



Fradley Park Primary and Nursery School



Allergy Safety Policy

This template policy is compliant with the Allergy Safety in Schools statutory guidance published July 2026. It has been written and reviewed by the team at Anaphylaxis UK who have worked with the Department for Education on creating the Allergy Safety in Schools statutory guidance. It is produced in accordance with;

[Allergy guidance for schools - GOV.UK](#) and [Stronger protections for children with allergies in school - GOV.UK](#)

Person responsible for this policy & it's implementation	Chrissie Allen - Headteacher
Named Allergy Lead	Chrissie Allen - Headteacher
Named Governor	Kelly Percival - Link Governor for SEND/Inclusion
Review Frequency	Annually or when an incident is experienced
Date approved	September 2026 (LGB)
Date of next review	September 2027
Purpose	To minimise the risk of any individually suffering an allergic reaction whilst at school or attending any school related activity. To ensure staff are properly prepared to recognise and manage allergic reactions should they arise.





Links with other policies	School specific Safeguarding Procedure Relationships and Behaviour Procedure JTMAT Anti-bullying Policy School specific Health and Safety Procedure
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Introduction and Core Principles

In line with Benedict's Law, we are committed to providing a safe, inclusive, and welcoming environment for all children, young people, staff, and visitors with allergies. Recognising the serious and potentially life-threatening risk posed by anaphylaxis, this dedicated policy establishes robust risk-mitigation measures and emergency response protocols.

Allergy is a spectrum of different allergic diseases. Reactions occur when a susceptible person is exposed to something (an "allergen") they are allergic to. Asthma, food allergy, eczema, and seasonal rhinitis (hay fever) are all forms of allergy.

Anaphylactic reactions usually begin within minutes of being in contact with the allergen i.e. eating a trigger food, though can occur several hours later (i.e. allergy to Mammalian meat). Anaphylaxis involves difficulty in breathing and affects the heart rhythm. In extreme cases there could be a dramatic fall in blood pressure leading to collapse.

Once started, anaphylaxis reactions progress quickly. Investigations into fatal anaphylaxis show that there is only a 20 - 30-minute window of opportunity during which steps can be taken to prevent death – therefore giving emergency adrenaline **immediately** and calling Emergency Services (999) is crucial. **Anaphylaxis always requires an emergency response**

Anaphylaxis can occur without any other signs (such as a skin rash) being present. **Always consider anaphylaxis in someone with a known food allergy who has sudden difficulty in breathing.** Giving adrenaline in this context is very safe and may be lifesaving.

The most common causes of "whole body" allergic reactions – including anaphylaxis – are:

- foods (e.g. peanuts, tree nuts, cow's milk/dairy foods, egg, wheat, fish/shellfish, and sesame);
- insect stings (e.g. bee, wasp);
- medication (e.g. antibiotics, pain medicines such as ibuprofen);
- latex (e.g. rubber gloves, balloons, swimming caps).

Even for food allergy, the vast majority of anaphylaxis reactions require the person to have eaten the food, although less serious allergic reactions can happen through skin or other contact. Anaphylaxis reactions due to skin contact are very rare. Pupils who have a skin reaction need monitoring for at least an hour.

Fradley Park Primary and Nursery School has a whole school awareness approach, because it ensures all staff and pupils are aware of:

- what allergies are
- the importance of avoiding the individuals' allergens, the signs & symptoms
- how to deal with allergic reactions
- procedures in place to minimise risk of exposure.





Coeliac disease and food intolerance can present symptoms which are similar to those of food allergy; it is important that Coeliac disease and food intolerance is managed through dietary avoidance, but these conditions do not pose a risk of anaphylaxis and so they are not within this allergy safety policy.

Eczema, asthma, and allergies sometimes occur together – known as the atopic triad. It is important that these are managed well to keep the individual healthy. Asthma training is completed by all staff, and an Individual Health Care Plan is in place to meet children's individual healthcare needs. These conditions are not included in this allergy safety policy but within our **Administering Medicines Procedure**.

Fradley Park Primary and Nursery School understands that severe allergies are included in the Equality Act, 2010. The act considers a person disabled if they have a physical or mental impairment that has a substantial and long-term negative effect on their ability to carry out normal daily activities. Seasonal rhinitis (such as hay fever) is explicitly excluded from the definition of disability unless it aggravates the effect of another health condition.

