

St. Peter's R.C. Primary School



Allergy and Anaphylaxis Policy 2026-2027

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“We are a Catholic School. Our special purpose is to live, learn and work together in the presence of Christ.”

Introduction

St Peter's RC Primary School is committed to providing a safe, inclusive and supportive environment for all pupils. The school recognises that allergies can have a significant impact on a child's health, wellbeing and ability to participate fully in school life. Some allergies may place a child at risk of anaphylaxis, a severe and potentially life-threatening allergic reaction requiring immediate medical treatment.

This policy sets out the arrangements in place to support pupils with allergies, reduce the risk of exposure to allergens and ensure that staff are prepared to respond appropriately in the event of an allergic reaction.

The school aims to work closely with parents, healthcare professionals and pupils to ensure that all children with allergies are able to participate safely in all aspects of school life.

This policy will be published on the school website and made available to parents/carers, staff and governors.

Key allergy safety arrangements will be communicated to staff through induction, annual training and appropriate staff briefings.

Relevant information about individual pupils will be shared on a need-to-know basis with staff responsible for supporting the pupil, while maintaining appropriate confidentiality.

Aims of the Policy

The aims of this policy are to:

- Safeguard pupils with allergies and anaphylaxis.
- Ensure pupils with allergies are fully included in school life.
- Promote allergy awareness throughout the school community.
- Minimise the risk of exposure to known allergens.
- Ensure staff understand their responsibilities in relation to allergy management.
- Provide clear procedures for responding to allergic reactions and anaphylaxis.
- Ensure appropriate training is provided for staff.
- Support effective communication between school, families and healthcare professionals.

1. Allergy and Anaphylaxis

An allergy occurs when the body's immune system reacts to a substance that is normally harmless.

Common allergens include (but are not limited to);

- Peanuts
- Tree nuts
- Milk
- Eggs
- Fish
- Shellfish
- Sesame
- Wheat
- Soya
- Insect stings
- Latex
- Celery
- Mustard
- Lupin: a type of legume used in some speciality breads and pastries.
- Certain medications

The school will also support pupils with coeliac disease and food intolerances through its wider medical conditions and dietary arrangements. These conditions will be distinguished from food allergy when developing individual support arrangements.

Anaphylaxis is a severe allergic reaction which can develop rapidly and requires immediate emergency treatment.

Symptoms may include:

- Swelling of the lips, tongue or throat
- Difficulty breathing
- Wheezing
- Persistent coughing

- Dizziness
- Collapse
- Loss of consciousness

Anaphylaxis must always be treated as a medical emergency. The most common causes of "whole body" allergic reactions – including anaphylaxis – are:

- food allergens;
- insect stings (e.g. bee, wasp);
- medication (e.g. antibiotics, pain medicines such as ibuprofen);
- latex (e.g. rubber gloves, balloons, swimming caps)

2. Roles and Responsibilities

Governing Body

The Governing Body will:

- Ensure that appropriate arrangements are in place to support pupils with allergies.
- Monitor implementation of this policy.
- Ensure resources are available to support allergy management.

Headteacher

Mrs A O'Neill has overall responsibility for implementing this policy and ensuring suitable arrangements are in place throughout the school.

The Headteacher will:

- Ensure staff understand their responsibilities.
- Ensure appropriate training is provided.
- Ensure Individual Healthcare Plans are implemented where necessary.
- Monitor policy effectiveness.

Assistant Heads

Mrs L Ryan & Mrs J Callaghan will:

- Coordinate support for pupils with allergies.

- Maintain appropriate records.
- Liaise with parents and healthcare professionals.
- Ensure allergy information is shared appropriately with relevant staff.
- Review Individual Healthcare Plans.

Staff

All staff will:

- Be familiar with pupils' medical needs.
- Follow Individual Healthcare Plans.
- Attend relevant training.
- Know how to recognise symptoms of an allergic reaction.
- Respond appropriately in an emergency.

Parents and Carers

Parents are responsible for:

- Informing school of diagnosed allergies.
- Providing up-to-date medical information.
- Providing required medication.
- Replacing medication before expiry dates.
- Informing school of any changes to a child's condition.

Pupils

Pupils will be encouraged, where age appropriate, to:

- Understand their allergies.
- Avoid sharing food.
- Inform an adult if they feel unwell.
- Follow agreed safety procedures.

