

Allergy Management Policy



Policy Revised: June 2026

Reviewed: next review September 2027 (or sooner if national guidance changes)

Contents

Section	Page
Important Notice	3
1. Introduction	3
2. Understanding Allergies	4
3. Creating an Allergy-Aware Environment	5
4. Individual Healthcare Plans	6
5. Roles and Responsibilities	6–8
6. Responding to Allergic Reactions	8-9
7. Catering and Food Management	9-10
8. Learning Beyond the Classroom	10-11
9. Communication and Allergy Awareness	11
10. Monitoring and Review	12
Appendix 1 – Recognising an Allergic Reaction and Anaphylaxis	13-14
Appendix 2 – Emergency Anaphylaxis Response	15
Appendix 3 – The 14 Food Allergens	16
Appendix 4 – Allergy-Aware Practice at Barnes Infant Academy	16-17

Important Notice

This policy has been written in anticipation of forthcoming Department for Education guidance relating to allergy management in schools, commonly referred to as *Benedict's Law*.

As national guidance continues to develop, Barnes Infant Academy will review and amend this policy where necessary to ensure it reflects current statutory requirements and best practice.

This policy should be read alongside the Academy's Managing Medication Policy. The Managing Medication Policy outlines procedures for the administration, storage and recording of medication. This policy focuses on how the Academy creates and maintains a safe, inclusive and allergy-aware environment.

1. Introduction

Barnes Infant Academy is committed to ensuring that every pupil feels safe, included and able to participate fully in school life.

We recognise that allergies can affect pupils in many different ways. Whilst many allergic reactions are mild, some can become severe very quickly and require immediate emergency treatment.

The Academy aims to reduce the likelihood of allergic reactions through effective planning, staff awareness, sensible risk management and strong partnerships with parents, carers and healthcare professionals.

We recognise that it is not possible to remove every allergen from the school environment. Instead, we promote an **allergy-aware culture**, where everyone understands their role in reducing risk whilst ensuring children with allergies continue to enjoy the same experiences and opportunities as their peers.

This policy applies to all pupils, staff, volunteers, contractors and visitors.

The aims of this policy are to:

- provide a safe and inclusive environment for pupils with allergies;
- minimise the risk of exposure to known allergens through sensible risk management;
- ensure staff understand their responsibilities;
- promote effective communication between school, parents and healthcare professionals;
- ensure effective emergency procedures are in place;
- promote the wellbeing and inclusion of pupils with allergies.

2. Understanding Allergies

An allergy occurs when the body's immune system reacts to a substance (allergen) that is normally harmless.

Common allergens include:

- food;
- medication;
- insect stings;
- pollen;
- animals;
- latex;
- dust mites;
- certain chemicals.

Allergic reactions vary from person to person.

Some pupils may experience:

- itching;
- skin rashes;
- swelling;
- stomach pain;
- sickness;
- coughing.

Others may experience **anaphylaxis**, a severe allergic reaction that requires immediate emergency treatment.

The Academy also recognises that some pupils may have food intolerances or coeliac disease. Whilst these conditions differ from allergies, they may still require careful planning and appropriate adjustments within school.

Every pupil's needs are individual. Where appropriate, pupils will be supported through an Individual Healthcare Plan (IHP) and, where issued by a healthcare professional, an Allergy Action Plan. The Academy therefore works closely with families to ensure that appropriate support is in place.

3. Creating an Allergy-Aware Environment

Barnes Infant Academy operates as a nut-free school to reduce the risk of exposure to nut allergens. Whilst it is not possible to eliminate every allergen from the school environment, we reduce risk through sensible everyday practices and promote an allergy-aware culture where everyone understands their role in keeping pupils safe.

These include:

- promoting good hand hygiene before and after eating;
- encouraging pupils not to share food, drinks or eating utensils;
- cleaning tables and eating areas thoroughly;
- considering classroom resources such as play dough, flour-based products, glues and natural materials where appropriate;
- ensuring staff are aware of pupils with allergies;
- considering allergy risks when planning activities;
- encouraging pupils to respect and support one another.

The Academy believes that children with allergies should be able to participate safely alongside their peers rather than being excluded from activities wherever possible.