Emergency Treatment and Response Plan

What to look for:

Symptoms usually come on quickly, within minutes of exposure to the allergen.

Mild to moderate allergic reaction symptoms may include:

- a red raised rash (known as hives or urticaria) anywhere on the body
- a tingling or itchy feeling in the mouth
- swelling of lips, face, or eyes
- stomach pain or vomiting
- mild throat tightness
- sudden change in behaviour

These symptoms are treated with antihistamines.

More serious symptoms are often referred to as the ABC symptoms and can include:

- **AIRWAY** - swelling in the throat, tongue, or upper airways (tightening of the throat, hoarse voice, difficulty swallowing).
- **BREATHING** - sudden onset wheezing, breathing difficulty, noisy breathing, persistent cough.
- **CIRCULATION** - dizziness, feeling faint, sudden sleepiness, tiredness, confusion, pale clammy skin, loss of consciousness.

The term for this more serious reaction is anaphylaxis. In extreme cases there could be a dramatic fall in blood pressure. The person may become weak and floppy and may have a sense of something terrible happening. This may lead to collapse and unconsciousness and, on rare occasions, can be fatal.

As soon as anaphylaxis is suspected, adrenaline must be administered without delay.

Action:

- Keep the individual where they are, call for help and do not leave them unattended.
- **LIE individual FLAT WITH LEGS RAISED** – they can be propped up if struggling to breathe but this should be for as short a time as possible.





- **USE ADRENALINE DEVICE WITHOUT DELAY** and note the time given. AAI should be given into the muscle in the outer thigh or nasal into the nostril. Specific instructions vary by brand – always follow the instructions on the device.
- CALL **999** and state **ANAPHYLAXIS (ana-fil-axis)**.
- If no improvement after 5 minutes, administer second adrenaline device
- If no signs of life commence CPR.
- Call parent/carer as soon as possible.

Whilst you are waiting for the ambulance, keep the individual where they are. Do not stand them up, or sit them in a chair, even if they are feeling better. This could lower their blood pressure drastically, causing their heart to stop.

All individuals must go to hospital for observation after anaphylaxis even if they appear to have recovered as a reaction can recur after treatment.

Minimising Risk and Exposure to Allergens

Minimising risk and the exposure to allergens is central to ensuring that individuals with allergies are safe from harm. Even a small amount of allergen can cause a reaction. Any food can cause a reaction with serious consequences for the individual and Fradley Park Primary and Nursery School will only eliminate a food following a risk assessment supported by medical advice when necessary. Where a food is restricted, this will be to the smallest area for the time necessary; for example, the Practical Room, for the duration of the lesson when the pupil with allergy is cooking. Blanket bans, especially to nuts, create a false sense of security. We encourage parents to refrain from sending in nut-based products to school due to the severity of allergies that some pupils in our school have. Whilst there are 14 key food allergens that cause over 90% of reactions, any food can cause a reaction.

Fradley Park Primary and Nursery School is allergy aware ensuring that the staff and pupils are actively aware of the risk posed by allergens, take steps to minimise the risk of exposure and have robust emergency response plans in place.

Fradley Park Primary and Nursery School completes a school wide allergy risk assessment that seeks to minimise the risks of exposure to known allergens. The risk assessment will include:

- Identifying the food used within the curriculum and making adaptations to remove allergens that pose a risk for the whole group not just the pupil who has the allergy.
- Conducting specific risk assessments to manage the risks of exposure to allergens in individuals when planning external visits or trips
- Identify measures to manage risks of exposure to a food allergen through food brought in by others (for example, parents, pupils, staff).
- Identify measures to manage the risks of exposure to a food allergen through food provided by the school, college or setting
- Putting in reasonable measures to manage the risk of individuals being exposed to allergens where they have a known allergy to airborne or contact allergens
- Identifying non-food allergens within the environment and making adaptations to remove/reduce allergens that pose a risk





Fradley Park Primary and Nursery School will ensure that allergy is included in all school risk assessments to identify risks and plan control measures to minimise the risk of exposure.

