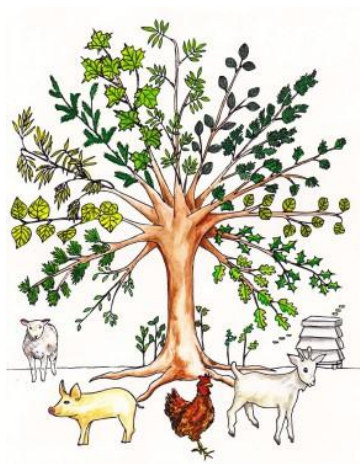


Edwalton Primary School



Allergy and Anaphylaxis Policy

Policy Reviewed September 2025

To Be Reviewed September 2026

Introduction

Allergies are a growing health concern in schools across the country. More than 2 million school-aged children have various food allergies. Other significant allergies in schools are related to insect bites/stings and latex.

Symptoms vary enormously. However, occasionally the symptoms may be severe and even life-threatening. Nuts are not the only food capable of triggering severe allergic reactions. Others include egg, milk, fish, shellfish and kiwi. Insect bites/stings can also cause severe reactions.

A severe allergic reaction can affect the whole body in a matter of seconds/minutes and may be fatal.

It is important to note that even the most severe form of allergy (anaphylaxis) is manageable. The vast majority of children with such allergies can be accommodated in mainstream schools thanks to good communication between parents, school staff and medical professionals.

Symptoms of Allergic Reactions (These may occur singularly or in any combination.)

- Impaired breathing: this may range from a tight chest to severe difficulty
- Gasping for breath or wheezing
- Signs of shock, e.g. clammy skin, pale, bluish lips, rapid pulse, nausea, fatigue, possibly leading to collapse and loss of consciousness
- Abdominal pain, diarrhoea
- Widespread blotchy skin eruption
- Swelling of the tongue and throat/ sore throat
- Significant swelling around a sting or bite
- Puffiness about the eyes, watery eyes/glazed eyes
- Confusion and agitation
- Anxiety

Aims of Policy

- To minimise the risk of allergic/anaphylactic reaction in school.
- To be proactive in the awareness and support offered to pupils with allergies.
- To ensure staff members are trained in how to respond appropriately to an allergic/anaphylactic reaction.
- To give parents and pupils confidence in Edwalton Primary School's ability to provide effective support for those with a significant allergy.

Edwalton Primary School will:

- Establish the procedures and responsibilities to be followed by staff in order to meet the needs of children with allergies.
- Ensure individual medical care plans are established when required.
- Ensure the medical needs of all children are communicated to all relevant staff.
- Display a photograph of all allergy sufferers in the first aid area and in the Midday First Aid Folder.
- Ensure all First Aid training includes anaphylaxis management.
- Provide additional anaphylaxis training as necessary.
- Store any allergy medication (including Epi pens/Jext) appropriately and check regularly (monthly or following any sudden change in temperature) that they are not at risk of being damaged/ineffective/unusable.
- Seek to ensure that packed lunches brought in from home do not contain foods that may be of risk to allergy sufferers. Edwalton has a NO NUT POLICY (this includes lessons).
- Raise awareness about allergies/anaphylaxis amongst the school community.
- Issue regular reminders to the school community about the shared responsibility for the safety of allergy sufferers.
- Provide, as far as is possible, a safe environment in which allergy sufferers can participate equally in all aspects of school life.
- Encourage self-responsibility amongst pupils with allergies increasing with age/relevance.
- Ensure all educational visits/sporting events will be pre-checked that 'safe' food is provided and relevant safeguards are in place to protect allergy sufferers.
- When offsite on school visits to ensure medication is transported in correct manner, not exposed to adverse temperatures in accordance with medication guidance.

Allergies of Greatest Concern and actions

1. Nut /Egg/Dairy related

The school kitchen will be notified of ANY child with a food allergy. The parents/carers will be required to complete an additional form. The child's photograph will be on display in the school kitchen so that the staff / lunchtime assistants there familiarise themselves with these children and their allergies. This ensures that both those regularly having school dinners and those who may occasionally require a school dinner/packed lunch are catered for appropriately. In the event of any allergic reaction to immediately notify a staff first aider. A staff member/lunchtime Assistant to remain with the child until help is sought.

