

# Allergies Policy

The Eden School



**Approved by:**

The Board of  
Governors

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### 1. Introduction

At **The Eden School**, we are deeply committed to the safety, inclusion, and well-being of all our community members. Recognising the life-threatening impact of allergies and intolerances, this policy establishes guidelines for managing allergies effectively and ensuring a safe and inclusive environment for all pupils, staff, and visitors.

An allergy is an immune system reaction to normally harmless substances. For some, exposure to allergens can trigger anaphylaxis, a potentially life-threatening condition requiring immediate attention. Common allergens include peanuts, tree nuts, milk, eggs, sesame, latex, and insect venom.

This policy outlines how we identify, manage, and respond to allergies to ensure the safety and inclusion of all affected individuals.

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### 2. Aims

This policy aims to:

- Protect pupils, staff, and visitors from harm related to allergies.
- Ensure a proactive approach to allergy management.
- Provide clear guidance on emergency treatment for anaphylaxis.

- Foster an inclusive school environment where all pupils can fully participate in school activities.
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### **3. Roles and Responsibilities**

#### **3.1 Parent/Carer Responsibilities**

- Inform the school of their child's allergies, including a history of allergic reactions, anaphylaxis, and prescribed medication.
- Provide the school with an **Allergy Action Plan** (preferably BSACI-compliant).
- Supply and replace all necessary medication, ensuring it is in date.
- Update the school about any changes to their child's allergy management.

#### **3.2 Staff Responsibilities**

- Complete annual anaphylaxis training.
- Be aware of pupils in their care with allergies, ensuring close supervision during food-related activities.
- Carry emergency supplies during trips and ensure pupils have their medication. Pupils without required medication will not be permitted to attend excursions.
- Monitor and maintain medication storage with termly checks, coordinated by the Office Manager.

#### **3.3 Pupil Responsibilities**

- Develop awareness of their allergies and alert staff immediately if symptoms arise.

### **4. Allergy Action Plans**

The **Allergy Action Plan** functions as an individual healthcare plan, ensuring the school can administer medication and respond to emergencies. Parents must provide a completed plan developed with a healthcare professional, and it must be updated as necessary.

### **5. Emergency Treatment and Management of Anaphylaxis**

#### **Recognising Symptoms**

##### **Mild to Moderate Symptoms:**

- Hives, swelling, or itching.
- Stomach pain or vomiting.

##### **Severe Symptoms (Anaphylaxis):**

- Airway: Swelling of the throat or tongue, difficulty swallowing.
- Breathing: Wheezing, noisy breathing, or shortness of breath.
- Circulation: Dizziness, fainting, confusion, or pale skin.

#### **Action Steps**

1. Administer an **Adrenaline Auto-Injector (AAI)** immediately.

2. Call 999 and state "anaphylaxis."
3. Administer a second AAI after 5 minutes if symptoms persist.
4. Ensure the pupil remains lying flat (with legs raised) until emergency services arrive.
5. Inform the parent/carer promptly.

## **6. Supply, Storage, and Care of Medication**

- Medication is stored in a dedicated, accessible medical cupboard.
- The storage container must include:
  - Two AAIs.
  - An up-to-date Allergy Action Plan.
  - Antihistamines and inhalers (if required).
- Parents must ensure all medications are labelled and in date. Office staff conduct termly checks.

## **7. Spare Adrenaline Auto-Injectors in School**

The school maintains spare AAIs for emergency use, stored in clearly labelled boxes in accessible locations. Usage requires written parental consent, included in the medical form.

## **8. Staff Training**

Annual training ensures staff can:

- Identify allergens and symptoms of allergic reactions.
- Administer emergency medication, including AAIs.
- Reduce risks of exposure during activities.
- Understand and implement Allergy Action Plans.

## **9. Inclusion and Safeguarding**

The Eden School is committed to ensuring all children, including those with allergies, can fully participate in school life. Reasonable adjustments and personalised plans ensure safety without compromising inclusion.

## **10. Catering**

- The school menu highlights allergens and is available online.
- Food handling minimises cross-contamination, with allergen-free preparation prioritised.
- Pupils are taught to verify food safety with catering staff.

## **11. School Trips**

- Emergency supplies are mandatory for allergic pupils attending trips.
- Activities are risk-assessed, and alternative plans ensure inclusion.
- Staff are briefed, and venue staff are informed of allergies for overnight stays.

## **12. Nut, Sesame, and Pine Nut Policy**

**The Eden School is a nut-free school.** This policy includes sesame and pine nuts. Parents must ensure food brought to school does not contain these allergens. Staff and pupils are encouraged to follow hygiene protocols, including washing hands after meals.

## **13. Useful Links**

- [Anaphylaxis UK](#)
- AllergyWise Training
- [NICE Guidelines on Allergy Management](#)
- [Spare Pens in Schools](#)
- Supporting Pupils with Medical Conditions (DfE)