Fradley Park Primary and Nursery School will ensure that the risk of exposure is minimised by:

- All school staff allergy training every year
- Educating pupils through awareness assemblies and within PSHE
- Educating PTAs (FOFP – Friends of Fradley Park) about school expectations for allergy management
- Communicating with all visitors, temporary staff, and cover staff that they will be teaching a pupil with an allergy and ensure that they understand how to keep this pupil safe.
- Working closely with parents/carers and health professionals to understand the pupil's allergy
- Monitoring this policy to ensure that the agreed practices are implemented
- Establishing and maintaining high hygiene standards amongst staff, pupils, and visitors

Food Provision and Catering

Fradley Park Primary and Nursery School will manage the risk of food allergy and provide clear information on allergens in food provided by:

- Ensure the contract with the school catering company is compliant with the Food Standards Authority allergen management regulations
- Ensuring school caterers (Mellors) provide information on food allergens to parents/carers and have this available for the pupils to check independently
- Provide pupil's allergen information to the caterers in a timely manner to ensure that pupils can eat safely – including a photo.
- Enabling parents/carers to liaise with the catering company or school chef
- Identify pupils with allergies at point of service through a photo clearly displayed in the kitchen and food preparation areas.
- Ensure that food is always labelled as unlabelled food poses a potentially greater risk of allergen exposure than packaged food with precautionary ("may contain") labelling suggesting a risk of contamination with allergen. This applies to foods used within the classroom curriculum (e.g. cooking) and wrap around care as well that from the school kitchen.
- Teach pupils not to food share, trade food or share utensils or food containers with the reasons why.

When staff provide food for the pupils, they receive additional training e.g. Food Hygiene Training to ensure they understand how to read labels for food allergens and how to prevent cross-contamination during the handling, preparation and serving of food.

Where food is not directly provided by the school parent/carer permission will be sought in advance to ensure inclusion and safety for pupils with allergies.

Treats and cakes provided by parents/carers for birthdays are discouraged by the school.

Treats and cakes provided at bake sales or school events will be clearly labelled with allergens.

These procedures apply to school led breakfast and after school provision.





Our FOFP follow FSA (Food Standards Agency) legislation for food labelling, creating allergen matrices as necessary [Shared link](#) and [Download your allergen icons and posters - GOV.UK](#) . Our FOFP have a basic awareness of allergen management [Home | FSA Food Allergy Training](#)

Pupils eligible for benefits based Free School Meals are entitled to their free school meal entitlement. School will work with parents/carers to determine the best way of ensuring that pupils receive their meal.

Medication and Adrenaline Devices (ADs)

People at risk of anaphylaxis are prescribed two adrenaline devices which they should carry with them at all times. This includes the journey to and from;

- school,
- the classroom
- lunch area
- playground
- sports field
- when on visits or trips

Serious anaphylaxis is a time critical situation; delays in administering adrenaline have been associated with fatal reactions. An adrenaline device needs to be administered within 5 minutes so if the adrenaline device cannot be with them in the classroom, the adrenaline device should be stored in an appropriate central location that is always unlocked and accessible (including during wrap around care).

Adrenaline devices must be stored at room temperature (in line with manufacturer's guidelines) and not be exposed to extremes of heat. They should not be refrigerated or left in direct sunlight.

Spare Adrenaline Devices

The [Human Medicines \(Amendment\) Regulations 2017](#) permit "spare" adrenaline devices to be used for the purpose of saving a life. This might be, for example, a child presenting for the first time with anaphylaxis due to an undiagnosed allergy.

Fradley Park Primary and Nursery School holds spare adrenaline devices for use in emergency situations. These are not a replacement for a pupil's own adrenaline device. Pupils prescribed adrenaline are expected to have their own adrenaline devices with them at school for use in an emergency.

Fradley Park Primary and Nursery School holds:

AAI for children under age 6 years (150 micrograms) e.g. EpiPen Junior x 2	AAI for individuals over 6 years of age (300 micrograms) e.g. EpiPen x 2
Yes	Yes

These are located in:
The Medical Room (Base 1)





They are stored in an unlocked metal cabinet on the wall, out of reach of children, and labelled 'Emergency Anaphylaxis Kit'.

The Clerical Admin Assistant is responsible for checking that adrenaline devices are in date and remain clear (not cloudy) on a half-termly basis. We have signed up for the 'EpiPen Expiry Alert Service' to ensure that we secure replacements one month before the current adrenaline device expires.

Adrenaline devices that are used will be given to a paramedic.

