



Annemount

Nursery and Pre-preparatory School

Annemount School Allergy Policy

This policy applies to the whole school including EYFS

Introduction

1. Policy Statement

The School is committed to providing a safe, inclusive, and supportive environment for all children, including those with food allergies, intolerances, and other allergic conditions. We recognise that allergic reactions can range from mild symptoms to life-threatening anaphylaxis and therefore take all reasonable steps to minimise risks, respond appropriately to emergencies, and comply with relevant UK legislation and guidance.

This policy applies to all staff, children, parents/carers, volunteers, students, contractors, and visitors.

2. Purpose

The aims of this policy are to:

- Protect those with known or suspected allergies.
- Reduce the risk of exposure to allergens within the school environment.
- Ensure staff understand their responsibilities regarding allergy management.
- Provide clear procedures for responding to allergic reactions and emergencies.
- Promote effective communication between the school, families, healthcare professionals, and other relevant agencies.

3. Legal and Regulatory Framework

This policy is informed by:

- The Early Years Foundation Stage (EYFS) Statutory Framework.
- The Health and Safety at Work etc. Act 1974.
- The Children Act 1989 and 2004.
- The Equality Act 2010.
- The Food Information Regulations 2014.
- Relevant guidance from the UK Health Security Agency and the NHS.
- Benedict's Law 2026
- DfE Allergy Safety in Schools 2026

4. Definitions

Allergy

An immune system response to a normally harmless substance (allergen).

Intolerance

A non-immune reaction to food or other substances that may cause discomfort but is not usually life-threatening.

Anaphylaxis

A severe and potentially life-threatening allergic reaction requiring immediate emergency treatment.

Common Allergens

These may include, but are not limited to:

Milk
Eggs
Peanuts
Tree nuts
Fish
Shellfish
Sesame
Soya
Wheat and other cereals containing gluten
Mustard
Celery
Sulphites

5. Responsibilities

Headteacher – Geraldine Maidment

The Head will:

- Ensure this policy is implemented and reviewed annually.
- Maintain allergy records and individual healthcare plans.
- Ensure adequate staff training is provided.
- Ensure emergency medication is stored appropriately and readily accessible.
- Monitor compliance with this policy.

Staff

All staff will:

- Familiarise themselves with children's allergy information.
- Follow risk assessment and food management procedures.
- Attend allergy awareness and anaphylaxis training.
- Act immediately in the event of an allergic reaction.
- Report incidents and near misses.

Parents/Carers

Parents/carers are responsible for:

- Informing the school of any allergies, intolerances, or medical conditions before attendance.
- Providing medical evidence where available.
- Supplying prescribed medication, including in-date adrenaline auto-injectors where required.
- Sharing, completing and updating any prescribed healthcare plans.
- Informing the school promptly of any changes to their child's condition.

6. Allergy Registration and Care Plans (Appendix A – Care Plan)

Before a child starts at the school:

- Parents/carers must declare any allergies or intolerances.

- A risk assessment will be completed where appropriate.
- An Individual Allergy Care Plan will be developed for children with diagnosed allergies.

Staff working with the child will be informed of:

- Allergens to avoid.
- Symptoms of a reaction.
- Emergency procedures.
- Medication requirements.

Care plans will be reviewed:

- At least annually.
- Following any allergic reaction.
- Whenever the child's medical needs change.

7. Food Management

Meal Preparation

The school will:

- Obtain allergen information from food suppliers.
- Maintain allergen records for meals and snacks.
- Avoid cross-contamination during food preparation and serving.
- Clearly identify alternative meals provided for children with allergies.
- Ensure staff check ingredient labels regularly, as manufacturers may change recipes.

Packed Lunches

Parents/carers must:

- Follow any school restrictions relating to allergens.

8. Managing the School Environment

The school will:

- Conduct termly allergy risk assessments.
- Minimise the use of known allergens in activities where possible.
- Check ingredients used in sensory play, baking, crafts, and celebrations.
- Ensure handwashing before and after eating.
- Clean tables, utensils, and food preparation areas thoroughly.