Reasonable adjustments will always be considered to enable participation.

Children are taught, in an age-appropriate way, that some people have allergies and that simple actions, such as not sharing food, can help keep everyone safe.

Minimising Exposure to Allergens

Barnes Infant Academy will take reasonable steps to minimise the risk of pupils coming into contact with known allergens.

Staff will consider allergy risks during everyday classroom practice, food-based activities, educational visits and the use of classroom resources.

Reasonable adjustments will be made wherever possible without unnecessarily excluding pupils from learning experiences.

4. Individual Healthcare Plans

Every pupil with a diagnosed allergy requiring ongoing support will have an Individual Healthcare Plan (IHP).

The Individual Healthcare Plan helps ensure that everyone involved in supporting the child understands their needs and knows how to respond appropriately.

The plan will normally include:

- details of the allergy;
- known triggers;
- signs and symptoms;
- emergency procedures, including any Allergy Action Plan where one has been provided.
- prescribed medication;
- reasonable adjustments required;
- arrangements for educational visits where appropriate.

Individual Healthcare Plans are developed in partnership with parents and, where appropriate, healthcare professionals.

Plans are reviewed at least annually and sooner where a child's medical needs change.

Individual Healthcare Plans will include emergency contact details and, where appropriate, an up-to-date photograph of the pupil to assist staff in recognising and supporting the child quickly.

All staff will have access to the information they need to support pupils safely whilst maintaining appropriate confidentiality.

Where a healthcare professional has issued an Allergy Action Plan, this will be attached to the Individual Healthcare Plan and followed in the event of an allergic reaction.

5. Roles and Responsibilities

Supporting pupils with allergies is a shared responsibility. By working together, we can create an environment where risks are minimised and pupils feel safe, supported and included.

Governing Body

The Governing Body is responsible for ensuring that the Academy has appropriate policies and procedures in place to support pupils with allergies and that these arrangements are reviewed regularly.

Headteacher

The Headteacher will:

- ensure this policy is implemented consistently across the Academy;
- ensure appropriate staff training is provided;
- promote an allergy-aware culture throughout the school;
- ensure reasonable adjustments are made for pupils with allergies where appropriate;
- monitor the effectiveness of allergy management arrangements.

Managing Medication Lead

The Managing Medication Lead will:

- coordinate allergy management across the Academy;
- maintain and review Individual Healthcare Plans (IHPs);
- liaise with parents, carers and healthcare professionals where appropriate;
- ensure all staff have access to appropriate information;
- coordinate staff training;
- review allergy incidents and identify any improvements to Academy procedures.
- maintain an up-to-date register of pupils with diagnosed allergies.

Deputy Managing Medication Lead

The Deputy Managing Medication Lead will support the Managing Medication Lead and fulfil these responsibilities in their absence.

Staff

All staff are expected to:

- be familiar with pupils who have allergies within their care;
- understand the signs and symptoms of allergic reactions;
- follow Individual Healthcare Plans;
- know how to access emergency support;
- encourage pupils not to share food or drinks;

- promote good hygiene practices;
- consider allergy risks when planning activities;
- report any allergy concerns, incidents or near misses promptly.

Parents and Carers

Parents and carers play an essential role in supporting the Academy to meet their child's needs.

They are responsible for:

- informing the Academy of any diagnosed allergy;
- providing accurate and up-to-date medical information;
- informing the Academy promptly of any changes to their child's allergy or treatment;
- providing prescribed medication in accordance with the Academy's Managing Medication Policy;
- working in partnership with the Academy to review their child's Individual Healthcare Plan.

Pupils

Pupils will be encouraged, appropriate to their age and understanding, to:

- tell an adult immediately if they feel unwell;
- understand the importance of allergies;
- avoid sharing food or drinks;
- show kindness, respect and consideration towards others.

6. Responding to Allergic Reactions

All staff should be familiar with the signs and symptoms of an allergic reaction and know how to respond appropriately.

Symptoms may include:

- itching or tingling;
- swelling of the lips, tongue or face;
- skin rash or hives;
- stomach pain or vomiting;
- coughing or wheezing;

- difficulty breathing;
- dizziness or collapse.

