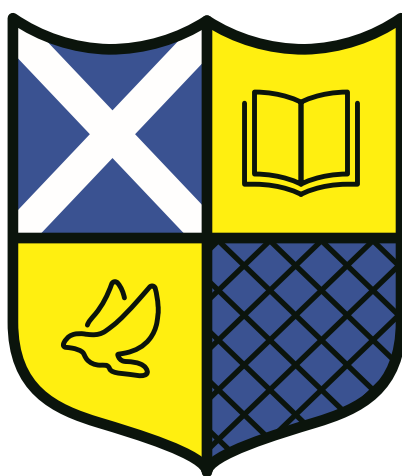


St Andrew's CE Primary School

Allergy and Nut Free Policy



Approved by:	Resource and Finance
Last reviewed on:	January 2026
Next review due by:	January 2027

Contents

1. Policy Statement
2. Aims
3. Scope
4. Understanding Allergies and Anaphylaxis
5. Legislation and Guidance
6. Roles and Responsibilities
 - 6.1 Parents and Carers
 - 6.2 School Staff
 - 6.3 Pupils
 - 6.4 Allergy Lead
7. Allergy Action Plans
8. Emergency Response to Anaphylaxis
9. Risk Assessment and Risk Reduction
10. Catering Arrangements
11. Food Restrictions
12. Allergy Awareness
13. Insects and Animals
14. Emotional Wellbeing
15. Events and Educational Visits
16. Adrenaline Auto-Injectors (AAIs)
17. Training
18. Review and Monitoring
19. Related Policies

Allergy and Anaphylaxis Policy

St Andrew's C.E. Primary School

1. Policy Statement

St Andrew's C.E. Primary School is committed to safeguarding the health, wellbeing and inclusion of pupils with allergies. We recognise that allergies can be serious and potentially life-threatening and therefore adopt a whole-school approach to allergy awareness, risk reduction and emergency response.

The school is a **nut-free school** and works in partnership with parents, healthcare professionals and pupils to minimise risk while enabling all children to participate fully in school life.

2. Aims

This policy aims to minimise the risk of allergic reactions, including anaphylaxis, occurring on school premises or during school activities. It ensures that staff are appropriately trained and confident in recognising and managing allergic reactions, and that clear procedures are in place for emergency situations. The policy also aims to promote understanding and awareness of allergies across the school community, ensuring pupils with allergies feel safe, supported and included.

3. Scope

This policy applies to all pupils, staff, volunteers and visitors, and to all school activities, including lessons, clubs, educational visits and off-site events.

4. Understanding Allergies and Anaphylaxis

An allergy is a reaction of the immune system to a substance that is usually harmless. Reactions can vary from mild symptoms, such as itching, rashes or swelling, to **anaphylaxis**, which is a severe and potentially life-threatening reaction.

Anaphylaxis commonly affects the airway, breathing and circulation and can develop rapidly, often within minutes of exposure to an allergen. Common allergens include peanuts, tree nuts, sesame, milk, egg, fish, insect venom, latex, pollen and animal dander.

5. Legislation and Guidance

This policy has been developed in line with:

- Department for Education guidance on supporting pupils with medical conditions
- Department of Health and Social Care guidance on emergency adrenaline auto-injectors
- The Food Information Regulations 2014
- The Food Information (Amendment) (England) Regulations 2019

6. Roles and Responsibilities

6.1 Parents and Carers

Parents and carers play a vital role in managing allergies. They are responsible for informing the school of any allergies when their child starts school or when a diagnosis is made. Parents must provide an up-to-date **Allergy Action Plan**, preferably the BSACI format, completed with a healthcare professional and complete an individual care plan for school.

Parents must ensure that all prescribed medication is supplied to school, clearly labelled, in date and replaced when necessary. They are also expected to inform the school promptly of any changes to their child's condition or treatment.

6.2 School Staff

All staff share responsibility for supporting pupils with allergies. Staff are expected to familiarise themselves with this policy and with individual care plans, Allergy Action Plans for pupils in their care. They must be able to recognise the signs of allergic reactions and respond promptly in line with agreed procedures.

