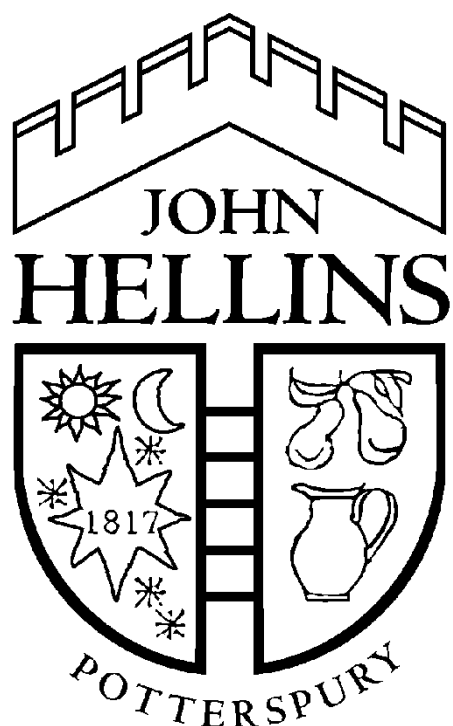


John Hellins Primary School



Allergy Policy

Policy Written:

Mar 2026

Approved by Staff

Approved by Governors

Review Date

Version May 2026

Allergy Policy

1. Introduction

John Hellins Primary School is committed to supporting the safety and wellbeing of all pupils, including those with known allergies.

Allergic reactions can range from mild symptoms to severe reactions, including anaphylaxis. The school will take reasonable steps to minimise risks where allergies are known. This policy outlines how the school identifies, manages, and responds to allergies disclosed to the school.

This policy is intended to support compliance with statutory guidance associated with Benedict's Law coming into force in September 2026, including requirements for:

- Whole-school allergy management policies
- Annual allergy and anaphylaxis training
- Spare adrenaline auto-injectors (AAIs)
- Individual healthcare plans
- Emergency response procedures
- Appropriate record keeping and risk management

2. Roles and Responsibilities

The Governing Body will:

- Ensure appropriate arrangements are in place to support pupils with allergies and medical conditions
- Review this policy annually
- Ensure staff receive appropriate training

The Headteacher will:

- Ensure implementation of this policy
- Ensure appropriate staff training is completed
- Ensure emergency medication is available and accessible
- Ensure allergy incidents are recorded and reviewed

School staff will:

- Be aware of pupils with allergies
- Follow healthcare plans and emergency procedures
- Take reasonable precautions to avoid known allergens
- Respond appropriately in an emergency
- Complete required training

Parents/carers must:

- Inform the school of allergies and medical conditions
- Provide medical evidence where appropriate
- Supply prescribed medication
- Ensure medication is in date
- Notify the school of any changes

3. Disclosure and Undisclosed Allergies

The school can only take appropriate precautions if allergies are clearly disclosed by parents or carers.

If an allergy is disclosed:

- School will produce an individual health care plan, in conjunction with parents, containing details of the allergy, symptoms and prescribed treatment.
- Staff will take reasonable steps to prevent exposure to the allergen while the pupil is on the school site or off-site in the care of school staff.
- Where school has been informed of an allergy, we will be unable to give the child the allergen. Even if this is part of a reintroduction plan, unless this direction is received in writing from a medical professional.

If an allergy is not disclosed:

- The school can only implement appropriate precautions where it has been informed of a pupil's allergy and provided with appropriate medical information

Note: While precautions are taken for known allergies, the school cannot guarantee a completely allergen-free environment.

4. Food Brought Into School

Pupils may bring food into school as packed lunches or snacks.

The school does **not** prohibit specific foods, including those containing allergens such as nuts and eggs. For examples, the school does not operate as a nut-free environment because it cannot guarantee the complete absence of allergens.

However, where a pupil has a disclosed allergy, staff will take reasonable steps to prevent exposure.

5. Parental Responsibility

Parents and carers are responsible for providing accurate and up to date information about their child's allergies.

They must:

- Inform the school of any allergies when their child joins
- Notify the school immediately if a new allergy is diagnosed
- Update the school if the severity or treatment changes
- Supply any prescribed medication
- Ensure medication is clearly labelled and in date

Without this information, the school may not be able to take appropriate precautions.

6. Food in School Activities

Food may be used in school for:

- School meals
- Cooking lessons
- Curriculum activities
- Cultural events and celebrations

Staff will take reasonable steps to ensure known allergens are avoided. Where necessary, alternative ingredients or activities will be provided.

7. Severe Allergic Reactions (Anaphylaxis) and Adrenaline Auto-Injectors

Some allergies can cause anaphylaxis - a severe and potentially life-threatening reaction.

Symptoms may include:

- Difficulty breathing or wheezing
- Swelling of the lips, tongue, or throat
- Severe rash or hives
- Dizziness or collapse

Pupils at risk may be prescribed an adrenaline auto-injector, such as:

- EpiPen
- Jext
- Emerade

Administration rules:

Parents/carers will be asked to provide consent for emergency medical treatment as part of the school registration process, including administration of a spare adrenaline auto-injector where needed. This will be obtained on an 'opt out' basis, where consent will be assumed unless specifically withdrawn by parents.

Where a pupil has a diagnosed allergy, specific consent arrangements will form part of the healthcare plan process.

In the event of a suspected first-time anaphylactic reaction, trained staff may administer a spare auto-injector and call emergency services where they reasonably believe this is necessary to preserve life or prevent serious harm.

The school will always seek to act in the best interests of the child and in accordance with emergency first aid guidance.

Staff response to a severe allergic reaction:

1. Follow the pupil's healthcare plan (if available)
2. Administer the prescribed (or emergency) adrenaline auto-injector if required
3. Call **999** for emergency medical assistance
4. Contact parents or carers immediately

If no auto-injector is available, staff will take immediate action, provide first aid, and call emergency services.

Staff training includes:

All staff will receive annual allergy awareness and anaphylaxis training, including:

- Recognising allergic reactions
- Recognising anaphylaxis
- Emergency procedures
- Administration of AAls
- Understanding healthcare plans
- Risk reduction measures

Relevant temporary, lunchtime, support, and school trip staff will also receive appropriate information and instruction.

8. Records and Review

The school will maintain an up-to-date allergy register for pupils with diagnosed allergies. Up to date information will also be stored within SIMS.

Where required, an Individual Healthcare Plan will be developed in partnership with parents/carers and relevant healthcare professionals.

Plans may include:

- Known allergens
- Signs and symptoms

- Medication requirements
- Emergency procedures
- Dietary requirements
- Off-site visit arrangements

A record of all allergic reactions and near misses will be documented and reviewed to identify whether additional control measures are required.

Relevant staff will have access to necessary information to support pupil safety.

9. Medication Storage and Access

School will store emergency medication (auto-injectors and other allergy medication) in the SLT office. This will not be locked away and will be easily accessible. Medication will be taken on school trips and external visits and expiry dates will be checked regularly.

10. Schools Trips and External Visits

Risk assessments for educational visits will consider allergy and medical needs.

Appropriate arrangements may include:

- Carrying medication
- Availability of trained staff
- Emergency communication procedures
- Food and catering checks

11. Safeguarding and Inclusion

The school recognises that unmanaged allergies and medical conditions may present a safeguarding and welfare risk.

The school will make reasonable adjustments, where appropriate, to enable pupils with allergies or medical conditions to participate fully in school life

12. Review

This policy will be reviewed annually or earlier if statutory guidance changes or following a significant incident.