



Staindrop CE Primary School

Allergy Policy

2026/27

Our vision is founded on St Luke's Parable of the Sower. We are the rich soil that enables our children to develop deep roots and flourish. We aim to ensure that everyone grows to fulfil their potential. Our school provides an environment rooted in Christian values where learning, laughter and friendship are at the heart of everything we do.

Through God's love, we are the rich soil where roots grow and seeds flourish. Luke 8:4-15

Contents

Policy Statement

Legal Framework

Aims

Introduction

Responsibilities

Risk Assessment

Individual Healthcare Plans

Emergency Treatment & Management of Anaphylaxis

Adrenaline Auto Injectors

Risk Reduction Measures

Recognising Allergic Reactions

Emergency Procedure (Anaphylaxis)

Training

Storage of Medication

Allergy Awareness & Nut Bans

Confidentiality and Inclusion

Monitoring and Review

Policy Statement

Staindrop CE Primary School is committed to safeguarding pupils with allergies and reducing the risk of allergic reactions, including anaphylaxis. We will ensure appropriate prevention, awareness, and response procedures are in place in line with UK legislation and statutory guidance.

Legal Framework

This policy is written in accordance with:

- Children and Families Act 2014 (duty to support pupils with medical conditions)
- Supporting Pupils at School with Medical Conditions (DfE statutory guidance)
- Equality Act 2010 (disability discrimination protections)
- Human Medicines (Amendment) Regulations 2017 (allowing schools to hold spare adrenaline auto-injectors)

Staindrop CE Primary School recognises that severe allergies may constitute a disability under the Equality Act 2010.

Aims

- To protect pupils at risk of allergic reactions.
- To ensure staff are properly trained.
- To ensure rapid and effective emergency response.
- To foster an inclusive, allergy-aware environment.

Introduction

Anaphylaxis is a serious, life-threatening allergic reaction. The whole body is affected often within minutes of exposure to the allergen, but sometimes it can be hours later. Causes can include foods, insect stings, and drugs.

Most healthcare professionals consider an allergic reaction to be anaphylaxis when it involves difficulty breathing or affects the heart rhythm or blood pressure. Anaphylaxis symptoms are often referred to as the ABC symptoms (Airway, Breathing, Circulation).

It is possible to be allergic to anything which contains a protein, however most people will react to a fairly small group of potent allergens.

Common UK Allergens include (but are not limited to): -

Peanuts, Tree Nuts, Sesame, Milk, Egg, Fish, Latex, Insect venom, Pollen and Animal Dander.

This policy sets out how Staindrop CE Primary School will support pupils with allergies, to ensure they are safe and are not disadvantaged in any way whilst taking part in school life.

All staff members at Staindrop CE Primary School are trained to notice the signs of Anaphylaxis and how to carry out emergency procedures.

Responsibilities

Governing Body

- Ensure arrangements are in place to support pupils with medical conditions.
- Ensure this policy is implemented and reviewed annually.

Head Teacher

- Oversee implementation of this policy.
- Ensure all staff are trained.
- Maintain an up-to-date register of pupils with allergies.
- Ensure risk assessments are completed for trips and activities.
- Allergy lead

Staff

- Be aware of pupils with allergies in their care.
- Know the signs of allergic reactions.
- Follow Individual Healthcare Plans.
- Administer medication when required.

Parents/Carers

- Inform the school of allergies on admission or diagnosis.
- Provide up-to-date prescribed medication.
- Provide medical evidence and complete consent forms.
- Update the school of any changes.

Risk Assessment

School will conduct a detailed individual risk assessment for all new joining pupils with allergies and any pupils newly diagnosed, to help identify any gaps in our systems and processes for keeping allergic children safe. These will be checked and updated on an annual basis or if there are any changes in the pupil's health.

Individual Healthcare Plans

An Individual Healthcare Plan will be developed for pupils with significant allergies and will include:

- Allergen triggers.
- Symptoms.
- Clear emergency procedure.
- Medication details and dosage.
- Emergency contact details.
- Parental consent for treatment.

IHCs are reviewed annually by the school SLT or sooner if needed.

Emergency Treatment and Management of Anaphylaxis

What to look for:

Symptoms usually come on quickly, within minutes of exposure to the allergen.

Mild to moderate allergic reaction symptoms may include:

- a red raised rash (known as hives or urticaria) anywhere on the body
- a tingling or itchy feeling in the mouth
- swelling of lips, face or eyes
- stomach pain or vomiting.

More serious symptoms are often referred to as the ABC symptoms and can include:

- **AIRWAY** - swelling in the throat, tongue or upper airways (tightening of the throat, hoarse voice, difficulty swallowing).
- **BREATHING** - sudden onset wheezing, breathing difficulty, noisy breathing.
- **CIRCULATION** - dizziness, feeling faint, sudden sleepiness, tiredness, confusion, pale clammy skin, loss of consciousness.