The Edwalton school kitchen does not knowingly use any nut products in any of their menus. Dairy/egg free alternatives are available for identified children.

2. Insect related

Pupils who have epi pens/Jext due to Wasp or Bee sting allergies are highlighted on our staff room first aid board and will have a care plan in place, which is updated regularly.

Wasp, bee and ant nests are swiftly identified by grounds staff and professional assistance is utilised to eradicate nests.

3. Latex related

Any pupil allergic to latex should avoid contact with some everyday items such as, rubber gloves (use latex free), balloons, pencil erasers, rubber bands, rubber balls, stoppers used for science experiments.

This is not an exhaustive list as there may be a specific allergy for a child. Children's allergies are listed on staff room display after they have been shared by parents.

Epipens/ Jext (or similar)

Where Epipens/ Jext (Adrenalin) or similar are required by a child:

- Parents/carers are responsible for the provision and timely replacement of clearly labelled Epipen/Jext . Two Epipens/ Jext will be required.
- One Epipen/ Jext should be kept by the child's class teacher and the other will be stored centrally in the First Aid Cupboard in the staffroom.
- Four 'spare' school Epipens/Jext are kept in the First Aid Cupboard in the staffroom. There are two each of the different sizes (different dosage for different child weights).
- Epipen/Jext training will be regularly refreshed for as many staff as possible. All first aiders in school receive updated guidance and training as part of their 3 year update first aid training. Staff receive training on administering a variety of different epipens/Jext.
- Staff and parents/carers will be updated regarding any changes in our allergy policies or our emergency procedures.

Parents'/Carers' Role

- Parents/Carers are responsible for providing medical information about their child's allergy in writing wherever possible including letters etc. from medical professionals.
- The information supplied should make reference to: the allergen (the substance the child is allergic to); the nature of the allergic reaction (from rash, breathing problems to anaphylactic shock); what to do in case of allergic reaction, including any medication to be given and any control measures - such as how to prevent the child from coming in to contact with the allergen.
- If a child has an Epipen or similar, a Health Care Plan should be written alongside the parents/carers.
- It is the responsibility of the parents/carers to provide the school with up to date medication/equipment clearly labelled and in the original container.
- It is the responsibility of parents/carers to ensure that any snacks or lunches etc. that they provide from home are safe for their child to consume.
- Parents/carers should liaise with staff about the appropriateness of snacks and any food-related activities (e.g. Cooking, science experiments)

Staff Role

- Upon determining that a child entering or attending school has a severe allergy, a meeting will be set up asap where all staff concerned attend to ascertain the child's specific needs.
- All staff who have contact with the child will be made aware of what treatment/medication is required and where this is stored.
- All staff will promote hand washing before and after eating.
- Snack time will be monitored by staff to ensure the children are bringing appropriate snacks. Parents will be notified of any unsuitable snacks brought to school.
- All tables in the dinner hall are to be cleaned with an appropriate solution.
- Children will be actively encouraged NOT to share food.

Child's Role

- Be sure not to exchange food with others.
- Avoid eating any unknown ingredients.
- Be proactive in the management of their allergy (age appropriate).
- Notify an adult immediately if they eat something they believe may contain something they are allergic to.
- Wear a bracelet (or similar) to alert others to their allergy.
- Learn to recognise personal symptoms.

Actions

In the event of a child suffering a severe allergic reaction:

- They will be encouraged to keep as calm as possible and they will be given space as appropriate.
- An adult will stay with the child until a First Aider/First Aider with overall responsibility arrives. The First Aider will remain with the child to monitor/ administer treatment/medication.
- Medication will be administered as per training/ Health care Plan/ Medicines Policy.
- 999 will be called, simultaneously, the child's parents/carers will be telephoned.
- Medication will be administered as per training/ Health care plan/Medicines policy.
- If parents have not arrived and in the likely event the child needs to go to hospital by ambulance , then a member of staff will accompany the child in the ambulance. A second member of staff will follow in a car and the parents will be instructed to go directly to the hospital.