Adrenaline devices that are out of date or where the adrenaline has degraded will be taken to a pharmacy to be disposed of.

In the event of anaphylactic reaction

- Adrenaline should be administered as soon as possible, within five minutes. **Do not wait** to contact the emergency services before administering adrenaline.
- The child, young person or individual should not be moved. Adrenaline devices should be brought to them (whether their own prescribed ADs or "spare" ADs).
- If the child, young person, or individual **has their own prescribed adrenaline devices**, these should be used in the first instance.
- If the child, young person, or individual **does not have prescribed adrenaline devices**, "spare" adrenaline devices can be used.
- If the child, young person, or individual's **prescribed adrenaline devices are not available or misfire**, "spare" adrenaline devices can be used.
- If the individual has serious allergy and asthma and there is any doubt if they are presenting with anaphylaxis or having an asthma attack always administer the adrenaline first.

The [Human Medicines \(Amendment\) Regulations 2017](#) do not require consent to have been obtained for "spare" adrenaline devices to be used. It can be good practice for the school, college or setting to obtain advance consent from parents or the young person for "spare" adrenaline devices to be used, so that in an emergency, consent can be assumed to be in place. However, in an emergency anyone may take reasonable action to save a life without checking whether prior consent has been given.

Pupil self-management

Symptoms of anaphylaxis can come on **very suddenly**, so school staff need to be prepared to administer medication if the young person cannot.

In the classroom, **Allergy Baskets** are labelled clearly and stored in a basket above the sink. When the child is in class, the child's adrenaline devices are stored there.

Depending on their level of understanding and competence, pupils will be encouraged to take responsibility for and to always carry their own two adrenaline devices on them in a suitable bag/container e.g. a named cross over body bag when moving around school or on a trip.

Younger children will be supported with this task, and teaching teams/lunchtime teams will take Allergy Baskets to relevant locations e.g. hall, playground, trips.





Older pupils and teenagers should, whenever possible, assume responsibility for their emergency kit under the guidance of their parents.

Staff Training and Emergency Response

All staff, including teaching staff, support staff, catering staff, and others who may oversee pupils including at breakfast or after school clubs will be trained in allergy awareness and emergency response. The school is responsible for ensuring that supply cover, peripatetic staff etc have received allergy awareness training.

Training can be online or face to face. The content needs to include:

- Allergy awareness, the risks it poses, how allergic reactions occur and how to manage them
- Allergy includes multiple co-existing conditions: asthma, eczema, hay-fever
- Understand the difference between food allergy, intolerance, and coeliac disease
- That a pupil can be allergic to any food, not just the top 14 allergens
- Know the symptoms of allergic reactions and how to treat
- Know the symptoms of anaphylaxis and how to treat
- How to locate and administer adrenaline or an asthma inhaler. All adrenaline devices should be used to train with as the pupil may have different ones to the spare adrenaline
- How to report an allergic reaction including; mild and moderate Anaphylaxis, near miss incident
- Understand their responsibilities in risk reduction to ensure that pupils prevented from encountering their allergens
- Understand the impact that allergy can have on a pupil's wellbeing
- Understand the school's allergy safety policy
- How to check if a pupil is on the record of those with a known allergy
- How to use an allergy action plan

See Appendix 1 for Anaphylaxis Awareness sheet provided by trainers (Teach Health)

Emergency preparedness

Throughout the year staff will be reminded of key aspects of the policy such as:

- how to find out who has an allergy
- the storage of spare adrenaline
- practice with adrenaline trainer devices and run through the allergy response plan

Fradley Park Primary and Nursery School will communicate key messages regarding risk reduction leading up to festivals, trips, and end of term celebrations through Health and Safety emails and activity specific risk assessments.

During fire drills and lockdown practices, Fradley Park Primary and Nursery School will ensure that a pupil's adrenaline device is with them. Should a real evacuation happen, the pupil may have to go home without adrenaline if this has not been taken out during a fire evacuation.





Roles and Responsibilities

Governing Body

The Local Governing Body (LGB) is responsible for ensuring that the school's policy sets out the arrangements to reduce the risk of individuals encountering their known allergens and sets out the emergency response plan for cases of anaphylaxis. The LGB monitor this policy with it being a standing agenda item at meeting in Autumn 1 and there is a lead governor.

