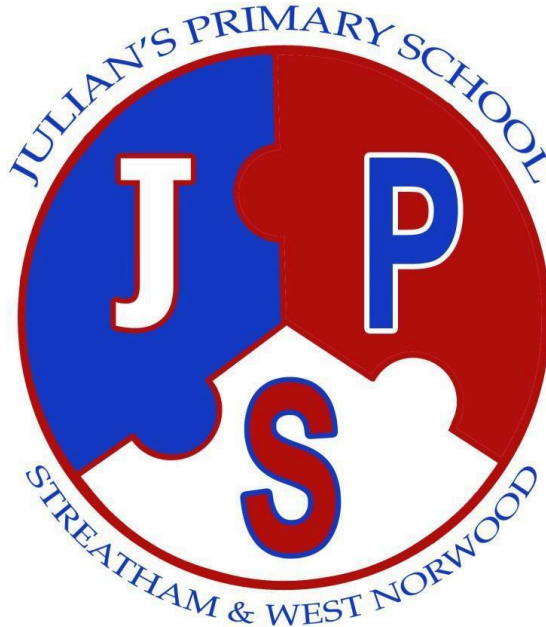


Julian's Primary School



Allergy Management Policy

Julian's Primary School

Approved by: Alison Møller, Executive Headteacher

Approved by Governing Body

Date: 31st August 2026

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1. Aims

1. Introduction

An allergy is the response of the body's immune system to substances that are usually harmless. Allergic reactions can range from relatively minor symptoms, such as itching or localised swelling, to severe, life-threatening anaphylaxis.

Common allergic triggers include nuts, cow's milk and other foods, venom (bee and wasp stings), drugs, latex and hair dye. The most common cause of anaphylaxis in children and young people is food allergy.

Approximately 20% of severe allergic reactions to food occur whilst a child is at school. Julian's Primary School recognises the importance of having clear procedures in place to minimise the risk of allergic reactions and to ensure that all staff are able to recognise and manage them effectively.

Julian's adopts a whole-school approach to allergy management involving pupils, parents/carers, teaching staff, office staff, catering providers and external agencies where appropriate. Parents and carers need to be confident in the school's ability to keep their children safe and reassured that staff are sufficiently trained to act immediately in the event of an allergic reaction.

This policy sets out how Julian's Primary School will support pupils with allergies to ensure they are safe and are not disadvantaged whilst taking part in school life.

This policy aims to ensure that:

- Pupils with allergies are safe and supported whilst attending Julian's Primary School.
 - Staff are able to recognise and respond appropriately to allergic reactions and anaphylaxis.
 - Reasonable steps are taken to minimise exposure to known allergens.
 - Pupils with allergies are fully included in school life.
 - Parents/carers, staff and pupils understand their responsibilities in relation to allergy management.
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2. Legislation and guidance

This policy is based on:

- Supporting Pupils at School with Medical Conditions (DfE)
 - Children and Families Act 2014
 - Equality Act 2010
 - Health and Safety at Work etc. Act 1974
 - Allergy UK Model Policy for Allergy Management at School
 - Guidance from Anaphylaxis UK and the British Society for Allergy and Clinical Immunology (BSACI)
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3. Responsibilities

3.1 Responsibilities of the Executive Headteacher

The Executive Headteacher will ensure that:

- Appropriate allergy management procedures are in place.
- Suitable staff training is provided and refreshed annually.
- Individual healthcare arrangements are implemented where required.
- Risk assessments are completed for pupils with allergies.
- Emergency medication is available and accessible.

3.2 Responsibilities of designated allergy leads

3.2 Responsibilities of Designated Allergy Leads

The named staff members responsible for coordinating allergy management are:

Streatham Site

- Andy Foster
- Joanne Barker

West Norwood Site

- Christalla Michael-Photi
- Louise Wilson

Overall strategic responsibility:

- Lawrence Anderson, Deputy Head for Inclusion

Responsibilities include:

Office Teams

- Maintaining allergy records and Allergy Action Plans.
- Maintaining a register of pupils prescribed adrenaline auto-injectors (AAIs).
- Monitoring expiry dates of medication.
- Recording incidents involving allergic reactions and the use of emergency medication.

Deputy Head for Inclusion

- Coordinating staff allergy and anaphylaxis training.
- Liaising with parents/carers and healthcare professionals.
- Overseeing implementation and review of the school's Allergy Management Policy.

3.3 Responsibilities of staff

All staff will:

- Complete allergy awareness and anaphylaxis training.
- Be aware of pupils with allergies in their care.
- Follow emergency procedures when required.
- Promote inclusion and safeguard pupils from allergy-related bullying.
- Emergency medication must accompany pupils during PE and sporting activities.
- Staff leading activities must be aware of relevant allergies and emergency procedures.

3.4 Responsibilities of parents/carers

Parents/carers are responsible for:

- Informing the school of any diagnosed allergy.