Staff will consider allergy risks when planning lessons and activities and take reasonable steps to reduce exposure to allergens. All staff receive annual anaphylaxis training to ensure they are confident in using adrenaline auto-injectors and responding to emergencies.

Staff leading educational visits must ensure that pupils' medication is readily available at all times. Pupils who do not have their required medication will not be able to attend off-site visits.

6.3 Pupils

Pupils with allergies are encouraged, where age-appropriate, to understand their condition and the importance of avoiding allergens. Pupils who have been prescribed an adrenaline auto-injector may be encouraged to carry it themselves, depending on their age and level of understanding, although staff remain responsible for providing support if needed.

6.4 Allergy Lead

The school's Medical Welfare Officer is the designated Allergy Lead. The Allergy Lead is responsible for maintaining accurate allergy records, ensuring that care plans are in place, monitoring the storage and expiry of AAIs, coordinating staff training and reviewing this policy regularly.

7. Allergy Action Plans/Individual Health Care Plan.

All pupils with diagnosed allergies must have an individual Allergy Action Plan and Individual Health Care Plan in place. These plans provide consent for school staff to administer medication in an emergency, including spare adrenaline auto-injectors. Plans are stored with medication and made accessible to relevant staff.

8. Emergency Response to Anaphylaxis

If anaphylaxis is suspected, immediate action must be taken. The pupil should not be left unattended. Adrenaline must be administered without delay and emergency services contacted.

Pupils experiencing anaphylaxis must always be transferred to hospital for observation, even if symptoms appear to resolve, as reactions can recur.

9. Risk Assessment and Risk Reduction

The school carries out risk assessments for pupils with allergies during activities such as food technology, science experiments involving food, school trips and animal handling experiences. Reasonable adjustments are made to ensure safety without unnecessary exclusion.

Risk-reduction measures include regular handwashing, a strict no-food-sharing rule and the use of named water bottles. Parents are to only provide their child with a fruit of vegetable option for break time snack at school.

10. Catering Arrangements

The school works closely with Brighton and Hove catering providers (Caterlink) to ensure safe food provision for pupils with allergies. Catering staff receive appropriate training and follow procedures to prevent cross-contamination. Menus and allergen information are made available to parents, and all food labelling meets legal requirements.

11. Food Restrictions

St Andrew's C.E. Primary School is a **nut-free school**. While it is not possible to guarantee a completely allergen-free environment, the school actively discourages high-risk foods,

including nuts, nut products, sesame and pesto. Any restricted items brought into school will be removed and disposed of.

12. Allergy Awareness

The school promotes allergy awareness in line with guidance from Anaphylaxis UK, focusing on education, shared responsibility and understanding rather than reliance on bans alone. This approach supports long-term safety and inclusion.

13. Insects and Animals

Measures are in place to reduce the risk of insect stings, particularly during outdoor activities. Pupils wash hands after animal contact, and pupils with known animal allergies do not participate in animal interactions.

14. Emotional Wellbeing

The school recognises that living with allergies can impact emotional wellbeing. Pupils are supported through pastoral care, regular check-ins with staff and access to welfare support when needed.

15. Events and Educational Visits

No pupil with allergies will be excluded from events or trips due to their condition. Careful planning, staff awareness and appropriate risk assessments ensure pupils can participate safely.

16. Adrenaline Auto-Injectors (AAIs)

The school holds spare adrenaline auto-injectors for emergency use. These are stored securely but are accessible at all times. The Allergy Lead checks AAIs regularly to ensure they are in date and available. Records are kept of pupils prescribed AAIs and of any use of emergency medication.

17. Training

All staff receive annual training in allergy awareness and anaphylaxis management, delivered by NHS Brighton and Hove Partnership nursing team. Training ensures staff understand prevention, recognition and emergency response.

18. Review and Monitoring

This policy is reviewed regularly to ensure it remains up to date with legislation, guidance and best practice.

19. Related Policies

- Health and Safety Policy
- First Aid Policy
- Administering Medicines Policy