Allergy information will be shared discreetly with relevant staff while respecting confidentiality.

9. Medication

Storage

Emergency medication will:

- Be clearly labelled with the child's name.
- Be stored securely but remain immediately accessible.
- Be checked regularly for expiry dates.

Administration

- Only trained staff will administer medication unless emergency circumstances require immediate action.

Medication administration will be recorded, including:

- Date and time.
- Medication given.
- Dosage.
- Name of staff member administering medication.
- Outcome and any follow-up actions.

Spare emergency adrenaline auto-injectors

Under new government legislation (Benedict's Law) for England, all schools are legally required to stock spare emergency adrenaline auto-injectors (AAI) (such as EpiPens) on site.

This mandate is paired with compulsory allergy awareness training for staff and the requirement for every school to have a robust, dedicated allergy policy.

How They Are Acquired:

Schools are legally permitted to purchase "spare" AAI's from pharmaceutical suppliers without a prescription.

How Spare Pens Are Used

Designed primarily for pupils with a known allergy who have medical authorisation and parental consent, in case their own devices are mislaid, broken, or out of date.

Emergency Use:

In exceptional, unforeseen emergencies, these spare devices can legally be used on any child experiencing anaphylactic shock to save their life, even without a prior diagnosis.

10. Recognising Allergic Reactions

Mild to Moderate Symptoms

May include:

- Itching or tingling in the mouth.
- Rash, hives, or redness.
- Swelling of lips, face, or eyes.
- Stomach pain, nausea, or vomiting.
- Severe Symptoms (Anaphylaxis)
- Difficulty breathing.
- Wheezing.
- Persistent cough.
- Swelling of the tongue or throat.
- Difficulty speaking or swallowing.
- Dizziness or collapse.
- Loss of consciousness.

11. Emergency Procedures

If an allergic reaction occurs:

Mild Reaction

- Follow the child's care plan.
- Administer prescribed medication if directed.
- Monitor the child closely.
- Contact parents/carers.
- Record the incident.

Suspected Anaphylaxis

- Administer the prescribed adrenaline auto-injector immediately.
- Call 999 and state:
 - "Anaphylaxis."
 - Child's age.
 - Location.
- Call parents/carers.
- If symptoms persist and a second auto-injector is available, administer it according to medical guidance and training.
- Stay with the child until emergency services arrive.
- Complete an incident report.

A child who has received an adrenaline auto-injector must always be assessed by medical professionals.

12. Educational Visits and Outings

Prior to outings, staff will:

- Review allergy risk assessments.
- Carry emergency medication and care plans.
- Ensure a trained member of staff is present.
- Identify emergency procedures and access to medical assistance.

Children with allergies will be included in activities wherever it is safe to do so.

13. Wellbeing

The wellbeing of those with an allergy will be promoted. Pupils understanding and tolerance will be promoted through PSHE sessions. Bullying of those with an allergy will be immediately addressed.

14. Training

The school will ensure that:

- All staff receive allergy awareness training during induction.
- All staff receive anaphylaxis and auto-injector training.
- Refresher training is provided annually.

15. Record Keeping and Incident Reporting

The school will maintain records of:

- Allergy declarations.
- Healthcare plans.
- Medication administration.
- Training records.
- Allergy incidents and near misses.

Incidents will be reviewed to identify lessons learned and opportunities for improvement.

16. Confidentiality and Data Protection

Information relating to a child's allergies will be handled in accordance with UK data protection legislation. Information will only be shared with individuals who need it to safeguard the child.

Date: July 2026
Review: July 2027

Appendix A – Care Plan

CARE PLAN

NAME

D.O.B

BACKGROUND

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TRIGGERS AND WARNING SIGNS

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MANAGEMENT STRATEGY

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IMPORTANT INFORMATION

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EMERGENCY TREATMENT

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CONTACT DETAILS

Home:

Mum's Mobile:

Dad's Mobile: