



Whole School Allergy Policy

Mission Statement:

*'In St Margaret Mary's School
we welcome everyone into our community
in order to live, love and learn
together in the light and example of the life of Christ.'*

SENDCO: Mrs L Attwood

Chair of Governors: Mr Eddie Connaughton

'In St Margaret Mary School we value the wellbeing of all Stakeholders.'

Whole School Allergy Policy

Autumn 2026

Legislation and Guidance

This policy is based on the Department for Education's guidance on allergies in schools and supporting pupils with medical conditions at school, the Department of Health and Social Care's guidance on using emergency adrenaline auto-injectors in schools, and the following legislation:

- The Food Information Regulations 2014
- The Food Information (Amendment) (England) Regulations 2019
- 'Benedict's Law' is part of the Children's Wellbeing and Schools Bill and will be enforced through statutory guidance expected to come into effect in September 2026
- Children's Wellbeing and Schools Bill Legislation

Aims

This school 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

Role and Responsibilities

We take a whole-school approach to allergy awareness. The nominated allergy leads are Mrs Lucy Attwood, Miss Amy Rowley and Miss Mia Sunderland.

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ALLERGY POLICY INFORMATION

They're responsible for:

- Promoting and maintaining allergy awareness across our school community
- Recording and collating allergy and special dietary information for all relevant pupils

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- Ensuring:

- ✓ All allergy information is up to date and readily available to relevant members of staff

- ✓ All pupils with allergies have an allergy action plan completed by a medical professional

- ✓ All staff receive an appropriate level of allergy training

- ✓ All staff are aware of the school's policy and procedures regarding allergies

- ✓ Relevant staff are aware of what activities need an allergy risk assessment

- Keeping stock of the school's adrenaline auto-injectors (AAIs) and checking they are in date.

- Regularly reviewing and updating the allergy policy

St Margaret Mary School Nurse

The school nurse is responsible for:

- Supporting the school with the paperwork and information from families

- Supporting the school with the coordination of medication with families

- Providing advice to the school/ training

- Any other appropriate tasks delegated by the allergy leads

Teaching and support staff

All teaching and support staff are responsible for:

- Promoting and maintaining allergy awareness among pupils

- Maintaining awareness of our allergy policy and procedures

- Being able to recognise the signs of severe allergic reactions and anaphylaxis

- Attending appropriate allergy training as required

- Being aware of specific pupils with allergies in their care

- Carefully considering the use of food or other potential allergens in lesson and activity planning

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- Ensuring the wellbeing and inclusion of pupils with allergies

Designated Members of First Aid Staff

Certain staff hold a valid 'First Aid at Work & Paediatric' certificate. As part of this training, allergies and the use of AAls are covered.

(A. Rowley, M. Sunderland, S. Neary, I. Croft, M. Toney, M. Walczak, R.Olkowska, L. Fisher, N. Valentine, L. Bibb)

ALLERGY POLICY INFORMATION

In addition, the following St Margaret Mary staff are paediatric first aid trained (covering new legislation for EYFS requirements):

D. Chapman, C. Donoghue, G. Morgan, V. Morris, C. Canavan

Parents

- Parents are fully responsible for:
- Being aware of our school's allergy policy
- Providing the school with up-to-date details of their child's medical needs, dietary requirements, and any history of allergies, reactions and anaphylaxis
- If required, providing their child with 2 in-date adrenaline auto-injectors and any other prescribed medication, including inhalers, antihistamine etc., and making sure these are replaced in a timely manner
- Carefully considering the food they provide to their children as packed lunches and snacks, and trying to limit the number of allergens included
- Following the school's guidance on food brought in to be shared
- Updating the school on any changes to their child's condition
- Signing an agreement for administration of medication consent form

Pupils with allergies

These pupils are responsible for:

- Being aware of their allergens and the risks they pose

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- Having an age-appropriate understanding how and when to use their adrenaline auto-injector

Pupils without allergies

These pupils are responsible for:

- Being aware of allergens and the risk they pose to their peers

Assessing risk

St Margaret Mary School will conduct a risk assessment for any pupil at risk of anaphylaxis taking part in:

- Lessons such as food technology
- Science experiments involving foods
- Crafts using food packaging
- Off-site events and school trips
- Any other activities involving animals or food, such as animal handling experiences or baking
- A risk assessment for any pupil at risk of an allergic reaction will also be carried out where a visitor requires a guide dog.