3. Individual Healthcare Plans and Allergy Action Plans

Where a pupil's allergy has a functional impact on their education, presents a risk of harm, or requires arrangements additional to those normally provided by the school, an Individual Healthcare Plan (IHP) will be developed.

Where appropriate, the IHP will include or refer to an Allergy Action Plan provided by the pupil's healthcare professional. The Allergy Action Plan will set out the signs and symptoms of an allergic reaction, the emergency response and the medication to be administered.

IHPs and Allergy Action Plans will be developed in consultation with the pupil, parents/carers and relevant healthcare professionals and will be reviewed when there are changes to the pupil's condition, medication or clinical advice.

All staff will be informed of those pupils who have AAP and relevant staff for those children with IHP.

Allergy Register

The school will maintain an up-to-date register of pupils known to have allergies. The register will record, where relevant:

- the pupil's known allergen(s);
- whether the pupil is at risk of anaphylaxis;
- whether the pupil has an Individual Healthcare Plan;
- whether the pupil has an Allergy Action Plan;
- whether the pupil has prescribed adrenaline auto-injectors;
- the location of emergency medication; and
- any relevant arrangements or reasonable adjustments.

The register will be reviewed regularly and updated when new information is received.

4. Reducing Risk and Managing Allergens

The school cannot guarantee an allergen-free environment. However, reasonable steps will be taken to minimise risk.

Measures may include:

- Clear communication regarding pupils with severe allergies.
- Appropriate supervision during eating times.
- Promoting handwashing before and after meals.
- Regular cleaning of eating areas.

- Consideration of allergens within classroom activities.
- Risk assessments for individual pupils.

Where a pupil has a known allergy to an airborne or contact allergen, the school will consider reasonable measures to reduce the risk of exposure. Individual arrangements will be identified through the pupil's risk assessment and, where appropriate, their Individual Healthcare Plan and Allergy Action Plan. Staff will consider potential exposure during classroom activities, practical lessons, outdoor learning, physical education, visits and other activities.

Staff will carefully consider ingredients used during curriculum activities such as cooking, food tasting and craft activities.

Food brought into school by pupils, parents/carers or staff will be managed in accordance with individual allergy risk assessments. The school will communicate clearly with families where particular foods or ingredients present a significant risk to an individual pupil. Pupils will be reminded not to share food, and staff will supervise eating arrangements appropriately.

5. School Meals, Snacks and Celebrations

Pupils bringing packed lunches should not share food with other children.

The school will work with its kitchen staff to ensure that appropriate allergen information is available for all food provided to pupils.

The school will ensure that information relating to the 14 regulated food allergens is available in accordance with the Food Information Regulations 2014.

Kitchen staff will be informed of pupils with diagnosed food allergies on a need-to-know basis and appropriate systems will be used to ensure that pupils receive safe meals.

Pupils with food allergies will not routinely be segregated from their peers at mealtimes. The school will seek to manage risks while maintaining inclusion.

Parents should notify school immediately of any dietary changes affecting their child.

When food is used during curriculum activities, staff will check ingredients carefully and consider the needs of pupils with allergies.

For class celebrations, staff will be mindful of pupils with allergies and will seek safe alternatives where required.

6. Wellbeing, Inclusion and Bullying

The school recognises that living with an allergy can affect a pupil's emotional wellbeing, confidence and participation in school life.

Pupils with allergies will not be unnecessarily excluded, isolated or treated differently from their peers. Reasonable adjustments will be made where required.

The school will actively promote understanding of allergies and will address any teasing, bullying or stigma associated with allergies in accordance with the school's Behaviour and Anti-Bullying Policies.

Pupils will be supported to develop age-appropriate confidence and independence in managing their allergy.

7. Medication and Adrenaline Auto-Injectors

Parents are responsible for providing prescribed medication.

Medication should:

- Be clearly labelled.
- Be in date.
- Be supplied in its original packaging.

Adrenaline Auto-Injectors (AAIs), including EpiPens where prescribed, will be stored in an agreed accessible location. Prescribed adrenaline auto-injectors will be readily accessible to the pupil at all times during the school day, including during lunch, outdoor play, PE, sports activities, educational visits and extra-curricular activities, arrangements will ensure that it is accessible within five minutes.

The school will ensure that medication can be accessed quickly in an emergency.

The school will maintain a record of pupils who have been prescribed adrenaline auto-injectors and will monitor expiry dates. Parents/carers will be responsible for ensuring prescribed devices are available and in date.

