

Rainow Primary School

Caring, Learning, Achieving.

Allergens and Anaphylaxis Policy

Members of staff responsible:
Date approved by the Governors:
Date to be reviewed:

Headteacher
Autumn 2026
Autumn 2029

1. Rationale

Rainow Primary School is committed to providing a safe, inclusive and healthy environment for all pupils, staff and visitors. We recognise that allergies can affect individuals in different ways and that severe allergic reactions (anaphylaxis) can be life-threatening if not managed appropriately.

The school seeks to minimise the risk of exposure to allergens, ensure staff understand their responsibilities, and provide a safe and effective response in the event of an allergic reaction.

This policy will be available on the school website, shared with parents and shared with staff as part of annual allergy awareness training.

This policy has been developed with due regard to:

- Allergy Safety in Schools Statutory Guidance (DfE, 2026)
- Supporting Children and Young People with Medical Conditions and Allergies (DfE, 2026)
- Keeping Children Safe in Education (KCSIE) 2026
- Children's Wellbeing and Schools Act 2026
- Equality Act 2010
- Supporting Pupils with Medical Conditions guidance

This policy should also be read alongside the school's:

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

2. Aims

The aims of this policy are:

- To safeguard pupils with allergies.
- To minimise the risk of exposure to known allergens.
- To ensure all staff understand their responsibilities.
- To ensure appropriate procedures are in place to respond to allergic reactions and anaphylaxis.
- To promote awareness and understanding of allergies across the school community.
- To support pupils with allergies in accessing all aspects of school life safely and inclusively.

3. Definitions

Allergy

An allergy is the body's immune system reacting to a substance that is normally harmless.

Allergen

A substance that can trigger an allergic reaction, such as:

- Nuts
- Milk
- Eggs
- Fish
- Shellfish
- Wheat
- Soya
- Sesame
- Insect stings
- Medicines
- Latex

Anaphylaxis

Anaphylaxis is a severe and potentially life-threatening allergic reaction that requires immediate medical attention.

4. Roles and Responsibilities

Headteacher

The Headteacher will:

- Ensure this policy is implemented effectively.
- Ensure appropriate staff training is provided.
- Ensure suitable procedures are in place to support pupils with allergies.
- Monitor the effectiveness of allergy management arrangements.

Staff

All staff will:

- Be aware of pupils with known allergies.
- Complete mandatory annual Allergy and Anaphylaxis training.
- Follow Individual Healthcare Plans where applicable.
- Take reasonable steps to minimise allergy risks.
- Respond promptly to allergic reactions.
- Seek emergency assistance where necessary.
- Record and report incidents appropriately.

Parents and Carers

Parents and carers are responsible for:

- Informing the school of any allergies or medical conditions.
- Providing up-to-date medical information.
- Working with the school to create and review Individual Healthcare Plans.
- Supplying in-date prescribed medication where required.
- Informing the school promptly of any changes to medical needs.

Pupils

Pupils are encouraged, where age appropriate, to:

- Take responsibility for their own safety.
- Follow school guidance regarding food sharing.
- Inform an adult immediately if they feel unwell.

4. Allergy Identification and Records

The school maintains a record of pupils with known allergies and medical conditions.

This includes:

- known allergens;
- prescribed medication;
- Individual Healthcare Plans;
- Allergy Action Plans;
- emergency contact details.

Information will be updated whenever parents provide new information and reviewed at least annually.

5. Individual Healthcare Plans

Where a pupil has a significant allergy, the school will work with parents and healthcare professionals to prepare an Individual Healthcare Plan.

The plan may include:

- Details of the allergy.
- Known triggers.
- Signs and symptoms.
- Medication requirements.
- Emergency procedures.
- Contact details for parents and carers.

Healthcare Plans will be reviewed annually or sooner if circumstances change.

6. Prevention and Risk Management

General Principles

The school recognises that it is not possible to guarantee an allergen-free environment.

The school will take reasonable steps to reduce risk whilst promoting inclusion and normal participation in school life.

Food and Drink

To reduce risk:

- Rainow Primary School operates as a nut-free school. Parents, carers, staff and visitors are asked not to bring nuts, nut products or foods containing nuts onto the school site.
- Pupils must not share food, drinks, snacks or sweets.
- Staff will encourage regular handwashing before and after eating.
- Allergy information will be shared with relevant staff.
- Careful consideration will be given before using food within the curriculum.
- Allergen information from catering providers will be sought where applicable.