Managing risk

Pupils with allergies

These pupils are responsible for:

- Being aware of their allergens and the risks they pose
- Understanding how and when to use their adrenaline auto-injector
- If age-appropriate, carrying their adrenaline auto-injector on their person and only using it for its intended purpose (members of staff are still expected to help administer the AAI if the pupil cannot do so) – duty of care

Catering

The school buys into Birmingham's Citiserve Services catering. St. Margaret Mary school shares allergy information with the school kitchen and dinner supervisor

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team. If there are any updates for any children, these are shared with the kitchen catering team and dinner supervisor team promptly and recorded in the red book. Furthermore, Citiserve catering service have implemented their own safety measures with allergies, intolerances and dietary requirements.

As a result, St. Margaret Mary catering staff should be able to identify pupils with a specific allergy and be able to provide them with safe meals.

In addition:

- School catering staff receive appropriate training provided by the School Nurse – start of year allergy training
- School menus are available for parents to view with ingredients clearly labelled
- Where changes are made to school menus, the catering team will make sure these continue to meet any special dietary needs of pupils
- Catering staff follow hygiene and allergy procedures when preparing food to avoid cross contamination

Food restrictions

We acknowledge that it is impractical to enforce a completely allergen-free school. However, St. Margaret Mary likes 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. Parent/s will be informed accordingly.

St. Margaret Mary Catholic Primary School sends out regular correspondence and reminders to parents, all related to 'no nut products' in school.

Insect bites/ stings

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Insect sting allergy causes a lot of anxiety and needs careful management. Adults supervising activities must ensure that suitable medication, including AAls, is always on hand for the management of anaphylaxis. When outdoors:

- Shoes should always be worn
- Food and drink should be covered as and when necessary

Animals (most likely occurring on arranged farm trips etc.)

- 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 will have additional support if needed through:

- Pastoral care
- Regular check-ins with their class teacher/ teaching assistant

Events and arranged 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.

Register of pupils with AAls

The school maintains a register of pupils who have been prescribed AAls or where a doctor has provided a written plan recommending AAls to be used in the event of anaphylaxis. The register 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 names of Epi-pen Children are kept in the staff room and can be checked quickly by any member of staff as part of initiating an emergency response. In the classrooms where children have AAI, information is on the internal school communication system about that child. All children with an AAI will have them in the 'quick access' designated area.

'The names of Epi-pen Children' are also located:

- Deputy Head office

Allergic reaction procedures

- As part of St. Margaret Mary whole-school awareness approach to allergies, all staff are trained in the school's allergic reaction procedure annually, and to recognise the signs of anaphylaxis and respond appropriately
- All staff are trained in the administration of AAI.
- If a pupil has an allergic reaction, the staff member will initiate the school's emergency response plan, following the pupil's allergy needs
- If an AAI needs to be administered, a designated member of staff member will use the pupil's own AAI, or if it is not available, the emergency school one. It will only be administered by a member of staff trained in this procedure
- If the pupil has no specific allergy action plan, staff will follow the school's procedures on responding to allergy and, if needed, the school's normal emergency procedures. This will be the NHS advice on treating anaphylaxis: <https://www.nhs.uk/conditions/anaphylaxis/>
- If a pupil needs to be taken to hospital, staff will stay with the pupil until the parent arrives, or accompany the pupil to hospital by ambulance
- If the allergic reaction is mild (e.g. skin rash, itching or sneezing), the pupil will be monitored and the parents informed accordingly

Adrenaline auto-injectors

Purchasing of spare AAI

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The First Aid Leads are responsible for buying AAls and ensuring they are stored according to the guidance. The spare AAls are sourced from a local pharmacy. The school has a spare Epi-Pen and Epi-Pen junior which are stored in the Deputy's office.

Storage of prescribed and spare AAls

The First Aid Leads will make sure all AAls 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 (Deputy's office) to which all staff always have access, but is out of the reach of children
- Not locked away, but accessible and available for use always
- Not located more than 2 minutes away from where they may be needed on the school premises

Maintenance (of emergency AAls)

The First Aid Leads are responsible for checking monthly that:

- The AAls are present and in date
- Replacement AAls are obtained when the expiry date is near

Disposal

AAls can only be used once. Once an AAI has been used, it will be disposed of in line with the manufacturer's instructions. Important to note that any 'AAls used on a child will always be handed to the medical response paramedics.

Use of AAls off school premises

- Pupils at risk of anaphylaxis will have a designated member of staff who will carry their AAls on school trips and off-site events

Training

St. Margaret Mary School is fully committed to raising awareness of allergies. 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)

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- Where AAls are kept on the school site, and how to access them
- The importance of acting quickly in the case of anaphylaxis
- The wellbeing and inclusion implications of allergies

Policy to be reviewed July 2027