare professionals.
- Review procedures following any allergy-related incident.

## Staff

All staff must:

- Be familiar with pupils' allergy needs and Healthcare Plans.
- Follow agreed procedures and risk assessments.
- Attend required allergy and anaphylaxis training.
- Know the location of emergency medication.
- Act immediately if an allergic reaction is suspected.
- Report and record any incidents.

## Parents and Carers

Parents and carers are expected to:

- Inform the school of any diagnosed allergy.
- Provide up-to-date medical information.
- Supply prescribed medication before expiry dates.
- Participate in the development and review of Healthcare Plans.

- Inform the school promptly of any changes.

### Pupils

Where age and development permit, pupils will be encouraged to:

- Understand their own allergy management.
- Never share food.
- Inform an adult immediately if symptoms occur.
- Help create a safe environment for others.

## 6. Individual Healthcare Plans

An Individual Healthcare Plan will normally be developed for any pupil with a significant allergy or risk of anaphylaxis.

The plan may include:

- Allergy triggers.
- Signs and symptoms.
- Medication requirements.
- Emergency procedures.
- Storage arrangements.
- Responsibilities of staff.
- Educational visit considerations.

Plans will be reviewed at least annually and whenever needs change.

## 7. Allergy Register

The school will maintain an up-to-date register of pupils with allergies.

Information will be shared appropriately with:

- Teaching staff
- Support staff
- First aiders
- Lunchtime supervisors

- Relevant external providers

Information sharing will comply with data protection requirements.

# 8. Preventing Exposure to Allergens

## Food Management

The school will:

- Promote a strict "no food sharing" expectation.
- Encourage careful handwashing before and after eating.
- Require ingredient checks where food is provided by school.
- Ensure catering staff are aware of known allergies.
- Take reasonable steps to reduce risk from identified allergens.

## Nut Awareness

Whilst the school cannot guarantee a completely nut-free environment, we will:

- Ask families not to send nut-based products where there is a significant risk.
- Conduct risk assessments for pupils with severe allergies.
- Adapt arrangements where necessary to maintain safety.

## Curriculum Activities

Before activities involving food, sensory materials, crafts or science investigations, staff will:

- Review risks.
- Check ingredients and materials.
- Provide suitable alternatives where required.
- Ensure pupils can participate safely and inclusively.

# 9. Educational Visits

All educational visits, sporting events and residential experiences must include consideration of allergy needs.

Risk assessments will include:

- Access to medication.
- Availability of trained staff.
- Emergency procedures.
- Catering arrangements where applicable.
- Communication with external providers.

No child will be excluded from participation solely because of an allergy where reasonable adjustments can safely be made.

# 10. Medication

## Storage

Emergency medication will:

- Be clearly labelled.
- Remain readily accessible.
- Be stored according to medical guidance.
- Be regularly monitored for expiry dates.

## Adrenaline Auto-Injectors

Where prescribed, pupils may have access to:

- EpiPen®
- Jext®
- Other clinically approved devices

The school may maintain spare emergency Adrenaline Auto-Injectors in accordance with current Department for Education guidance.

# 11. Recognising an Allergic Reaction

### Mild to Moderate Symptoms

- Itching
- Rash or hives
- Swelling of lips, eyes or face
- Nausea
- Stomach pain
- Vomiting

### Severe Allergic Reaction (Anaphylaxis)

- Difficulty breathing
- Wheezing
- Persistent coughing
- Throat tightness
- Swollen tongue
- Dizziness
- Collapse
- Loss of consciousness

Anaphylaxis is always treated as a medical emergency.

# 12. Emergency Procedure

If anaphylaxis is suspected:

1. Administer the Adrenaline Auto-Injector immediately.
2. Call 999 and clearly state "ANAPHYLAXIS".
3. Send for a trained first aider.
4. Contact parents/carers as soon as possible.
5. Monitor the pupil continuously.
6. Administer a second injector if symptoms continue and clinical guidance permits.
7. Ensure the child is assessed by medical professionals even if symptoms improve.

A member of staff will accompany the child to hospital if a parent or carer is not immediately available.

# 13. Training

The school will ensure:

- Annual allergy awareness training.
- Regular anaphylaxis training for relevant staff.
- Induction training for new employees and volunteers.
- Refresher training following incidents or changes in guidance.

Training records will be maintained and monitored by senior leaders.

# 14. Safeguarding

Allergy management forms part of the school's safeguarding responsibilities.

Any concerns about:

- Medical neglect
- Failure to provide essential medication
- Unsafe practices placing a child at risk

will be managed in accordance with the school's Child Protection and Safeguarding Policy.

# 15. Monitoring, Evaluation and Continuous Improvement

The Headteacher and Governors will:

- Review all allergy incidents.
- Monitor compliance with Healthcare Plans.
- Evaluate training effectiveness.
- Seek feedback from staff, pupils and families.
- Adapt practice in response to emerging guidance.

Success will be evidenced through:

- Effective emergency responses.
- Reduced preventable incidents.
- Positive pupil and family feedback.
- Strong staff confidence and knowledge.
- Inclusive participation in all aspects of school life.

# Related Policies

- Supporting Pupils with Medical Conditions Policy
- First Aid Policy
- Health and Safety Policy
- Child Protection and Safeguarding Policy
- Educational Visits Policy
- Attendance Policy
- Behaviour and Relationships Policy

### Closing Statement

At Defford and Besford CE Primary School, we seek to create a culture where every child feels safe, valued and able to flourish. Through love, kindness, vigilance and partnership with families, we will work together to ensure that pupils with allergies are protected, included and empowered to enjoy every aspect of school life.