



PIONEER LEARNING TRUST

Pursuing Excellence and Equity

Anaphylaxis and Allergy Policy

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

Allergy Lead

Each school will nominate an Allergy Lead and communicate the name and responsibilities of the Allergy Lead to all stakeholders, including Parents, Staff and Governors.

The Allergy Lead is 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 is delegated to 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 care plan
- All staff receive an appropriate level of allergy training
- All staff are aware of the school's policy and procedures regarding allergies
- Keeping stock of the school's adrenaline auto-injectors (AAIs)
- Regularly reviewing and updating the allergy policy

Managing Risk

Hygiene procedures:

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

School Meals:

- The school is committed to providing safe food options to meet the dietary needs of pupils with allergies.
- Kitchen 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 on request
- 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)

- Kitchen staff follow hygiene and allergy procedures when preparing food to avoid cross-contamination

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.

Insect bites/stings:

When outdoors:

- Shoes should always be worn
- Food and drink should be covered

Animals:

- 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

Support for mental health:

Pupils with allergies can experience bullying and may also suffer from anxiety and depression relating to their allergy.

Pupils with allergies will have additional support through:

- Pastoral care
- Regular check-ins with their class teacher

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

Procedures for Handling an Allergic Reaction

The school maintains a care plan for each child who has been prescribed AAIs or where a doctor has provided a written plan recommending AAIs to be used in the event of anaphylaxis.

The care plan 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
- The care plan is kept in the child's classroom (a copy will be kept in the class emergency bag, the kitchen and the medical room) and can be checked quickly by any member of staff as part of initiating an emergency response

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 AAI's 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 care 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 will be used, for which the parent/carer will have already consented to.

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 a pupil experiences an allergic reaction, '*saving a life takes priority over paperwork*', as set out in Benedict's Law and the updated DfE Regulations in light of the law. Key points are:

- If a pupil has an undiagnosed allergy or an unknown allergy history, school staff are permitted to administer the school's spare AAI to any child or adult showing symptoms of severe anaphylaxis, even without prior parental consent of medical diagnosis
- Up to 30% of severe allergic reactions in schools happen in individuals with no known history of allergy. Therefore, waiting for formal parental permission during a suspected anaphylactic shock is not longer required or advised

If the pupil has no allergy action plan, staff will follow the procedures set out below on responding to an allergy:

- If the allergic reaction is **mild/moderate** (e.g. skin rash, itching or sneezing), the pupil will be monitored and the parents/carers informed. Administering non-emergency treatments, such as antihistamines, always require prior parental consent
- If the allergic reaction is **severe** (e.g. anaphylaxis), staff will follow emergency procedures, which includes administering the school's AAI immediately without seeking real-time parental consent

Adrenaline Auto-Injectors (AAIs)

The allergy lead is responsible for buying AAI's and ensuring they are stored according to guidance.

- Where the AAI's will be sourced – online pharmacy
- The quantity of AAI's required – 2 of each dosage (1 to remain in school and 1 can be taken on school trips and visits)
- Which brand(s) of AAI are purchased – correct dosage of Epipen, Emerade or Jext (see below)

The dosage required (based on Resuscitation Council UK's age-based criteria:

- For children age under 6 years: a dose of 150 microgram (0.15 milligram) of adrenaline is used (e.g. using an Epipen Junior (0.15mg), Emerade 150 or Jext 150 microgram device).
- For children age 6-12 years: a dose of 300 microgram (0.3 milligram) of adrenaline is used (e.g. using an Epipen (0.3mg), Emerade 300 or Jext 300 microgram device).

Storage (of both spare and prescribed AAI's)

The allergy lead will make sure all AAI's 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 (Medical Room – Medication Cabinet)
- 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
- Spare AAI's will be kept separate from any pupil's own prescribed AAI, and clearly labelled to avoid confusion.

Use of AAI's off school premises

- Group leaders will carry AAI's for pupils in their group at risk of anaphylaxis on school trips and off-site events
- Trip leaders will carry spare AAI's for emergency use on school trips and off-site events

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 AAI's are kept on the school site, and how to access them
- How to administer AAI's
- The wellbeing and inclusion implications of allergies
- Training will be carried out annually, arranged and directed by the allergy lead