

ALLERGY & ANAPHYLAXIS POLICY



Our Commitment

Every child deserves to feel safe, included and able to thrive.

At Holy Cross & All Saints RC Primary School, we are committed to providing a safe, caring and inclusive environment where every child is valued as a unique child of God.

Living out our mission,

"We are of the Gospel, educating all children in order for them to grow and reach their full potential as fulfilled people in Christ."

we recognise our responsibility to safeguard pupils with allergies and medical conditions so they can participate confidently in every aspect of school life.

We understand that allergies range from mild sensitivities to severe, life-threatening anaphylaxis. Through effective planning, staff training and close partnership with families, we aim to ensure every pupil with an allergy feels safe, supported and fully included.

Holy Cross & All Saints RC Primary School is an **allergy-aware school**, not an allergen-free school. While it is impossible to remove every allergen from the school environment, we take all reasonably practicable steps to minimise risk, educate our school community and respond swiftly and effectively should an allergic reaction occur.

Our Principles

Our approach is based upon five simple commitments.

✓ We will...

-  Put children's safety and wellbeing first.
-  Work in partnership with parents and healthcare professionals.
-  Ensure staff are trained and confident in recognising and responding to allergic reactions.
-  Maintain effective procedures for storing and administering medication, including emergency adrenaline auto-injectors.
-  Enable every child to participate fully in school life without unnecessary barriers.

Policy Aims

This policy aims to:

- provide a safe learning environment for all pupils with allergies;
- establish clear procedures for preventing, recognising and responding to allergic reactions;
- ensure all staff understand their responsibilities;
- support pupils to participate fully in all school activities, including educational visits and extracurricular opportunities;
- maintain accurate medical information and Individual Allergy Management Plans;
- ensure emergency medication is readily available whenever required;
- promote allergy awareness across the whole school community;
- comply with current Department for Education guidance and the strengthened expectations introduced through **Benedict's Law (September 2026)**.

What This Means in Practice

At Holy Cross & All Saints RC Primary School we will:

-  Know which children have allergies.
-  Maintain up-to-date Individual Allergy Management Plans.
-  Keep emergency medication readily available.
-  Train all staff annually.

-  Respond immediately to suspected anaphylaxis.
-  Work closely with parents and healthcare professionals.
-  Ensure pupils are safe on trips, visits and sporting activities.
-  Create a culture where every child feels safe, respected and included.

Definitions:

Allergy

An allergy is an abnormal immune response to a normally harmless substance known as an allergen.

Common allergens include:

- peanuts
- tree nuts
- milk
- eggs
- sesame
- fish
- shellfish
- wheat
- soya
- insect stings
- latex
- medicines

Anaphylaxis

Anaphylaxis is a severe, rapidly developing allergic reaction that may be life-threatening.

Symptoms may include:

- swelling of the tongue
- swelling of the throat
- difficulty breathing
- wheezing

- persistent coughing
- collapse
- dizziness
- pale or clammy skin
- loss of consciousness



Preventing Allergic Reactions

Prevention is the best protection.

Through careful planning, clear routines and effective communication, Holy Cross & All Saints RC Primary School aims to reduce the risk of exposure to allergens whilst ensuring every child is fully included in school life.



Our Allergy-Aware Approach

Holy Cross & All Saints RC Primary School is an **allergy-aware school**.

Whilst it is not possible to eliminate all allergens from the school environment, we take all **reasonably practicable steps** to minimise risk and promote a culture of awareness and responsibility.

This includes:

- ✓ Knowing which pupils have allergies.
- ✓ Sharing information with relevant staff.
- ✓ Following Individual Allergy Management Plans.
- ✓ Promoting good hygiene.
- ✓ Discouraging food sharing.
- ✓ Planning activities carefully.
- ✓ Ensuring emergency medication is always available.

Classroom Practice

All staff play an important role in creating a safe learning environment.

Staff will:

- ✓ Encourage children to wash their hands before and after eating.
- ✓ Ensure tables are cleaned after snacks, lunches and food-based activities.
- ✓ Discourage the sharing of food, drinks, utensils or water bottles.
- ✓ Check ingredients before using food during lessons.
- ✓ Consider allergies when planning activities involving food or natural materials.
- ✓ Ensure pupils know they should tell an adult immediately if they begin to feel unwell.

Medical Needs Register

Holy Cross & All Saints RC Primary School maintains a confidential Medical Needs Register that records all pupils with diagnosed allergies or medical conditions requiring support in school.

The register is maintained by the Senior Leadership Team and reviewed regularly throughout the year.

The register includes:

- pupil name and class
- photograph (where parental consent has been obtained)
- diagnosed allergy/allergies
- known triggers
- prescribed medication
- location of medication
- emergency contacts
- date of Individual Allergy Management Plan review

Storage of Medication

Parents are responsible for providing prescribed medication.

Medication must:

- be clearly labelled
- be in its original packaging
- be prescribed for the named pupil
- be in date.

Adrenaline Auto-Injectors

Pupils prescribed an Adrenaline Auto-Injector should normally have **two prescribed devices** available in school.

