

Kings Road CPS



Allergy and Anaphylaxis Management Policy

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Introduction

Allergies, including food allergies, are an increasingly common health concern among school-aged children. A significant number of pupils in the UK are affected, with some experiencing severe and potentially life-threatening reactions (anaphylaxis).

Anaphylaxis is a serious, rapid-onset allergic reaction that can affect the whole body. In susceptible individuals, symptoms may develop within minutes of exposure to an allergen and require immediate medical treatment.

Common allergens include, but are not limited to, peanuts, tree nuts, milk, eggs, fish, shellfish and certain fruits such as kiwi. Reactions may also be triggered by insect stings, medications, or contact with specific materials.

Despite the seriousness of these conditions, anaphylaxis is manageable with appropriate precautions, planning and staff training. Most children with allergies can safely participate in all aspects of school life when effective support systems are in place.

This policy is written in accordance with Section 100 of the Children and Families Act 2014, the Department for Education's Supporting Pupils at School with Medical Conditions statutory guidance, and the September 2026 allergy guidance introduced through Benedict's Law.

The school is committed to working in partnership with parents, healthcare professionals, and staff to ensure that all pupils with allergies are safe, supported and able to fully access education.

Aims of the Policy

- To minimise the risk of allergic and anaphylactic reactions during school activities.
- To ensure all staff are aware of pupils with allergies and understand their responsibilities.
- To ensure staff can recognise the signs of an allergic reaction and respond appropriately, including the administration of adrenaline auto-injectors.
- To promote awareness and understanding of allergies and anaphylaxis within the school community.
- To provide reassurance to pupils and parents that effective systems are in place to support medical needs and promote pupil wellbeing and independence.

Kings Road Primary School will:

- Establish clear procedures and responsibilities to be followed by staff in meeting the needs of pupils with additional medical needs.
- Ensure the involvement of health care professionals, parents, staff and the pupil in establishing an individual medical care plan when required. The NHS will not send reminders to parents to review the care plan annually. Parents must contact school to action this with the class teacher, SENCO and relevant health professionals.
- Ensure effective communication of individual pupil medical needs to all relevant teachers and other relevant staff, including lunchtime staff.
- Ensure First Aid staff training includes anaphylaxis management, including awareness of triggers and first aid procedures to be followed in the event of an emergency.
- All staff, including teachers, teaching assistants, office staff, lunchtime organisers, site staff and relevant volunteers, will complete annual allergy and anaphylaxis training. New staff will receive allergy awareness training as part of their induction.
- Parents/carers are asked to consider food brought into school and avoid sending foods that present a significant risk to pupils with known allergies where this has been communicated by the school.
- Ensure all educational visits will be pre-checked that 'safe' food is provided or that an effective control is in place to minimise risk of exposure for pupils with allergies. Where a pupil is prescribed EpiPen the teacher in charge will ensure they or another supervising staff member is trained in the use of the EpiPen and capable of performing any possible required medical treatment as outlined in the Pupils Health Care Plan.
- Providing, as far as practicable, a safe and healthy environment in which people at risk of allergies and anaphylaxis can participate equally in all aspects of school life.
- Encourage self-responsibility and learned avoidance strategies amongst pupils suffering from allergies.
- Raise awareness about allergies and anaphylaxis amongst the school community.
- Ensure each staff member has adequate knowledge of allergies, anaphylaxis and emergency procedures.
- Liaise with parents/guardians of pupils who suffer allergies, to assess risks, develop risk minimisation strategies, and management strategies for their child.
- Where possible use an Allergy Action Plan for pupils with recognised allergies.

Awareness, Prevention and Risk Reduction

- Allergy awareness is promoted through the curriculum (e.g. PSHE and Science).
- Parents/carers are asked to consider food brought into school to minimise risk.
- Parents/carers are asked not to bring birthday cakes or other food treats into school to celebrate birthdays. Alternative non-food celebrations are encouraged.
- The school does not operate as a nut-free school. However, reasonable steps are taken to minimise the risk of exposure to nuts for pupils with diagnosed allergies.
- Hygiene practices (e.g. handwashing, cleaning surfaces) are reinforced.
- Catering staff are informed of pupils with allergies and provide guidance where required.
- Pupils must not share food, drinks or eating utensils.
- Staff will check ingredients before food-based curriculum activities (e.g. baking, sensory play, tasting activities).
- Tables and equipment will be cleaned before and after food activities.
- Parents will be informed if food is required for curriculum activities.

Specific Allergen Management

Milk Provision in EYFS:

The school recognises that milk is routinely provided to eligible pupils in EYFS and Reception and that this may present a risk to pupils with a diagnosed cow's milk allergy.

- A list of pupils with a milk allergy will be shared with relevant EYFS staff, lunchtime staff and office staff.
- Pupils with a diagnosed milk allergy will not be given school milk unless an appropriate alternative has been agreed with parents/carers and documented in their Individual Healthcare Plan (IHCP).
- Milk and milk alternatives will be clearly identified and checked before being given to pupils.
- Staff supervising milk provision will follow each pupil's Allergy Action Plan and Individual Healthcare Plan.
- Tables, cups and surfaces will be cleaned after milk is served to reduce the risk of accidental exposure.

Nut-related:

The school works with catering providers to avoid the use of nuts where possible. Products labelled "may contain nuts" are not eliminated. Pupils are supported to develop awareness and avoidance strategies.

Dairy and Egg:

Managed on an individual basis in consultation with parents/carers.

Insect-related:

Regular monitoring and prompt removal of nests on school grounds.

Latex:

Latex-containing materials are avoided where a pupil has a known allergy.