If there is any doubt whether a reaction is severe, staff should always treat it as anaphylaxis and seek emergency medical assistance immediately.

Any suspected case of anaphylaxis must be treated as a medical emergency.

Staff will:

- remain calm and reassure the pupil;
- follow the pupil's Individual Healthcare Plan where available;
- administer an Adrenaline Auto-Injector (AAI) immediately if required;
- call 999 and clearly state that the pupil is experiencing anaphylaxis;
- remain with the pupil until emergency services arrive;
- contact parents or carers as soon as practicable.

All pupils who receive an Adrenaline Auto-Injector must be assessed by medical professionals, even if they appear to recover.

Detailed procedures for the administration of medication, including Adrenaline Auto-Injectors, are contained within the Academy's Managing Medication Policy.

Spare Adrenaline Auto-Injectors

Where held by the Academy, spare Adrenaline Auto-Injectors (AAIs) will be obtained, stored and used in accordance with Department for Education guidance. They are intended to supplement, not replace, a pupil's prescribed medication.

7. Catering and Food Management

Barnes Infant Academy recognises that mealtimes should be safe, enjoyable and inclusive for every pupil.

Appropriate systems will be used to identify pupils requiring special diets before meals are served.

The Academy works closely with its catering provider to ensure that pupils with allergies are able to eat safely alongside their peers.

To support this, the Academy will:

- ensure allergen information is available for all meals provided;
- work with parents and the catering provider to meet individual dietary requirements where reasonably practicable;

- encourage pupils not to share food, drinks or eating utensils;
- Staff supervising mealtimes will remain vigilant to reduce the risk of accidental food sharing;
- promote good hand hygiene before and after eating;
- ensure eating areas are cleaned appropriately to reduce the risk of cross-contamination;
- ensure staff supervising mealtimes are aware of pupils with significant allergies.

Where appropriate, agreed systems will be used to identify pupils with specific dietary requirements to help ensure they receive suitable meals safely.

Parents providing packed lunches are encouraged to consider the needs of the wider school community and to follow any guidance issued by the Academy where this is necessary to support individual pupils.

The Academy recognises that blanket food bans are not always effective and instead adopts a proportionate, risk-based approach to allergy management.

8. Learning Beyond the Classroom

Barnes Infant Academy is committed to ensuring that pupils with allergies can participate safely in the full life of the Academy.

Allergy considerations will form part of the planning process for educational visits, enrichment activities and any learning experiences involving food or other potential allergens.

Staff will also consider potential allergens within classroom resources including play dough, flour-based products, glues, bird seed, food packaging and natural materials used within outdoor learning where appropriate.

When planning activities, staff will consider:

- the needs identified within Individual Healthcare Plans;
- any known allergens that may be encountered;
- appropriate supervision;
- emergency procedures;
- reasonable adjustments that may be required.

Where appropriate:

- emergency medication will accompany the pupil;
- all staff will be familiar with the pupil's Individual Healthcare Plan;

- parents and carers will be consulted where additional planning is required.

Food-based activities, including cooking, baking, food tasting and celebrations, will be carefully planned to ensure pupils with allergies can participate safely.

No food will be given to a pupil with a diagnosed allergy unless it has been confirmed as safe and, where appropriate, agreed with parents or carers.

The Academy believes that pupils with allergies should be able to enjoy the same experiences as their peers and will make reasonable adjustments wherever possible to support their inclusion.

9. Communication and Allergy Awareness

Effective communication is central to the successful management of allergies. Relevant information regarding pupils with allergies will be shared with staff on a need-to-know basis to ensure safe and consistent support.

Barnes Infant Academy values strong partnerships with parents, carers, healthcare professionals and our catering provider to ensure that information relating to pupils with allergies remains accurate and up to date.

Parents and carers are encouraged to inform the Academy promptly of:

- new allergy diagnoses;
- changes to medication;
- changes to treatment;
- updated medical advice.

All staff will be informed of pupils with allergies and any adjustments or emergency procedures they need to be aware of.

Information will be shared appropriately whilst maintaining the dignity and confidentiality of individual pupils.