Fradley Park Primary and Nursery School has a named member of the senior leadership team who is responsible for allergy safety which includes driving the implementation of the allergy safety policy and contributing to the review of the policy.

The Allergy Lead is responsible for:

- systems to collect allergy information during the enrolment process, ensuring that this information is shared with catering. Outside of the normal admission point, ensures that information is shared staff and catering teams as soon as possible but within two weeks of the pupil starting
- holding a register of pupils and staff with allergies including whether they hold adrenaline and whether they have an allergy action plan
- ensures that systems are robust for the identification of pupils at mealtimes
- communication about:
 - the policy
 - the pupils who are on the register of those with allergies
 - the importance of recording and reporting near misses and incidents
- communication with:
 - governors to provide updates about the policy implementation
 - Health and Safety and Designated Safeguarding Leads to keep allergy safety as part of their roles
 - Outside agencies such as Health and Safety Executive (HSE) if a report under RIDDOR is needed
 - Caterer; the procedures in the kitchen and the procedures for ensuring that the pupils with allergies are provided with a safe meal
 - Parents/carers to enable them to input into IHPs (Individual Healthcare Plans) and to request allergy action plans when appropriate
 - Pupils to develop an understanding of allergy through information assemblies and workshops, participating in awareness days and weeks
- spare adrenaline devices and making sure these are checked and in date, with replacements being secured before the current ones expire
- that IHPs are created and communicated
- training and ensuring that all staff access annual training and that allergy is included in induction even for short term members of staff.
- ensuring that all staff can practice with trainer adrenaline devices at least annually.

All Staff:

Responsible for:

- understanding their role in implementing this policy, recognising signs of allergic reactions, and acting swiftly in an emergency





- supporting the creation of the pupils IHP
- implementing the pupils IHP
- Creating an inclusive curriculum
- Curriculum adaptation to minimise risks
- Completing risk assessments for, curriculum activities involving food, trips and visits including sporting events
- Building proactive relationships with parents/carers
- Reporting near misses and incidents

Parents:

Responsible for:

- Adhering to this policy
- Providing school with the information they need to create individual health care plans
- Updating school when reactions happen outside of school or any changes to the pupil's allergy and its management.
- Ensuring that the pupil always has in date medication with them at school

Identification of Individuals with Allergies

Admissions Data Collection: Fradley Park Primary and Nursery School collects detailed medical information from parents/carers regarding known allergies, dietary restrictions, and treatment histories prior to admission on the Admissions Form. This information is then maintained and updated as necessary on Bromcom.

Information Sharing: UK GDPR does not prevent the sharing of a pupil's health information (special category data). Relevant information is securely compiled and shared as necessary in a controlled way with teaching staff, support staff, supply cover, and catering teams while maintaining appropriate data privacy. This is done through: Bromcom, Spreadsheet on Staff One Drive.

Transition: Allergy information and existing care plans are shared as part of a pupil's transition. Fradley Park Primary and Nursery School will request allergy information from the previous school or setting and will consider whether any of the arrangements are suitable to implement. Fradley Park Primary and Nursery School work with parents/carers and the pupil if appropriate to write a new IHP Staff will provide information about pupils for transition visits ahead of a formal move.

Staff: If an allergy is declared, there will be a discussion and a risk assessment created to ensure that the member of staff has a safe working environment.

Visitors and regular volunteers: will be asked about allergies ahead of their visit. If an allergy is declared, the allergy lead will be notified, and this information will be communicated as necessary to ensure that the visitor or regular volunteer has a safe working environment.

Pupil Individual Healthcare Plans (IHPs) and Allergy Action Plans

Allergy Action Plans

- These are clinical documents that are created by a GP / allergy nurse or allergy clinic. They detail the pupil's allergy and medication.





- These contain parent/carer contact details and must be signed by the parent/carer as this is the parental authority to administer medication including the administration of spare adrenaline devices.
- These will only be updated by the medical professional following a review of the pupil's allergy management, this could be annually or 5 yearly. Parents/carers or school need to update the photo of the pupil annually so that the pupil is recognisable.

Allergy action plans are issued for pupils who have an IgE food allergy and often a venom allergy that could lead to anaphylaxis. They are not issued for all allergies. Pupils with nonIgE allergies do not experience anaphylaxis and so an allergy action plan is not issued.