There may instances, on occasion, where a heightened risk is identified related to a severe allergy response. On these occasions we may request that products containing the known allergen are not to be brought into school for any occasion, including packed lunches. This may relate to a whole class/classes or specific individuals.

Recognition of Allergic Reactions

Staff will be trained to recognise symptoms, which may include:

- Difficulty breathing, wheezing or tight chest
- Swelling of the face, lips, tongue or throat
- Skin reactions (rash, hives, flushing)
- Gastrointestinal symptoms (nausea, vomiting)
- Dizziness, collapse or loss of consciousness
- Anxiety or sense of impending doom

Emergency Response Procedure (Anaphylaxis)

If an allergic reaction is suspected:

- Stay with the pupil and assess symptoms immediately.
- Call for help and alert a trained first aider.
- Administer the adrenaline auto-injector (e.g. EpiPen/Jext) without delay if anaphylaxis is suspected. (Following child's allergy action plan)
- Call 999 immediately, stating: "Anaphylaxis – child having a severe allergic reaction."
- Lie the pupil flat (or allow them to sit if breathing is difficult). Do not allow them to stand or walk.
- Administer a second auto-injector after 5 minutes if no improvement and if available.
- Stay with the pupil until emergency services arrive.
- Contact parents/carers as soon as possible.

- All incidents must be recorded and followed up in line with school procedures.
- If there is any doubt whether a pupil is experiencing difficulty breathing due to anaphylaxis, adrenaline should be administered without delay.

Individual Healthcare Plans (IHCPs)

- IHCPs are developed in partnership with parents/carers and healthcare professionals.
- Plans include details of allergens, symptoms, medication and emergency procedures.
- Plans are reviewed annually or sooner if required.
- Parents are responsible for notifying the school of any changes.

Roles and Responsibilities

The School SENCO:

Kings Road Primary School has a designated Allergy Lead, our SENCO, who is responsible for:

- Overseeing allergy management across the school.
- Maintaining the allergy register.
- Monitoring medication and expiry dates and ensuring it is stored correctly and accessible.
- Coordinating staff training and communication.
- All allergic reactions, including those not requiring adrenaline, and accidental exposure to allergens that do not result in symptoms near misses will be recorded, reviewed by the Allergy Lead and SLT, and used to identify any changes needed to risk assessments, IHCPs, training or school procedures.
- Ensuring IHCPs are in place, up to date and shared appropriately.
- Run regular anaphylaxis drills

Staff:

- Attend training and understand emergency procedures.
- Be aware of pupils with allergies and follow IHCPs.
- Respond promptly to suspected reactions.
- Promote a safe classroom environment.
- Staff supervising snack or milk provision must check allergy information before distributing food or drinks and must never assume a pupil can have the same provision as their peers.
- **Supply staff, volunteers, students and visitors** working with pupils will be informed of relevant allergies, emergency procedures and the location of medication before working with pupils

Parents/Carers:

- Inform the school of allergies and provide medical documentation.
- Provide in-date medication and replace as required.
- Work with the school to develop and review IHCPs.

- Support their child in understanding and managing their allergy.

Pupils (age-appropriate):

- Avoid known allergens.
- Not share food.
- Report symptoms immediately.
- Carry or know the location of their medication where appropriate.

Allergy Register

The school maintains a central Allergy Register containing all pupils with diagnosed allergies requiring medical support. The register includes:

pupil photograph;
known allergens;
prescribed medication;
location of medication;
emergency contacts;
review date of the IHCP.

The register is shared with relevant teaching staff, lunchtime staff, office staff and trip leaders on a need-to-know basis.

Medication

- Emergency allergy medication is stored in an unlocked, clearly labelled and easily accessible location, outside the Deputy Headteacher's office, so it can be accessed immediately during an emergency.
- Medication must be accessible within five minutes from anywhere on the school site.
- Medication is checked regularly to ensure it is in date.
- The school holds in-date spare adrenaline auto-injectors for emergency use in accordance with Department for Education guidance. Spare devices are stored with emergency medication and may be used where clinically appropriate. The Allergy Lead is responsible for monitoring expiry dates and arranging replacement of spare auto-injectors before they expire.
- All Staff must complete the Allergy and Anaphylaxis training for schools and are trained in the correct administration of auto-injectors.
- Parents/carers are responsible for ensuring that the school is provided with all prescribed emergency medication (e.g. adrenaline auto-injectors) required to manage their child's medical condition. All medication must be in date, clearly labelled, and replaced as necessary.

- Where a pupil's prescribed emergency medication is not available in school, the school will undertake a risk assessment and may contact parents/carers to request that the medication is brought into school immediately.
- If the required medication cannot be provided within a reasonable timeframe, the school may need to make the decision, in the interests of the pupil's safety, for the child to be collected and remain at home until appropriate medication is available.
- This approach is taken to ensure the school can safely meet its duty of care to the pupil.

Educational Visits

- Risk assessments will include allergy management.
- Staff trained in administering emergency medication will be present.
- Medication and IHCPs will be taken on all visits.

Extra-curricular activities

Allergy procedures apply equally during extra-curricular activities. Staff leading these sessions will have access to relevant IHCPs and emergency medication.

Record Keeping and Confidentiality

- Medical information is shared with relevant staff on a need-to-know basis.
- Information is handled in line with data protection requirements.

Monitoring and Review

This policy will be reviewed annually and following any serious incident. The school will:

- Evaluate responses to allergic reactions
- Review training needs
- Seek feedback from staff and parents/carers
- Update procedures in line with guidance and legislation

The Governing Board is responsible for reviewing this policy and receiving assurance that appropriate allergy management systems are in place across the school.