- Providing an up-to-date Allergy Action Plan.
- Providing required medication, including two in-date AAls where prescribed.
- Informing the school of any changes to treatment or allergy status.

Julian's recognises that parents and carers are the experts in their child's allergy management and will work in partnership with families to ensure pupils are kept safe.

3.5 Responsibilities of pupils

Pupils will be encouraged to:

- Inform an adult if they feel unwell.
 - Take increasing responsibility for understanding and managing their allergies as appropriate to age and development.
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4. Allergy Action Plans

All pupils at risk of anaphylaxis must have an Allergy Action Plan completed by a healthcare professional and supplied by parents/carers. The school recommends use of BSACI Allergy Action Plans. Where a pupil's healthcare needs relate solely to allergy, the Allergy Action Plan will normally function as the pupil's Individual Healthcare Plan.

The designated allergy lead will ensure:

- Plans are accessible to relevant staff.
 - Plans are reviewed annually or sooner if circumstances change.
 - Medication is stored alongside the plan where appropriate.
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5. Emergency Treatment and Management of Anaphylaxis

Symptoms of an allergic reaction can range from mild symptoms to life-threatening anaphylaxis.

Mild to Moderate Allergic Reaction Symptoms

A pupil may experience one or more of the following:

- Hives (raised, itchy rash)
- Itchy or tingling mouth

- Swelling of the lips, face or eyes
- Stomach pain
- Vomiting

Staff should monitor the pupil closely and follow the pupil's Allergy Action Plan.

Symptoms of Anaphylaxis

Airway

- Swollen tongue
- Difficulty swallowing or speaking
- Throat tightness
- Hoarse voice

Breathing

- Difficult or noisy breathing
- Chest tightness
- Persistent cough
- Wheezing

Circulation

- Feeling dizzy or faint
- Collapse
- Pale or floppy appearance
- Loss of consciousness

Action to be taken

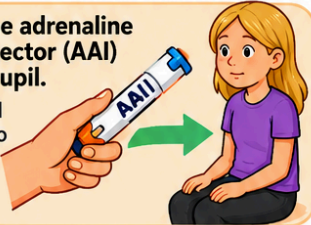
Staff will:

- Position the pupil appropriately. The pupil should be laid flat with their legs raised wherever possible. If they are experiencing breathing difficulties, they may be sat up.
- Administer adrenaline **WITHOUT DELAY** if an adrenaline auto-injector (AAI) is available.
- Bring the adrenaline auto-injector (AAI) to the pupil. The pupil should not be asked to move to where the medication is stored.
- Avoid standing or moving a pupil who is experiencing anaphylaxis unless absolutely necessary.
- Call 999 immediately and clearly state that the pupil is experiencing **anaphylaxis**.
- Stay with the pupil until emergency medical assistance arrives.
- If symptoms do not improve within five minutes, administer a second adrenaline auto-injector (AAI).
- Contact parents/carers as soon as possible.
- Ensure that any pupil who has suffered a serious allergic reaction and/or received adrenaline is taken to hospital for further observation and treatment.

Staff should be aware that anaphylaxis symptoms can recur after the initial reaction has been treated. This is known as a **biphasic reaction**.

ANAPHYLAXIS

ACT FAST. FOLLOW THESE STEPS. 

- 1 Position the pupil appropriately.**
Lay them flat with legs raised wherever possible.
If breathing difficulties occur, sit them up. 
- 2 Administer adrenaline WITHOUT DELAY if an adrenaline auto-injector (AAI) is available.** 
- 3 Bring the adrenaline auto-injector (AAI) to the pupil.**
The pupil should **NOT** be asked to move to where the medication is stored. 
- 4 Avoid standing or moving a pupil who is experiencing anaphylaxis unless absolutely necessary.** 
- 5 Call 999 immediately and clearly state that the pupil is experiencing anaphylaxis.** 
- 6 Stay with the pupil until emergency medical assistance arrives.** 
- 7 If symptoms do not improve within five minutes, administer a second adrenaline auto-injector (AAI).** 
- 8 Contact parents/carers as soon as possible.** 
- 9 Ensure that any pupil who has suffered a serious allergic reaction and/or received adrenaline is taken to hospital for further observation and treatment.** 
- 10 Staff should be aware that anaphylaxis symptoms can recur after the initial reaction has been treated. This is known as a biphasic reaction.** 

Anaphylaxis is a medical emergency – ACT IMMEDIATELY.

  Recognise symptoms  Use AAI quickly  Call 999  Get to hospital 

6. Medication Storage and Management

Julian's will ensure that:

- Medication is stored safely and is readily accessible.
- Medication is not locked away.
- Medication is clearly labelled.
- Staff know where medication is stored.

Spare Adrenaline Auto-Injectors

Julian's Primary School maintains spare AAls in accordance with Department of Health guidance.

Spare AAls:

- Are clearly labelled.
- Are readily accessible but not locked away.
- Are checked regularly for expiry dates.
- May be used in line with parental consent and national guidance.