School will maintain an appropriate supply of spare adrenaline auto-injectors (AAIs) in accordance with current statutory guidance. Spare AAIs will be stored in pairs, in the appropriate dosage for the pupils in school, and will be readily accessible at all times.

Spare AAIs will be stored in a safe, central and clearly identified location and will not be locked away. The school will ensure that emergency adrenaline devices can be brought to a pupil experiencing anaphylaxis within five minutes. Spare adrenaline auto-injectors may be used where a pupil's own prescribed device is unavailable, inaccessible or has misfired, in accordance with the school's emergency procedures. The

designated senior leader will ensure that spare AAls are checked regularly for expiry and integrity. Used or expired devices will be replaced promptly and disposed of safely in accordance with medicines management requirements.

8. Staff Allergy Awareness Training

All staff present during times when pupils are scheduled to be on the school premises will receive allergy awareness training at least annually. This will include permanent staff, temporary and supply staff, agency staff, peripatetic staff, regular volunteers and catering staff.

Training will cover:

- awareness of allergy and anaphylaxis;
- common allergens and routes of exposure;
- recognition of allergic reactions;
- recognition and management of anaphylaxis;
- the appropriate use of adrenaline auto-injectors;
- the location and use of the school's spare adrenaline devices;
- emergency response procedures;
- the difference between allergy, coeliac disease and food intolerance;
- the importance of inclusion and supporting pupils with allergies.

Training will be recorded and monitored by the designated senior leader. New staff will receive appropriate information as part of their induction.

9. Emergency Procedures

All staff should act immediately if an allergic reaction is suspected.

For mild symptoms:

- Follow the child's Healthcare Plan.
- Monitor the child closely.
- Seek assistance from trained staff.

If anaphylaxis is suspected:

1. Follow the pupil's Allergy Action Plan where available.
2. Administer adrenaline immediately using the pupil's prescribed adrenaline device if available.
3. If the pupil's prescribed device is unavailable, inaccessible or has misfired, use the school's spare adrenaline device.
4. Do not delay administration of adrenaline while waiting for an ambulance.
5. Call 999 and state that the pupil is experiencing anaphylaxis.
6. Bring the emergency medication and other necessary assistance to the pupil. Do not send the pupil to the office or medical room.
7. Keep the pupil lying flat with their legs raised where appropriate, unless this causes breathing difficulty, and follow emergency medical advice.
8. If there is no improvement after 5 minutes, administer a second adrenaline device where available and appropriate.
9. Remain with the pupil until emergency services arrive.
10. Inform parents/carers as soon as practicable.
11. Record and report the incident in accordance with the school's incident reporting procedures.

10.Serious Incidents and Near Misses

All serious allergic reactions and relevant near misses will be recorded and investigated in accordance with the school's incident reporting procedures.

Parents/carers will be informed of serious incidents and near misses involving their child. The Headteacher and Governing Body will be informed where appropriate.

Following an incident or near miss, the school will review relevant risk assessments, Individual Healthcare Plans, Allergy Action Plans, staff training and operational arrangements. Lessons learned will be used to reduce the likelihood of recurrence.

11. Educational Visits and Extra-Curricular Activities

Pupils with allergies will be included in all activities wherever it is safe and appropriate to do so.

Risk assessments will be completed where necessary.

For educational visits staff will ensure:

- Medication accompanies the pupil.
- Emergency procedures are understood.
- Relevant staff are aware of allergy needs.
- Contact details are available.
- Appropriate supervision arrangements are in place.

The school will work with parents to ensure visits can be undertaken safely.

12. Record Keeping, Confidentiality and Incident Reporting

The school will maintain accurate records relating to pupils with allergies.

Information may include:

- Healthcare Plans.
- Medication records.
- Training records.
- Incident reports.

Medical information will be handled in accordance with data protection requirements and shared only with those who need the information to keep pupils safe.

Any allergic reaction, administration of medication, incident or near miss will be recorded and reviewed.

Lessons learned from incidents will be used to improve practice and reduce future risks.

13. Monitoring and Review

This policy will be reviewed annually by the Headteacher and Governing Body.

The policy may also be reviewed:

- Following significant incidents.
- Following changes to legislation or guidance.
- Where improvements to practice are identified.

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Useful Information

- [Allergy UK](#)
- [Anaphylaxis UK](#)
- [NHS Allergy Information](#)