Individual Healthcare Plans (IHPs)

Individual healthcare plans are an essential communication tool that provide clarity about the arrangements which need to be in place to ensure that a pupil is fully included in the life of the school. It will identify exact risk-mitigation measures that need to be followed.

Individual Healthcare Plans are school owned documents that are co-created by school, parents/carers, and pupils.

They should include any advice received from health professionals. If there is no advice from health professionals, information and support can be requested of the school nurses if this is needed.

Where a child has an allergy action plan and or an asthma plan, this must be included with the IHP.

IHPs are reviewed annually or when staff change however they must be reviewed if an incident or near miss occurs. They need to be brought to the attention of supply or cover staff and be passed on during transition to a new school.

Fradley Park Primary and Nursery School will ensure that:

- pupils with an allergy action plan and/or an asthma plan have an individual healthcare plan
- pupils without an allergy action plan or asthma plan but have an allergy that needs active management over and above what other pupils need will have an individual healthcare plan
- individual healthcare plans are created whilst pupils are waiting for a diagnosis

School Trips and External Visits

Fradley Park Primary and Nursery School ensures that pupils with allergies are fully included in every trip, sporting event, or extracurricular activities. A risk assessment addressing allergen exposure in each activity, emergency medication, transport, and proximity to local emergency care will be undertaken with control measures identified. To ensure that the pupil is safe and included, alternative activities will be planned. This will include the safe storage of adrenaline for the duration of the school trip.

Staff leading school trips will ensure they carry all relevant emergency supplies. Trip leaders will check that all pupils have their medication including adrenaline devices with them before departure. Pupils unable to produce their required medication will not be able to attend the excursion.

In conjunction with the allergy lead, the trip leader will review the risk assessment to determine whether the school's spare adrenaline devices should be taken on the trip. Fradley Park Primary and Nursery School will





provide additional spare adrenaline devices should the risk assessment for the trip deem necessary to take them ensuring that pupils remaining in school still have access to spare adrenaline devices should the need arise.

Fradley Park Primary and Nursery School will notify the host school, when arranging a sporting fixture, that a member of the team has an allergy. When a sports tea is provided, the pupils' school will ensure the pupils' allergies are communicated and appropriate food is provided.

Serious Incidents and "Near Misses"

Fradley Park Primary and Nursery School approaches serious incidents and "near misses" in a "no blame" spirit, seeking to learn lessons and address any issues which the incident identified, so that pupils are better protected in the future.

Fradley Park Primary and Nursery School is aware, when an incident occurs that materials such as residues of food consumed or handled or samples of fluids may constitute evidence, which may need to be seized and retained.

Fradley Park Primary and Nursery School uses Staffordshire's **My Health and Safety** to record allergic reactions (incidents) and near misses (e.g., accidental exposure without reaction, or labelling errors) immediately. The incident or near miss will be reviewed and a report written.

Fradley Park Primary and Nursery School will share the information with the pupil's parents/carers, the pupil and the individual involved. They should be given the opportunity to discuss what happened and to contribute their views to the consequent lessons learned review. Fradley Park Primary and Nursery School will confirm what it has learned from the incident and outline any actions it is taking as a result. The pupil's IHP will be updated if necessary.

If unsafe food was supplied by the school operating as a food business, the incident must be reported to the local authority environmental health team.

Wellbeing and Support

At Fradley Park Primary and Nursery School allergy safety is a priority and actions to ensure that pupils are included and safe are embedded into the school's culture. Pupils with allergy become anxious because of the risk of exposure to allergens and the potential for anaphylaxis, which may be compounded by living with difficult-to-control asthma or eczema.

Fradley Park Primary and Nursery School:

- regularly communicate to pupils, parents, and staff about allergies, ensuring ongoing awareness and appreciation of the severity of the potential risks
- includes allergy and anaphylaxis lessons during assembly, tutor time or in PSHE
- plans school celebrations, rewards, and communal events inclusively from the outset to eliminate social isolation
- involves pupils and staff with allergies in developing and reviewing the policy and procedures for allergy management





