

# Pupil Allergy Policy

Academic Year 2026-2027



| Version and Date |            | Action/Notes                | Date to be Reviewed |
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### 1. Aims

This policy aims to:

- Set out our school's approach to allergy management, including reducing the risk of exposure and the procedures in place in case of allergic reaction
- Make clear how our school supports pupils with allergies to ensure their wellbeing and inclusion
- Promote and maintain allergy awareness among the school community

### 2. Legislation and guidance

This policy is based on the Department for Education (DfE)'s guidance on allergies in schools and supporting pupils with medical conditions at school, the Department of Health and Social Care's guidance on using emergency adrenaline auto-injectors in schools, and the following legislation:

- The Food Information Regulations 2014
- The Food Information (Amendment) (England) Regulations 2019

### 3. Role and responsibilities

We take a whole-school approach to allergy awareness.

#### 3.1 Allergy lead

Each school will need a nominated allergy lead. This should be a member of the senior leadership team (SLT) who has pastoral/welfare responsibilities.

They are responsible for:

- Promoting and maintaining allergy awareness across our school community
- Recording and collating allergy and special dietary information for all relevant pupils (although the allergy lead has ultimate responsibility, the information collection itself may be delegated to the welfare officer / the school nurse / administrative staff)
- Ensuring:
  - All allergy information is up to date and readily available to relevant members of staff
  - All pupils with allergies have an allergy action plan completed by a medical professional
  - Pupils with significant allergies will have an Individual Healthcare Plan developed in partnership with parents and healthcare professionals.
  - All staff receive an appropriate level of allergy training
  - All staff are aware of the school's policy and procedures regarding allergies

- Relevant staff are aware of what activities need an allergy risk assessment
- Keeping stock of the school's adrenaline auto-injectors (AAIs)
- Regularly reviewing and updating the allergy policy

### **3.2 Welfare officer**

The Welfare officer is responsible for:

- Co-ordinating the paperwork and information from families
- Co-ordinating medication with families
- Checking spare AAIs are in date
- Any other appropriate tasks delegated by the allergy lead

### **3.3 Teaching and support staff**

All teaching and support staff are responsible for:

- Promoting and maintaining allergy awareness among pupils
- Maintaining awareness of our allergy policy and procedures
- Being able to recognise the signs of severe allergic reactions and anaphylaxis
- Attending appropriate allergy training as required
- Being aware of specific pupils with allergies in their care
- Carefully considering the use of food or other potential allergens in lesson and activity planning
- Ensuring the wellbeing and inclusion of pupils with allergies

### **3.4 Parents/carers**

Parents/carers are responsible for:

- Being aware of our school's allergy policy
- Providing the school with up-to-date details of their child's medical needs, dietary requirements, and any history of allergies, reactions and anaphylaxis
- If required, providing their child with 2 in-date adrenaline auto-injectors and any other medication, including inhalers, antihistamine etc., and making sure these are replaced in a timely manner
- Carefully considering the food they provide to their child as packed lunches and snacks, and trying to limit the number of allergens included
- Following the school's guidance on food brought in to be shared
- Updating the school on any changes to their child's condition

### **3.5 Pupils with allergies**

These pupils are responsible for:

- Being aware of their allergens and the risks they pose
- Understanding how and when to use their adrenaline auto-injector
- If age-appropriate, carrying their adrenaline auto-injector on their person and only using it for its intended purpose

### **3.6 Pupils without allergies**

These pupils are responsible for:

- Being aware of allergens and the risk they pose to their peers

Older pupils might also be expected to support their peers and staff in the case of an emergency.

#### 4. Assessing risk

The school will conduct a risk assessment for any pupil at risk of anaphylaxis taking part in:

- Lessons such as food technology
- Science experiments involving foods
- Crafts using food packaging
- Off-site events and school trips
- Any other activities involving animals or food, such as animal handling experiences or baking

A risk assessment for any pupil at risk of an allergic reaction will also be carried out where a visitor requires a guide dog.

#### 5. Managing risk

##### 5.1 Hygiene procedures

The measures that we will take to prevent contamination in your school as an example are:

- Pupils are reminded to wash their hands before and after eating
- Sharing of food is not allowed
- Pupils have their own individual water bottles

##### 5.2 Catering

The school is committed to providing safe food options to meet the dietary needs of pupils with allergies.