The term for this more severe reaction is anaphylaxis. In extreme cases there could be a dramatic fall in blood pressure. The person may become weak and floppy and may have a sense of something terrible happening. This may lead to collapse and unconsciousness and, on rare occasions, can be fatal.

If the pupil has been exposed to something they are known to be allergic to, then it is more likely to be an anaphylactic reaction.

Anaphylaxis can develop very rapidly, so a treatment is needed that works rapidly. **Adrenaline** is the mainstay of treatment, and it starts to work within seconds.

What does adrenaline do?

- It opens up the airways
- It stops swelling
- It raises the blood pressure

As soon as anaphylaxis is suspected, adrenaline must be administered without delay.

Action:

- Keep the child where they are, call for help and do not leave them unattended.
- **LIE CHILD FLAT WITH LEGS RAISED** – they can be propped up if struggling to breathe but this should be for as short a time as possible.
- **USE ADRENALINE AUTO-INJECTOR WITHOUT DELAY** and note the time given. AAls should be given into the muscle in the outer thigh. Specific instructions vary by brand – always follow the instructions on the device.
- CALL **999** and state **ANAPHYLAXIS (ana-fil-axis)**.
- If no improvement after 5 minutes, administer second AAI.
- If no signs of life commence CPR.
- Call parent/carer as soon as possible.

Whilst you are waiting for the ambulance, keep the child where they are. Do not stand them up, or

sit them in a chair, even if they are feeling better. This could lower their blood pressure drastically, causing their heart to stop.

All pupils must go to hospital for observation after anaphylaxis even if they appear to have recovered as a reaction can reoccur after treatment.

Adrenaline Auto-Injectors (AAIs)

The school will:

- Ensure pupils prescribed AAI's have at least two in school where possible.
- Store AAIs in the central location.
- Maintain our AAI kits spare AAI for emergency use (as permitted under the DfE statutory guidance 2026).
- Keep a record of expiry dates. Dates are checked annually.

Risk Reduction Measures

In the Classroom staff will ensure:

- There is no sharing of food.
- Ingredients are checked for cooking or craft activities.
- Use of non-food-based rewards where possible.
- Hand washing before and after eating.

Lunch and Break Times

At Staindrop CE School, Chartwell's Catering provide food at lunch time. They must follow the Food Information Regulations 2014 which states that allergen information relating to the 'Top 14' allergens must be available for all food products.

The school menu is available for parents and carers to view on our school website.

At lunch times:

- There is supervision during eating.
- Clear allergen awareness with catering staff.
- Cleaning of tables and surfaces after service.

School Trips

Any staff leading on a school trip must ensure:

- There is an allergy risk assessment completed.
- Staff are trained in AAI use accompany the trip – First Aid training.
- They are carrying medication at all times.
- All staff have a full understanding of emergency procedures.

Training

All staff will complete allergy and anaphylaxis training annually, and on an ad-hoc basis during induction of new staff.

Training includes:

- Knowing the common allergens and triggers of allergy
- Spotting the signs and symptoms of an allergic reaction and anaphylaxis. Early recognition of symptoms is key, including knowing when to call for emergency services
- Administering emergency treatment (including AAls) in the event of anaphylaxis – knowing how and when to administer the medication/device
- Measures to reduce the risk of a child having an allergic reaction e.g. allergen avoidance, knowing who is responsible for what
- Managing allergy action plans and ensuring these are up to date

Staindrop CE Primary School ensures that staff undertake a practical session during First Aid training on using trainer devices.

Training records will be maintained and stored in the school office and database.

Storage of Medication

- Clearly labelled with pupil's name.
- Stored in a central, secure location.
- Easily accessible during school hours and trips.
- Regular checks for expiry dates.

Allergy Awareness and nut bans

Staindrop CE Primary School supports the approach advocated by many allergy charities towards nut bans/ nut free schools. However, nuts are only one of many allergens that could affect pupils, and we cannot guarantee a truly allergen free environment for any child living with a food allergy. As a school, we adopt a culture of allergy awareness and education.

Confidentiality and Inclusion

Staindrop CE Primary School is committed to ensuring that all children with medical conditions, including allergies, in terms of both physical and mental health, are properly supported in school so that they can play a full and active role in school life, remain healthy and achieve their academic potential.

The school will:

- Share necessary information with relevant staff.
- Promote allergy awareness without singling out pupils.
- Ensure pupils with allergies can participate fully in school life.

Monitoring and Review

This policy will be reviewed annually by the Governing Body or sooner if:

- There are legislative changes,
- A serious incident occurs,
- Updated medical guidance is issued.