- understands that allergy bullying is extremely serious and actively monitors, prevents, and addresses any stigmatisation or bullying directed at individuals due to their allergies or dietary constraints
- promotes “allergy champion” roles for staff and pupils (not just within the catering team) who act as a point of contact for pupils and staff with allergies, they can share feedback and support new joiners or anxious pupils
- invites new joiners with allergies to have a tour of the kitchen and canteen so they can meet staff and get used to the mealtime environment which may help to reduce anxiety and enable staff to identify pupils with allergies in the dining hall
- has proactive engagement with new joiners with known allergies, setting out the school, college or setting’s policies and the support available

Safeguarding

Fradley Park Primary and Nursery School recognises that a safeguarding referral may be needed if an incident highlighted concern that the child or young person might be at an increased risk of being neglected, abused or exploited by persons inside or outside of their family unit because of their medical condition. This might occur where relevant information about a child or young person’s medical condition is not provided to a school, college, or setting, or where they are repeatedly sent without essential medication, thereby putting the individual at risk.

Unacceptable Practice

Fradley Park Primary and Nursery School staff are clear about what constitutes unacceptable practice and are committed to ensuring that only good practice occurs. Should unacceptable practice occur the school will follow its own procedures to identify and address this using staff conduct policies.

Examples of unacceptable practice include (but are not limited to):

- preventing children and young people from easily accessing and administering their medication in line with what is agreed in their Individual Healthcare Plan (for example prescribed adrenaline devices and asthma reliever inhalers) when and where necessary;
- assuming that every child with the same condition requires the same support;
- assuming that older children and young people do not require support related to their allergy, even if they are able to take increasing responsibility for its management;
- ignoring the views of the child or young person or their parents or carer;
- ignoring medical evidence or the opinion and advice of healthcare professionals;
- assuming that a child or young person does not have an allergy because they do not yet have a diagnosis, for example while medical investigation is under way;
- sending a child or young person who becomes unwell to a school office or medical room without suitable supervision. In the case of an emergency or suspected emergency (for example anaphylaxis) help should come to the child or young person;
- penalising children or young people for their attendance record if their absences are related to their medical condition, e.g. hospital appointments and health management. This includes excluding children and young people from rewards for 100% attendance where their non-attendance is the result of a medical condition. This should be reflected in attendance policies;
- requiring parents / carers (or otherwise making them feel obliged) to attend the school, college or setting to administer medication or provide medical support to their child; or





- preventing children and young people from participating or creating unnecessary barriers to them participating in any aspect of school, college or setting life, including external visits and trips, e.g. by requiring parents to accompany the child.

Policy Review and Publication

This policy is published openly on the school website and is reviewed at least annually, or more frequently in response to local incident trends or updated statutory guidelines.

Further reading:

Anaphylaxis UK: for teachers by teachers, the one stop shop for all school allergy needs:

<https://www.anaphylaxis.org.uk/education>

Allergy UK: <https://www.allergyuk.org/about-allergy/types-of-allergies>

Allergy Safety in Schools July 2026: <https://www.gov.uk/government/publications/allergy-safety-inschools>

[Guidance on the use of adrenaline auto-injectors in schools](#)

Spare Pens in School: <https://www.sparepensinschools.uk>

Benedict's law: <https://benedictblythe.com/benedicts-law>

<https://www.anaphylaxis.org.uk/education/benedicts-law>

Food and Allergy Guidance for Schools: <https://www.gov.uk/government/publications/school-food-standards-resources-for-schools/allergy-guidance-for-schools>

Food and Allergy Guidance for food businesses:

<https://www.gov.uk/government/publications/allergen-guidance-for-food-businesses>

Statutory Duties:

The duties under Section 34 of the [Children's Wellbeing and Schools Act 2026](#) place a requirement on LA-maintained schools, Academies and PRUs to have allergy safety policies, publish them and keep them under review.

The duty of care under section 3 of the [Children Act 1989](#) for any person with the care of a child to do all that is reasonable for the purposes of safeguarding or promoting the welfare of the child;

The duties to safeguard and promote the welfare of pupils and pupils under sections 20 and 175 of the [Education Act 2002](#), the [Education \(Independent School Standards\) Regulations 2014](#) (and associated statutory guidance) [Keeping children safe in education - GOV.UK](#) and the [Non-Maintained Special Schools \(England\) Regulations 2015](#);





The duty of the employer under section 2 of the [Health and Safety at Work etc Act 1974](#) to take reasonable steps to ensure that employees are not exposed to risks to their health and safety;

The duties under the [Equality Act 2010](#) to provide equality of opportunity for all, including those who are disabled.