- Catering staff receive appropriate training and are able to identify pupils with allergies
- School menus are available for parents/carers to view with ingredients clearly labelled
- Where changes are made to school menus, we will make sure these continue to meet any special dietary needs of pupils
- Food allergen information relating to the 'top 14' allergens is displayed on the packaging of all food products, allowing pupils and staff to make safer choices. Allergen information labelling will follow all legal requirements that apply to naming the food and listing ingredients, as outlined by the Food Standards Agency (FSA)
- Catering staff follow hygiene and allergy procedures when preparing food to avoid cross-contamination
- Staff preparing or handling food will:
  - Wash hands before preparing allergen-free meals
  - Clean and sanitise preparation surfaces
  - Use separate utensils where appropriate
  - Avoid using shared containers where allergen contamination may occur
  - Check ingredient labels every time products are used, even if previously supplied

##### 5.3 Food restrictions

We acknowledge that it is impractical to enforce an allergen-free school. However, we would like to encourage pupils and staff to avoid certain high-risk foods to reduce the chances of someone experiencing a reaction. These foods include:

- Packaged nuts
- Cereal, granola or chocolate bars containing nuts
- Peanut butter or chocolate spreads containing nuts
- Peanut-based sauces, such as satay
- Sesame seeds and foods containing sesame seeds

If a pupil brings these foods into school, they may be asked to eat them away from others to minimise the risk, or the food may be confiscated.

Food brought into school for celebrations, fundraising or cultural events must comply with the school's allergy procedures and be approved where appropriate.

#### **5.4 Insect bites/stings**

Our procedures for preventing and dealing with insect bites/sting when outdoors:

- Shoes should be worn when possible
- Food and drink should be covered

#### **5.5 Animals**

Our hygiene procedures for managing allergies to animals such as dogs:

- All pupils will always wash hands after interacting with animals to avoid putting pupils with allergies at risk through later contact
- Pupils with animal allergies will not interact with animals
- An animal risk assessment is carried out to see if there are further control measure depending on the animal

#### **5.6 Support for mental health**

Pupils with allergies can experience bullying and may also suffer from anxiety and depression relating to their allergy. To support their mental health and wellbeing, in line with your school's behaviour policy to prevent bullying. Pupils with allergies will have additional support through:

- Pastoral care
- Regular check-ins with their [class teacher etc.]

#### **5.7 Events and school trips**

- For events, including ones that take place outside of the school, and school trips, no pupils with allergies will be excluded from taking part
- The school will plan accordingly for all events and school trips, and arrange for the staff members involved to be aware of pupils' allergies and to have received adequate training
- Appropriate measures will be taken in line with the schools AAI protocols for off-site events and school trips.

### **6. Procedures for handling an allergic reaction**

#### **6.1 Register of pupils with AAI**

- The school maintains a register of pupils who have been prescribed AAI or where a doctor has provided a written plan recommending AAI to be used in the event of anaphylaxis. The register includes:
  - Known allergens and risk factors for anaphylaxis
  - Whether a pupil has been prescribed AAI(s) (and if so, what type and dose)
  - Where a pupil has been prescribed an AAI, whether parental consent has been given for use of the spare AAI, which may be different to the personal AAI prescribed for the pupil
  - A photograph of each pupil to allow a visual check to be made (this will require parental consent)
- The register is kept in an easily accessible location and can be checked quickly by any member of staff as part of initiating an emergency response