Medication should be stored in a suitable container and clearly labelled with the pupil's name. The pupil's medication storage container should normally contain:

- Two adrenaline auto-injectors (AAls) (e.g. EpiPen®, Jext® or Emerade®);
- An up-to-date Allergy Action Plan;
- Antihistamine tablets or syrup (where included on the Allergy Action Plan);
- A spoon, where required;
- An asthma inhaler, where included on the Allergy Action Plan.

Medication will be stored securely but will not be locked away. At Julian's Primary School, pupil allergy medication and emergency anaphylaxis kits are stored in the **Front Office at both the Streatham and West Norwood sites**, where they are readily accessible to all staff in the event of an emergency.

The designated allergy leads will undertake termly checks of medication expiry dates and notify parents/carers where replacements are required.

7. Staff Training

All staff will receive allergy and anaphylaxis training:

- On induction.
- Annually thereafter.
- Following significant policy updates.

Training will include:

- Common allergens.
 - Recognition of allergic reactions.
 - Use of adrenaline auto-injectors.
 - Emergency procedures.
 - Allergy avoidance and risk reduction measures.
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8. Catering and Food Management

Julian's will ensure that:

- Catering arrangements comply with food allergen legislation.
 - Allergen information is available for food provided by the school.
 - Catering staff are informed of pupils with food allergies.
 - Reasonable steps are taken to reduce cross-contamination risks.
 - Parents/carers can discuss dietary requirements with catering staff.
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9. Inclusion and Safeguarding

Julian's is committed to ensuring that pupils with allergies:

- Participate fully in school life.
 - Pupils with allergies will not be stigmatised or discriminated against because of their medical condition. They should not routinely be separated at mealtimes or excluded from class activities unless this is specified within their Allergy Action Plan.
 - Are protected from allergy-related bullying.
 - Receive appropriate support for their physical and emotional wellbeing.
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10. Educational Visits and Off-Site Activities

The school will:

- Complete risk assessments for all visits.
- Ensure emergency medication accompanies the pupil.
- Ensure a trained member of staff attends the visit.

- Liaise with venues where food is provided.
 - Make reasonable adjustments to support participation.
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11. Allergy Awareness

Julian's supports a whole-school approach to allergy awareness.

The school will:

- Promote understanding of allergies among pupils and staff.
 - Encourage inclusive practice.
 - Educate pupils about allergy safety.
 - Address allergy-related bullying through the Behaviour Policy.
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12. Risk Assessments

Individual allergy risk assessments will be completed:

- For new pupils with allergies.
- Following any significant change in medical needs.
- Prior to residential visits or activities presenting additional risk.

Insect Sting Allergies

Where pupils have known insect sting allergies:

- Additional risk assessments will be undertaken.
- Outdoor activities will be planned accordingly.
- Emergency medication will remain readily available.

Risk assessments will be reviewed regularly.

13. Monitoring Arrangements

This policy will be reviewed annually by the Inclusion Manager and designated allergy leads.

At each review, the policy will be approved by the Governing Body.

14. Links to Other Policies

This policy should be read alongside:

- Supporting Pupils with Medical Conditions Policy
- First Aid Policy
- Health and Safety Policy
- Safeguarding and Child Protection Policy
- Educational Visits Policy
- Behaviour Policy

15. Useful Links

The following resources provide additional guidance and support for allergy management in schools:

Anaphylaxis UK

- Main website: <https://www.anaphylaxis.org.uk/>
- Safer Schools Programme: <https://www.anaphylaxis.org.uk/education/safer-schools-programme/>
- AllergyWise® for Schools online training: <https://www.allergywise.org.uk/p/allergywise-for-schools1>

Allergy UK

- Main website: <https://www.allergyuk.org>
- Resources for managing allergies at school: <https://www.allergyuk.org/living-with-an-allergy/at-school/>

British Society for Allergy and Clinical Immunology (BSACI)

- Allergy Action Plans: <https://www.bsaci.org/professional-resources/resources/paediatric-allergy-action-plans/>

Spare Pens in Schools

- Guidance on spare adrenaline auto-injectors (AAIs): <http://www.sparepensinschools.uk>

Department for Education

- Supporting Pupils at School with Medical Conditions:

<https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachm>

[ent_data/file/803956/supporting-pupils-at-school-with-medical-conditions.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/803956/supporting-pupils-at-school-with-medical-conditions.pdf)

Department of Health and Social Care

- Guidance on the Use of Adrenaline Auto-Injectors in Schools:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/645476/Adrenaline_auto_injectors_in_schools.pdf

National Institute for Health and Care Excellence (NICE)

- Food Allergy Quality Standards (2016):

<https://www.nice.org.uk/guidance/qs118>

- Anaphylaxis: Assessment and Referral After Emergency Treatment (2020):

<https://www.nice.org.uk/guidance/cg134>