The Special Educational Needs and Disability (SEND) [SEND code of practice: 0 to 25 years](#).

[The Early Years Foundation Stage \(EYFS\) statutory framework](#).





Appendix 1

Anaphylaxis & Allergy Awareness Information sheet



Introduction

When a child has an allergy, their immune system reacts inappropriately to a substance in the environment that is normally harmless to others. These substances are called allergens.

Allergic reactions sit on a spectrum, ranging from mild to moderate, to severe.

What is anaphylaxis?

Anaphylaxis (pronounced ana-fill-ax-is) is a severe and potentially life-threatening allergic reaction. Symptoms can start within minutes of exposure to the food or substance the child is allergic to, although in some cases it can take up to 2 hours to develop.

Anaphylaxis is a time critical emergency because symptoms progress rapidly and the child becomes very unwell, very quickly.



What are the causes of anaphylaxis?

The most common cause of anaphylaxis in children is food. Although many foods are known to trigger an allergic reaction, 90% of reactions are caused by 8 foods. These are eggs, milk, peanuts, tree nuts, soya, wheat, fish and shellfish. Non-food related causes include wasp or bee stings, natural latex (rubber) and certain drugs such as penicillin, although these tend to be more common in adults.

Why do allergies develop?

When the allergen enters the body, chemicals including histamine are released from stores within specialised cells in the blood tissues.

What are the symptoms in a mild to moderate reaction?

In a mild to moderate reaction the histamine causes:

- Swollen lips, face or eyes
- Itchy tingling mouth
- Hives or itchy skin rash
- Abdominal pain or vomiting
- Sudden change in behaviour

What are the signs of anaphylaxis?

In anaphylaxis the body is flooded with histamine causing a whole-body allergic reaction involving the airway, breathing and consciousness.

Anaphylaxis usually occurs together with mild to moderate symptoms, but can also happen on its own without any other signs present.



AIRWAY

- swollen tongue
- hoarse voice



BREATHING

- problems breathing
- persistent coughing
- wheezing



CONSCIOUSNESS

- dizziness
- pale or floppy
- collapse, unconsciousness





Anaphylaxis & Allergy Awareness Information sheet



How to manage a mild to moderate allergic reaction

- Sit the pupil down and stay with them
- If they have known allergies, send someone to bring their emergency medication
- If they have anti-histamine prescribed, give this to them, following school procedure
- If the pupil vomits, repeat the dose of anti-histamine, as stated on their care plan
- Stay with the pupil and watch them closely

What is the treatment for anaphylaxis?

Adrenaline is the first line emergency treatment for anaphylaxis. Adrenaline is given by injection and starts to work within minutes.

Once absorbed in the body it:

- Stops swelling
- Opens the airways, so the child can breathe
- Stimulates the heartbeat and raises the blood pressure

What is an AAI?

Adrenaline comes in a device called an Adrenaline Auto Injector or AAI for short.

An AAI has one single dose of adrenaline and is designed to be used quickly and easily in an emergency.

There are 2 types of AAI's available in the UK – EpiPen® and Jext®.



How to give an AAI



AAIs are designed to be given into the outer mid-thigh muscle and can be given through clothes.

Preparing to inject - grasp the auto-injector in your dominant hand, with the needle tip facing down. Remove the safety cap (EpiPen® and Jext®).

Inject and hold in place - if using EpiPen®, hold the AAI about 10 cms away from the thigh and jab firmly. If using Emerade®, or Jext®, press the adrenaline injector against the thigh and push firmly. You will hear the injector fire. Hold in place for 10 seconds for Jext, 5 seconds for Emerade® and 3 seconds for EpiPen®. Remove the AAI.

Call an ambulance and say ANAPHYLAXIS - make a note of the time.

***** IF IN DOUBT, GIVE ADRENALINE *****

If no response after 5 minutes give a second AAI into the other leg.

If wheezy first give AAI then asthma inhaler (blue puffer) via spacer.

What is the best position to place a pupil who is having an anaphylactic reaction?



If the pupil is feeling faint or weak, looking pale, or beginning to go floppy, lay them down with their legs raised.

If they are having difficulty breathing, place them in a sitting-up position.



If they become unconscious, place them in the recovery position.



The pupil should not stand up or walk.

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