



ALLERGY AND ANAPHYLAXIS POLICY

JULY 2026 FOR SEPTEMBER 2026

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Purpose:

This allergy policy forms part of the school's wider medical conditions policy, in line with national guidance. It aims to keep all students with allergies safe, including those at risk of severe reactions (anaphylaxis), while helping them feel included and supported in school life. We also encourage students to gradually build confidence in managing their allergies as they grow older, with the right support in place.

The Assistant headteacher will be responsible for coordinating staff anaphylaxis training and the upkeep of the school's anaphylaxis policy.

Introduction

An allergy is when the body reacts to something that is usually harmless, such as certain foods, insect stings, or medicines. For some students, this reaction may be mild and include symptoms like itching, a rash, or an upset stomach. However, for others it can be more serious. In rare cases, a student may experience anaphylaxis, which is a severe allergic reaction that needs urgent medical help. Signs can include difficulty breathing, swelling of the lips, face or throat, feeling dizzy, or suddenly becoming very unwell. These symptoms can come on quickly, so it is important that staff act immediately to keep the student safe.

Common UK Allergens include (but are not limited to)- Peanuts, Tree Nuts, Sesame, Milk, Egg, Fish, Latex, Insect venom, Pollen and Animal Dander (dead skin cells shed by animals with fur or feathers).

This policy sets out how St. Peter's RC High School will support pupils with allergies, to ensure

they are safe and are not disadvantaged in any way whilst taking part in school life.

2. Roles and responsibilities

School Responsibilities

The school will ensure all appropriate staff receive regular training on allergy awareness and the management of anaphylaxis.

Staff will be made aware of students with allergies and understand that reactions can happen at any time, not just at mealtimes.

Kitchen manager to be aware of students with allergies and ensure there is suitable/alternative food choices available for the student.

Appropriate care will be taken during lessons and activities involving food or potential allergens.

The school will ensure that up-to-date Allergy Action Plans are accessible and kept with the student's medication the schools site manager to be aware of all students who have an allergy action plan.

A central register of students with allergies and prescribed adrenaline auto-injectors will be maintained.

Termly letter to go out to parents to check their child's medication is in date. It is the parents responsibility to ensure that the students medication is always in date.

Any allergic reactions, including near misses, will be recorded and managed in line with school procedures.

Staff leading school trips will ensure that students carry their medication and that emergency procedures are in place.

A central list of first aiders available in the main office and pupil office. All staff to be aware of staff who are first aid trained.

Parent/Carer Responsibilities

Parents/carers must inform the school of any allergies on entry, including details of previous reactions, including anaphylaxis, and all prescribed medication.

A copy of the student's Allergy Action Plan must be provided. If one is not yet in place, parents should work with a healthcare professional to create one as soon as possible and then it should be shared with the school.

Parents are responsible for supplying all required medication, ensuring it is in date, and replacing it when necessary.

Parents should keep the school informed of any changes to their child's allergy or treatment, so records and care plans can be updated.

Student Responsibilities

Students are encouraged to take increasing responsibility for managing their allergies as they grow older.

Students should carry their medication where appropriate and know how and when to use it.

Students should avoid sharing food and be aware of the risks related to their allergies.

Students should inform a member of staff immediately if they feel unwell or think they are having an allergic reaction.

3. Allergy Action Plans

All students with a diagnosed allergy must have an Allergy Action Plan in place. These plans act as the student's individual healthcare plan and provide clear guidance on how to recognise and respond to an allergic reaction. They also include medical and parental consent for school staff to administer medication in an emergency, including the use of a 'spare' adrenaline auto-injector where necessary.

The school uses nationally recognised Allergy Action Plans developed by the British Society for Allergy and Clinical Immunology (BSACI). These plans are completed by a qualified healthcare professional (such as a GP, allergy specialist or nurse) and must not be created by the school. BSACI plans are widely accepted and supported by organisations such as Anaphylaxis UK and Allergy UK.

Allergy Action Plans include:

- Details of the student's allergens

- Signs and symptoms of a reaction

- Step-by-step emergency treatment instructions

- Information about prescribed medication

Parents/carers are responsible for providing an up-to-date Allergy Action Plan and ensuring it is reviewed regularly by a healthcare professional. The school will ensure copies of the plan are:

- Kept with the student's medication

- Accessible to relevant staff

- Used to inform care, risk assessments and emergency responses

It is essential that these plans are accurate and up to date so that staff can respond quickly and safely in the event of an allergic reaction. These will be reviewed termly.

