



Allergy and Anaphylaxis Policy

Document History		
Date of Change	Author	Notes (changes made)
01.9.26	SLT	Policy added to website (subject to ratification from governors)

Our School Vision

"Learning and growing in the sight of God." We aim to equip our school community to live in the fullness of life that Christ promised; learning courageously, flourishing in the community, knowing that we are each cherished and loved by God.

Introduction

An allergy is an immune system reaction to usually harmless substances, which can cause symptoms ranging from itching to a severe, life-threatening reaction known as anaphylaxis.

This policy aims to:

- minimise the risk of any pupil suffering a serious reaction**
- detail our approach to allergy management**
- ensure staff are prepared to recognise and manage such incidents**

St Thomas' Primary School is committed to ensuring pupils with allergies are safe and not disadvantaged in school life.

We appreciate that we cannot guarantee a completely allergen free environment at St Thomas' but by minimising the risk of exposure, to allergens, encouraging self-responsibility and planning for an effective response in the event of possible emergencies, we aim to reduce the risks of allergens for the school community.

Roles and Responsibilities

- **Whole school community:** St Thomas' is committed to being an **allergy aware** school. Our aim is to ensure the safety and well-being of all our pupils, particularly those with severe or life-threatening allergies. We actively discourage any nuts or products containing nuts from being brought onto the school premises, including within packed lunches, snacks, or for school celebrations. While we strive to maintain a safe environment, we recognise the complexities of modern food manufacturing; therefore, items labelled as "may contain traces of nuts" or "produced in a factory that handles nuts" are considered acceptable. We ask that parents and carers remain vigilant in checking labels to ensure that no products with nuts listed as an active ingredient are sent into school.
- **Parent Responsibilities:** Parents must inform the school of any allergies upon entry, providing a history of anaphylaxis and prescribed medication. They must ensure all required medication is in-date and replaced as necessary.
- **Staff Responsibilities:** All teaching staff will complete annual anaphylaxis training. Staff must be aware of pupils in their care with allergies, as reactions can occur at any time, not just at mealtimes. The school's medical needs coordinator will maintain a register of prescribed adrenaline auto-injectors (AAIs) and record. Any emergency treatment given will be recorded on Medical Tracker.

- **Pupil Responsibilities:** Pupils are encouraged to be aware of their symptoms and notify an adult immediately if they suspect a reaction. 3. Allergy Action Plans

St Thomas' uses **BSACI Allergy Action Plans**, which are national plans agreed upon by medical professionals. These plans function as **individual healthcare plans**, providing consent for the school to administer medication, including spare AAls, in an emergency.

Emergency Treatment and Management

Staff must look for **ABC symptoms**:

- **Airway:** Swelling in the throat/tongue, hoarse voice, difficulty swallowing.
- **Breathing:** Sudden wheezing, noisy breathing, or difficulty breathing.
- **Circulation:** Dizziness, feeling faint, confusion, or loss of consciousness.

Immediate Action for Anaphylaxis:

1. **Keep the child where they are** and call for help; do not leave them unattended.
2. **Lie the child flat with legs raised** (unless struggling to breathe, then prop up briefly).
3. **Use the Adrenaline Auto-Injector (AAI) without delay** into the outer thigh muscle.
4. **Call 999** and state "Anaphylaxis".
5. If no improvement after 5 minutes, administer a **second AAI**.
6. Call parents as soon as possible.
7. All pupils must go to the hospital for observation following anaphylaxis.

Supply, Storage, and Care of Medication

For younger children, an anaphylaxis kit must be kept within 5 minutes of them, unlocked and accessible to all staff. Kits should be kept in a consistent container and include:

- Two AAls (e.g., EpiPen® or Jext®).
- An up-to-date Allergy Action Plan.
- Antihistamines and an asthma inhaler if specified on the plan.

'Spare' Adrenaline Auto-Injectors

St Thomas' holds **spare AAls** for emergency use if a pupil's own device is unavailable, out of date, or if they are experiencing a reaction for the first time. These are stored in a clearly labelled, unlocked location known to all staff.

Staff Training

The Headteacher is responsible for coordinating annual training for all staff. This includes identifying triggers, recognising symptoms, and practical sessions using trainer devices.

Catering and School Trips

- **Catering:** The school follows Food Information Regulations 2014, ensuring allergen information is available for all food. A robust system is in place so catering staff can identify children with allergies. Staff are trained to prevent cross-contamination during food preparation.
- **School Trips:** Staff attending school trips must carry all relevant emergency supplies. Where possible, risk assessments are conducted for all activities to ensure inclusion for allergic pupils.

Allergy Awareness

St Thomas' adopts a culture of whole-school allergy awareness. This approach ensures that all staff and pupils understand the importance of avoiding allergens and can respond effectively to reactions. Individual risk assessments are conducted for all new or newly diagnosed pupils.