



St Mary's CE Academy School

## Allergens Policy including Nut and other Food Allergies

2020 – 2023

Reviewed by the Senior Leadership Team

### Statement of Intent:

This policy is concerned with a whole school approach to the health care and management of those members of the school community suffering from specific allergies.

St Marys CE Academy is aware that children who attend may suffer from food, bee/wasp sting, animal or nut/seed allergies and we believe that all allergies should be taken seriously and dealt with in a professional and appropriate way.

Our school's position is not to guarantee a completely allergen free environment, rather to minimise the risk of exposure, encourage self-responsibility and plan for effective response to possible emergencies.

St Marys CE Academy is committed to no food and drink sharing.

The Statutory Framework states that the school must obtain information about any dietary requirements/allergy. As such parents are asked to provide details of allergies in the child's Admissions/New Starter Form, which is submitted on starting school.

### Aim:

The intent of this policy is to minimize the risk of any child suffering allergy induced anaphylaxis whilst at school.

An allergic reaction to nuts is the most common high risk allergy, and as such demands more rigorous controls.

The underlying principles of this policy include:

- The establishment of effective risk management practices to minimise the student, staff, parent and visitor exposure to known trigger foods and insects.
- Staff training and education to ensure effective emergency response to any allergic reaction situation.

This policy applies to all members of the school community:

- School Staff
- Parents / Carers
- Volunteers
- Supply Staff
- Students

## **Definitions:**

**Allergy** - A condition in which the body has an exaggerated response to a substance (e.g. food and drug) also known as hypersensitivity.

**Allergen** - A normally harmless substance that triggers an allergic reaction in the immune system of a susceptible person.

**Anaphylaxis** - Anaphylaxis, or anaphylactic shock, is a sudden, severe and potentially life-threatening allergic reaction to food, stings, bites, or medicines.

**Epipen** - Brand name for a syringe style device containing the drug Adrenalin, which is ready for immediate inter-muscular administration.

**Minimized Risk Environment** - An environment where risk management practices (e.g. Risk Assessment forms) have minimised the risk of (allergen) exposure.

**Health Care Plan** - A detailed document outlining an individual student's condition, treatment, and action plan for location/administration of their Epipen.

## **Procedures and Responsibilities for Allergy Management**

### **General:**

- The involvement of parents/carers and staff in establishing correct documentation of all detail including an individual Health Care Plan where appropriate.
- The establishment and maintenance of practices for effectively communicating a child's medical details/health care plan to all relevant staff.
- Staff training in anaphylaxis management, including awareness of triggers and first aid procedures to be followed in the event of an emergency.
- Age appropriate education of the children with severe food allergies.

### **Medical Information:**

- The school will seek updated information via the student update form at the start of each academic year.
- Any change in a child's medical condition during the year must be reported to the school and the correct forms completed.
- For students with an allergic condition, the school requires parents/carers to provide written advice from a doctor (GP), which explains the condition, defines the allergy triggers and any required medication. The Health and Safety Co-ordinator will ensure that a Health Care Plan is established and updated for each child with a known allergy.
- Teachers and teaching assistants of those students along with other key staff are required to review and familiarise themselves with the medical information.
- Action plans with current photographs for students with allergies will be made available to staff.
- Where students with known allergies are participating in school excursions, the risk assessments must reflect all information.
- The wearing of a medic-alert bracelet is allowed by the School.

### **Medical Information (Epipens):**

Where Epipens (Adrenalin) are required in the Health Care Plan:

- Parents/carers are responsible for the provision and timely replacement of the Epipens.
- The Epipens are located securely in relevant approved locations.

### **Parent's role:**

Parents are responsible for providing in writing, on-going accurate and current medical information to the school.

Parents are to complete the required forms confirming and detailing the nature of the allergy; including:

- The allergen (the substance the child is allergic to).
- The nature of the allergic reaction (from rash, breathing problems to anaphylactic shock).

- What to do in case of allergic reaction, including medication to be used and how it is to be used.
- Control measures such as how the child can be prevented from having contact with the allergen.
- If a child has an allergy requiring an Epipen, or the risk assessment deems it necessary, a Health Care Plan must be completed and signed by the parents/carers.
- It is the responsibility of the parent to provide the school with up to date medication/equipment.
- In the case of life saving medication like Epipens the child will not be allowed to attend without it.
- Parents are also required to provide up to date emergency contact information.
- Snacks and lunches brought into school are provided by each child's parent where there is associated risk.
- It is the parent's responsibility to ensure that the contents are safe for the child to consume.
- Parents should liaise with staff about appropriateness of snacks and any food-related activities (e.g. cooking).

### **Staff's role:**

Staff are responsible for familiarising themselves with the policy and to adhere to health and safety regulations regarding food and drink.

If a child's New Starter Form states that they have an allergy then a Health Care Plan is needed. It must be in place before the child starts attending sessions. A risk assessment should be carried out and any actions identified to be put in place. The assessment should be stored with the child's Health Care Plan.

- Upon determining that a child attending school has a severe allergy, a team meeting will be set up as soon as possible where all staff concerned attend to update knowledge and awareness of the child's needs.
- All staff that come into contact with the child will be made aware of what medication is required by the Health and Safety Co-ordinator and where any medication is stored.
- All staff are to promote hand washing before and after eating.
- St Mary's cannot guarantee that foods brought into school (e.g. children's packed lunches) will not contain traces of nuts even though consideration is requested.
- All tables are cleaned with an approved solution.
- Children are not permitted to share food.
- As part of the staff first aid training, Epipen administration and storage must be included.
- We may discuss with the parent a list of food products/food derivatives the child must not come into contact with.
- Emergency medication should be easily accessible, especially at times of high risk.
- Staff should liaise with parents about snacks and any food-related activities.

### **Actions:**

#### **In the event of a child suffering an allergic reaction:**

- School will immediately contact the child's parents/carers and nominated family contacts.
- If a child becomes distressed or symptoms become more serious 999 Emergency Service will be called.
- Staff will remain calm, ensuring the child feels comfortable and has private space.
- If medication is available it will be administered as per training and in conjunction with the Managing of Medicines Policy/Health Care Plan.
- If parents/carers have not arrived by the time an ambulance arrives, a member of staff well known to the child will accompany the child to hospital.

*Please ask at the Academy Office if you would like further information relating to Allergies or Anaphylaxis.*