Classroom Activities

Staff will consider allergies when planning activities involving:

- Food preparation
- Baking
- Tasting activities
- Arts and crafts materials
- Science investigations
- Sensory play

Alternative resources or activities will be provided where necessary.

Educational Visits

Risk assessments will identify allergy risks and control measures.

Where appropriate:

- Medication will accompany the pupil.
- A responsible adult will be identified.
- Emergency procedures will be shared with accompanying staff

7. Adrenaline Auto-Injectors (AAIs)

The school will ensure that prescribed and emergency AAIs are readily accessible and can be brought to a pupil experiencing anaphylaxis without delay.

Examples include:

- EpiPen
- Jext
- Emerade

The school may also hold emergency spare AAIs in accordance with current guidance.

The school will ensure:

- Medication is stored safely.
- Medication is easily accessible in an emergency.
- Expiry dates are monitored.
- Parents are informed when replacement medication is required.

8. Recognising an Allergic Reaction

Symptoms may include:

Mild to Moderate Symptoms

- Itching
- Rash or hives

- Tingling lips or mouth
- Swelling around the face or eyes
- Stomach pain
- Nausea

Signs of Anaphylaxis

- Difficulty breathing
- Wheezing
- Persistent coughing
- Swelling of the tongue or throat
- Difficulty speaking
- Severe dizziness
- Collapse or loss of consciousness

9. Emergency Procedures

If anaphylaxis is suspected:

1. Follow the pupil's Individual Healthcare Plan.
2. Administer the Adrenaline Auto-Injector without delay.
3. Call 999 immediately.
4. Inform the Headteacher or senior member of staff.
5. Contact parents or carers.
6. Remain with the child until emergency services arrive.
7. Administer a second AAI if instructed and available.
8. Record the incident and review procedures afterwards.

When in doubt, staff will treat the situation as a medical emergency.

10. Staff Training and Competence

Rainow Primary School recognises that effective allergen management depends upon staff knowledge, vigilance and training.

The school ensures that:

- All staff receive Allergy Awareness and Anaphylaxis training - allergy awareness and emergency response training will be provided at least annually and as part of induction for new staff. Staff who may be required to administer Adrenaline Auto-Injectors (AAIs) receive appropriate practical training.
- Staff receive appropriate induction regarding pupils with known allergies.
- Supply staff and regular volunteers will be informed of relevant allergy information and emergency procedures.
- Training records are maintained and refreshed as required.

Catering Staff

Staff involved in the preparation, service or handling of food receive appropriate training in:

- Food hygiene and food safety.
- Allergen awareness and allergen management.
- The prevention of cross-contamination.
- Procedures for checking and communicating allergen information.

Wraparound Care Staff

Staff working within breakfast club, after-school club and holiday provision receive appropriate training to ensure that pupils with allergies are able to access provision safely.

This includes:

- Allergy and Anaphylaxis awareness training.
- Emergency response procedures.
- Recognition of allergic reactions and anaphylaxis.
- Accessing pupil medical information and healthcare plans.

Leadership Oversight

The Headteacher maintains relevant qualifications in food hygiene and allergen awareness and provides strategic oversight of the school's allergen management procedures.

11. Wellbeing and Inclusion

The school recognises that managing allergies can place significant emotional stress on children and their families.

Staff will support pupils with allergies sensitively and promote an inclusive environment.

Bullying, teasing or discrimination relating to allergies, medical conditions or dietary requirements will not be tolerated and will be managed in accordance with the school's Behaviour and Anti-Bullying Policies.

12. Record Keeping

The school will maintain records relating to:

- allergic reactions;
- episodes of anaphylaxis;

- administration of emergency medication;
- allergy-related near misses;
- concerns regarding allergen exposure.
- Individual Healthcare Plans.
- Staff training.
- Medication checks.

Following significant incidents or near misses, procedures will be reviewed to identify lessons learned and any necessary improvements.

Relevant incidents will be recorded on CPOMS where appropriate.

13. Information Sharing

Information regarding allergies will be shared with relevant staff to ensure pupils can be supported safely.

The school will handle medical information in accordance with UK GDPR and data protection requirements.

Information will be shared on a need-to-know basis whilst balancing confidentiality and pupil safety.