## 6.2 Allergic reaction procedures

- As part of the whole-school awareness approach to allergies, all staff are trained in the school's allergic reaction procedure, and to recognise the signs of anaphylaxis and respond appropriately
- Staff are trained in the administration of AAIs to minimise delays in pupil's receiving adrenaline in an emergency
- If a pupil has an allergic reaction, the staff member will initiate the school's emergency response plan, following the pupil's allergy action plan
  - If an AAI needs to be administered, a member of staff will use the pupil's own AAI, or if it is not available, a school one
- If the pupil has no allergy action plan, staff will follow the school's procedures on responding to allergy and, if needed, the school's normal emergency procedures. The school can also use the NHS advice on [treatment of anaphylaxis](#) and Anaphylaxis UK's advice on [what to do in an emergency](#).
- A school AAI device will be used instead of the pupil's own AAI device if:
  - Medical authorisation and written parental consent have been provided, or
  - The pupil's own prescribed AAI(s) are not immediately available (for example, because they are broken, out-of-date, have misfired or been wrongly administered)
- If a pupil needs to be taken to hospital, staff will stay with the pupil until the parent/carer arrives, or accompany the pupil to hospital by ambulance
- If the allergic reaction is mild (e.g. skin rash, itching or sneezing), the pupil will be monitored and the parents/carers informed
- Following any allergic reaction requiring treatment:
  - An incident report will be completed.
  - Parents/carers will be informed (if they have not already been contacted).
  - Medication stocks, including any used or expired AAIs, will be checked and replaced where required.
  - The incident will be reviewed to identify any lessons learned and whether any amendments to the pupil's allergy action plan, Individual Healthcare Plan or school procedures are required.

## 6.3 Record keeping

The school will maintain records relating to pupils' allergies, allergy action plans, Individual Healthcare Plans, parental consent for emergency medication, staff training (where applicable), and allergy incidents in accordance with the school's Data Protection Policy, Records Management Policy and applicable data protection legislation. Records of staff allergy training will also be maintained.

## 7. Adrenaline auto-injectors (AAIs)

Following the Department of Health and Social Care's Guidance on using [emergency adrenaline auto-injectors in schools](#)

### 7.1 Purchasing of spare AAIs

The allergy lead is responsible for buying AAIs and ensuring they are stored according to the guidance. Each school will source their own spare AAIs which will be a single brand to avoid confusion. The number of spares will depend on the size of the school and age of the pupils. Schools will check the dosage required (based on Resuscitation Council UK's age-based criteria, see page 11 of [the guidance](#)).

### 7.2 Storage (of both spare and prescribed AAIs)

The allergy lead will make sure all AAIs are:

- Stored at room temperature (in line with manufacturer's guidelines), protected from direct sunlight and extremes of temperature
- Kept in a safe and suitably central location to which all staff have access at all times, but is out of the reach and sight of children
- **Not** locked away, but accessible and available for use at all times
- **Not** located more than 5 minutes away from where they may be needed (larger schools will require more than one AAI kit, ideally located near the dining area and playground)

Spare AAIs will be kept separate from any pupil's own prescribed AAI, and clearly labelled to avoid confusion. (See pages 12 and 13 of [the guidance](#).)

### **7.3 Maintenance (of spare AAIs)**

The school will have two staff members who are responsible for checking monthly that:

- The AAIs are present and in date
- Replacement AAIs are obtained when the expiry date is near

### **7.4 Disposal**

AAIs can only be used once. Once an AAI has been used, it will be disposed of in line with the manufacturer's instructions.

(See page 13 of [the guidance](#).)

### **7.5 Use of AAIs off school premises**

- Pupils at risk of anaphylaxis who are able to administer their own AAIs should carry their own AAI with them on school trips and off-site events if applicable.
- Spare AAIs for emergency use on school trips and off-site events should be taken.

(See page 13 of [the guidance](#).)

### **7.6 Emergency anaphylaxis kit**

It's good practice for schools to hold spare AAIs as part of an emergency anaphylaxis kit.

The school holds an emergency anaphylaxis kit. This includes:

- Spare AAIs
- Instructions for the use of AAIs
- Instructions on storage
- Manufacturer's information
- A checklist of injectors, identified by batch number and expiry date with monthly checks recorded
- A note of arrangements for replacing injectors
- A list of pupils to whom the AAI can be administered
- A record of when AAIs have been administered

## **8. Training**

The school is committed to training all staff in allergy response. This includes:

- How to reduce and prevent the risk of allergic reactions
- How to spot the signs of allergic reactions (including anaphylaxis)
- The importance of acting quickly in the case of anaphylaxis
- Where AAIs are kept on the school site, and how to access them
- How to administer AAIs
- The wellbeing and inclusion implications of allergies

- Training will be carried out annually

Supply teachers, volunteers, agency staff, contractors who work directly with pupils, and students on placement will receive appropriate allergy information and instruction relevant to their role before working with pupils. Where appropriate, they will also be informed of pupils with known allergies and the school's emergency procedures.