4. Emergency treatment and management of anaphylaxis

Anaphylaxis is a severe and potentially life-threatening allergic reaction that requires immediate treatment. Symptoms usually develop quickly, often within minutes of exposure to an allergen.

Recognising an Allergic Reaction

Mild to moderate symptoms may include:

Raised, red rash (hives)

Tingling or itching in the mouth

Swelling of the lips, face or eyes

Stomach pain or vomiting

Severe symptoms (often referred to as ABC symptoms) may include:

Airway: swelling of the throat or tongue, hoarse voice, difficulty swallowing

Breathing: wheezing, difficulty breathing, noisy breathing

Circulation: dizziness, fainting, confusion, pale or clammy skin, loss of consciousness

In extreme cases, a student may collapse or become unconscious. If a student has been exposed to a known allergen, anaphylaxis is more likely.

Treatment:

Adrenaline is the first-line treatment for anaphylaxis and must be given without delay. It works quickly to open the airways, reduce swelling, and raise blood pressure.

If anaphylaxis is suspected, staff must:

1. Stay with the student and call for help. Do not leave them unattended.
2. Lay the student flat with their legs raised. If they are struggling to breathe, they may be propped up briefly. Do not allow them to stand or walk.
3. Administer the adrenaline auto-injector immediately into the outer thigh and note the time given.
4. Call **999** and clearly state "anaphylaxis."
5. If there is no improvement after 5 minutes, give a second auto-injector if available.
6. If the student becomes unresponsive and not breathing normally, begin CPR.

7. Contact parents/carers as soon as possible.

Aftercare

- The student must remain lying down while waiting for the ambulance, even if they begin to feel better.
- All students who experience anaphylaxis must be taken to hospital for observation, as symptoms can return after initial treatment.
- The incident must be recorded and reviewed in line with school procedures.

Prompt recognition and immediate treatment are critical in preventing serious outcomes.

5. Supply, storage and care of medication

At St Peter's RC High School, students are encouraged, where appropriate, to carry their own adrenaline auto-injectors (AAIs) at all times in a clearly identifiable school-issued medical pouch. Students should normally have access to two AAIs. For students who are not yet able to manage their own medication, an individual anaphylaxis kit will be stored in a central, accessible location within close proximity and known to all relevant staff. Symptoms of anaphylaxis can come on **very suddenly**, so school staff need to be prepared to administer medication if the young person cannot.

Each student's medication kit will be clearly labelled and include:

- Two AAIs (e.g. EpiPen® or Jext®)
- A current Allergy Action Plan
- Antihistamine (if prescribed)
- Asthma inhaler (if prescribed)

Parents/carers are responsible for ensuring medication is in date and correctly labelled. The school will carry out termly checks and notify parents if replacements are required.

AAIs will be stored at room temperature, away from direct sunlight and extreme temperatures.

AAIs are single use only and must be disposed of as sharps. Used AAIs can be given to ambulance paramedics on arrival or can be disposed of in a pre-ordered sharps bin.

6. 'Spare' Adrenaline Auto-Injectors – St Peter's RC High School

St Peter's RC High School holds spare AAls for emergency use. These may be used if:

- A student's own medication is unavailable or out of date
- A student experiences anaphylaxis for the first time

Spare AAls are stored in clearly labelled emergency kits in:

- The school pupil office

These kits are easily accessible, not locked away, and known to all staff.

The First Aid Lead is responsible for checking spare AAls monthly to ensure they are in date and replacing them when necessary. Written parental consent for use of spare AAls is included within each student's Allergy Action Plan.

7. Staff Training – St Peter's RC High School

The Assistant Headteacher is responsible for coordinating staff anaphylaxis training and the upkeep of the school's anaphylaxis policy.

All staff will complete training annually, and on an ad-hoc basis during induction of new staff.

Training includes:

- Knowing the common allergens and triggers of allergy
- Spotting the signs and symptoms of an allergic reaction and anaphylaxis. Early recognition of symptoms is key, including knowing when to call for emergency services
- Administering emergency treatment (including AAls) in the event of anaphylaxis – knowing how and when to administer the medication/device
- Measures to reduce the risk of a child having an allergic reaction e.g. allergen avoidance, knowing who is responsible for what
- Managing allergy action plans and ensuring these are up to date.