The location of each pupil's medication will be identified within their Individual Allergy Management Plan.

Medication should always be:

- easily accessible
- never locked away
- protected from excessive heat
- checked regularly for expiry dates.

Spare Emergency Adrenaline Auto-Injectors

In accordance with current legislation, Holy Cross & All Saints RC Primary School maintains spare emergency Adrenaline Auto-Injectors (AAIs) for emergency use.

School Procedure

The school's spare emergency AAIs are stored securely within the First Aid Cupboard located on the wall outside the staff room.

These devices may be administered by appropriately trained staff where:

- a pupil is known to be at risk of anaphylaxis;
- parental consent has been obtained;
- the pupil's prescribed injector is unavailable, damaged or has already been administered;
- staff reasonably believe the pupil is experiencing anaphylaxis
- are advised to administer by the emergency services.

Following administration:

- 999 will be called immediately;

- parents/carers will be contacted;
- the incident will be recorded;
- governors will receive anonymised information through monitoring reports where appropriate.

Staff Training

Holy Cross & All Saints RC Primary School recognises that effective allergy management depends upon knowledgeable and confident staff.

All staff will receive annual allergy awareness training covering:

- common allergies
- recognising symptoms
- preventing exposure
- emergency procedures
- recording incidents
- responsibilities under this policy.



Food in School

Holy Cross & All Saints RC Primary School promotes healthy eating whilst recognising that some foods may present a risk to pupils with allergies.

Parents are asked to:

- provide only food suitable for their own child;
- avoid sending food that contains allergens where requested by the school for an individual pupil's safety;
- ensure lunch boxes do not contain items that may pose a significant risk to another child where specific advice has been issued.

The school will always take a **proportionate, risk-based approach** and will work with families to manage individual needs.



Birthday Celebrations

To reduce the risk of accidental allergen exposure:

Children should not bring sweets, cakes or other food treats into school to celebrate birthdays.

Instead, classes are encouraged to celebrate in alternative ways, such as:

 Birthday certificates

 Birthday songs

 Birthday stickers

 Special responsibilities

These approaches ensure that every child can celebrate safely and inclusively.

School Meals

The school works closely with **Citywide Catering** to support pupils with food allergies.

Our arrangements include:

- ✓ Dietary requirements shared securely with catering staff by parents
- ✓ Allergens managed through the Citywide Evolve online ordering system.
- ✓ Parents can only select meals that are suitable for their child's recorded allergy.
- ✓ Catering staff follow procedures to minimise cross-contamination.
- ✓ Any concerns are communicated promptly to school staff and parents.

Curriculum Activities

Many curriculum activities involve food or natural materials.

Before any activity involving allergens, staff will:

- review Individual Allergy Management Plans;
- complete a risk assessment where necessary;
- consider suitable alternatives;
- adapt activities so every pupil can participate safely.

Examples include:

 Cooking

 Baking

 Gardening

 Play dough

 Science investigations

 Art materials

Early Years Foundation Stage (EYFS)

Young children require additional support to help them understand allergies and stay safe.

In Nursery and Reception, staff will:

- ✓ Supervise snack and meal times closely.
- ✓ Teach children simple routines such as handwashing.
- ✓ Reinforce that food must never be shared.
- ✓ Encourage children to tell an adult if they feel unwell.
- ✓ Ensure allergy information is shared with all adults working within the setting.

These routines form part of the school's wider approach to promoting independence and keeping children safe.

Educational Visits and Residential Visits

Pupils with allergies should be able to participate fully in educational visits wherever it is safe to do so.

Visit Leaders will ensure that:

-  Individual Allergy Management Plans are reviewed before the visit.
-  Medication accompanies the pupil at all times.
-  At least one trained member of staff is present.
-  Emergency contact details are readily available.

- Medical facilities and emergency arrangements are considered during planning.

 Individual risk assessments are completed where appropriate.

The school is committed to making reasonable adjustments so that no child is excluded from educational opportunities because of an allergy unless this is necessary to keep them safe.

Clubs, Sporting Events and Wraparound Care

The same high standards apply during:

- Breakfast Club – Treehouse are an independent provider to school
- After School Club- Treehouse are an independent provider to school
- Sports Clubs
- School performances
- Competitions

Leaders of these activities will be informed of relevant allergies and have access to emergency procedures and medication where required.

Cleaning and Hygiene

Maintaining high standards of hygiene helps reduce the risk of accidental allergen exposure.

The school will ensure:

- ✓ Tables are cleaned after eating.
- ✓ Children wash their hands before and after meals.
- ✓ Food preparation areas are cleaned appropriately.
- ✓ Spillages are dealt with promptly.
- ✓ Staff model good hygiene practices.



Working Together to Reduce Risk

Keeping children with allergies safe is everyone's responsibility.

By working together—staff, parents, pupils and healthcare professionals—we create a school environment where children can participate confidently, develop independence and enjoy every aspect of school life safely.

Related Policies

Supporting Pupils with Medical Conditions, First Aid, Health & Safety, Educational Visits, Safeguarding