The Academy also promotes allergy awareness amongst pupils through age-appropriate discussion and everyday routines. Children are encouraged to understand that simple actions, such as washing hands and not sharing food, help keep everyone safe.

Creating a culture of kindness, understanding and responsibility helps pupils with allergies feel confident, included and supported.

10. Monitoring and Review

Barnes Infant Academy is committed to continually improving its allergy management arrangements.

The Academy will review all allergy incidents and near misses to identify lessons learned and improve future practice.

The Academy will regularly review:

- Individual Healthcare Plans;
- allergy-related incidents;
- near misses;
- staff training;
- risk assessments;
- feedback from parents and staff;
- changes to national guidance and best practice.

Where improvements are identified, appropriate action will be taken to strengthen Academy procedures.

This policy will be reviewed annually by the Headteacher, Managing Medication Lead and Governing Body, or sooner if:

- statutory guidance changes;
- Academy procedures are amended;
- significant allergy-related incidents occur.

As the proposed Department for Education allergy guidance (*Benedict's Law*) is implemented, this policy will be reviewed and updated to ensure ongoing compliance.

Appendix 1 – Recognising an Allergic Reaction and Anaphylaxis

Recognising an Allergic Reaction

Allergic reactions can vary from mild to severe. Early recognition and prompt action are essential.

Mild to Moderate Symptoms

A pupil may experience one or more of the following:

- Itching or tingling of the mouth or skin
- Red, itchy rash (hives)
- Swelling of the lips, face or eyes
- Sneezing or a runny nose
- Stomach pain, nausea or vomiting
- Diarrhoea
- Feeling generally unwell

If symptoms worsen or involve the airway, breathing or circulation, treat this as **anaphylaxis**.

Recognising Anaphylaxis

Remember **ABC**

A – Airway

Look for:

- Swelling of the tongue
 - Swelling or tightness in the throat
 - Difficulty swallowing
 - Hoarse voice
 - Difficulty speaking
-

B – Breathing

Look for:

- Wheezing
- Persistent cough

- Noisy breathing
 - Shortness of breath
 - Difficulty breathing
-

C – Circulation

Look for:

- Pale, clammy skin
 - Dizziness
 - Collapse
 - Confusion
 - Loss of consciousness
-

Remember

If a pupil has difficulty with their **Airway**, **Breathing** or **Circulation**, treat **immediately as anaphylaxis**.

Do not wait for symptoms to worsen.

Appendix 2 - Emergency Anaphylaxis Response



Appendix 3 – The 14 Food Allergens

Barnes Infant Academy recognises the 14 allergens identified within UK food information legislation.

These are:

1. Celery
2. Cereals containing gluten
3. Crustaceans
4. Eggs
5. Fish
6. Lupin
7. Milk
8. Molluscs
9. Mustard
10. Peanuts
11. Sesame
12. Soya
13. Sulphur dioxide (and sulphites)
14. Tree nuts

Where food is prepared or provided by the Academy or its catering provider, allergen information will be available in accordance with current food information legislation.

Appendix 4 – Allergy-Aware Practice at Barnes Infant Academy

To help keep everyone safe, Barnes Infant Academy promotes the following everyday practices:

Staff will:

- Be aware of pupils with allergies.
- Follow Individual Healthcare Plans.
- Encourage good hand hygiene.
- Discourage food sharing.
- Consider allergy risks when planning activities.

- Respond promptly to concerns.
-

Pupils will be encouraged to:

- Wash their hands before and after eating.
 - Never share food or drinks.
 - Tell an adult if they feel unwell.
 - Be kind and considerate towards others.
-

Parents and carers are asked to:

- Keep allergy information up to date.
- Provide medication in accordance with the Managing Medication Policy.
- Inform the Academy of any changes to their child's allergy or treatment.
- Work in partnership with the Academy to support their child's Individual Healthcare Plan.
- Inform the Academy if their child has attended hospital following an allergic reaction.
- Inform the Academy if their child has been given antihistamine or other allergy medication before attending school, including the time and dosage administered.
- Follow the arrangements outlined within their child's Individual Healthcare Plan.