8. Inclusion and Safeguarding – St Peter's RC High School

St Peter's RC High School is committed to ensuring that all students with allergies are fully supported to participate in all aspects of school life. We aim to provide a

safe, inclusive environment where students feel confident and supported in managing their condition.

Appropriate adjustments will be made to ensure students are not excluded from activities, while maintaining their safety, dignity, and independence.

9. Catering – St Peter’s RC High School

The school’s catering provision complies with the Food Information Regulations 2014. Information about the 14 main allergens is available for all food provided on site.

Menus are shared in advance via the school notice board, with allergens clearly identified.

The school ensures:

- Catering staff are informed of students with allergies
- Systems are in place to identify students with allergies (e.g. secure staff information systems)
- Food preparation follows strict hygiene practices to avoid cross-contamination

Students are encouraged to check food choices with catering staff. Parents/carers are also encouraged to discuss specific dietary needs with the Catering Manager.

The school adheres to the following [Department of Health guidance](#) recommendations:

- Bottles, other drinks and lunch boxes provided by parents for pupils with food allergies should be clearly labelled with the name of the child for whom they are intended.
- If food is purchased from the school canteen, parents should check the appropriateness of foods by speaking directly to the Head of year or SENDCO.
- The pupil should be taught to also check with catering staff, before purchasing food or selecting their lunch choice.
- Where food is provided by the school, staff should be educated about how to read labels for food allergens and instructed about measures to prevent cross contamination during the handling, preparation and serving of food. Examples include: preparing food for children with food allergies

first; careful cleaning (using warm soapy water) of food preparation areas and utensils.

- Use of food in crafts, cooking classes, science experiments and special events (e.g. open days, assemblies) needs to be considered and may need to be restricted/risk assessed depending on the allergies of particular children and their age.

10. School Trips – St Peter’s RC High School

All educational visits are risk assessed to ensure the safety of students with allergies.

Staff leading trips will:

Ensure students carry their medication
Carry emergency medication where required
Be trained in managing allergic reactions

Students without required medication will not be able to attend trips for safety reasons.

For residential visits, additional planning will take place, including communication with venues and catering providers to ensure appropriate arrangements are in place.

Sporting Excursions

Allergic children should have every opportunity to attend sports trips to other schools. The school will ensure that the P.E. teacher/s are fully aware of the situation. The school being visited will be notified that a member of the team has an allergy when arranging the fixture. A member of staff trained in administering adrenaline will accompany the team.

We are keen that all children should be included in the full life of the school where possible, and the school will ensure all steps are in place for students to co-operate in extracurricular activities.

11. Allergy Awareness and Nut Bans – St Peter’s RC High School

St Peter’s RC High School does not operate a blanket ban on specific allergens, including nuts. Instead, the school promotes a strong culture of allergy awareness.

All students and staff are educated on:

- The importance of not sharing food
- Recognising allergic reactions
- Supporting peers with allergies

This whole-school approach helps reduce risk while recognising that it is not possible to guarantee an allergen-free environment.

12. Risk Assessment – St Peter's RC High School

The school will carry out individual risk assessments for all students with allergies, particularly when they join the school or receive a new diagnosis.

Risk assessments will consider:

- Classroom activities (e.g. food, science experiments)
- School trips and extracurricular activities
- Catering arrangements

These are reviewed regularly to ensure appropriate control measures are in place to keep students safe.

13. Useful links

The school uses guidance and resources from recognised national organisations to support the safe management of allergies. These include Anaphylaxis UK, Allergy UK and the British Society for Allergy and Clinical Immunology (BSACI), which provide trusted information, training and nationally recognised Allergy Action Plans. These organisations offer up-to-date advice for schools, parents and students, helping to promote awareness, safety and best practice in managing allergies.

- Anaphylaxis UK – <https://www.anaphylaxis.org.uk/>
- Safer Schools Programme – <https://www.anaphylaxis.org.uk/education/safer-schools-programme/>
- AllergyWise for Schools training – <https://www.allergywise.org.uk/p/allergywise-for-schools1>
- Allergy UK – <https://www.allergyuk.org>
- Whole school allergy awareness – <https://www.allergyuk.org/schools/whole-school-allergy-awareness-and-management>
- British Society for Allergy and Clinical Immunology (BSACI) Allergy Action Plans –

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