Every Child Matters Academy Trust

Allergy and Anaphylaxis Policy

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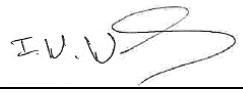
Approved by Chair of Trustees	Signature	Name
		W.Ward
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Contents

1. Aims & Principles
2. Definitions
3. Legislation & statutory guidance
4. Preventative measures
5. Roles and responsibilities
6. Awareness and education
7. Linked policies

1. Aims & Principles

ECM Trust is committed to ensuring that all children with medical conditions, including allergies, are properly supported in school so that they can play a full and active role in school life, remain healthy and achieve their academic potential.

This policy sets out how ***Ladywood Primary School*** will support pupils with known allergies to ensure they are safe, fully included, and able to participate in all aspects of school life without unnecessary disadvantage.

The policy outlines the school's arrangements for identifying, managing, and reducing the risks associated with allergic reactions.

It also details procedures for responding to pupils who experience a first-time or previously unknown allergic reaction, including anaphylaxis. This includes the emergency measures in place to ensure staff are appropriately trained and prepared to recognise the signs and symptoms of anaphylaxis and respond appropriately.

2. Definitions

An allergy is a reaction of the body's immune system to substances that are usually harmless. The reaction can cause minor symptoms such as itching, sneezing or rashes but sometimes causes a much more serious reaction called anaphylaxis.

'An allergy is where your body reacts to something that's normally harmless like food, pollen, dust, insect bites or animals. The symptoms can be mild, but for some people they can be very serious'- nhs.co.uk

Anaphylaxis is a severe, rapid-onset allergic reaction that is a medical emergency. Symptoms can affect the airway, breathing, and circulation and may include swelling of the throat or tongue, difficulty breathing, persistent coughing, wheezing, dizziness, collapse, or loss of consciousness. Without prompt treatment, anaphylaxis can be fatal.

'Anaphylaxis is a life-threatening allergic reaction that happens very quickly. It can be caused by food, medicine or insect stings'- nhs.co.uk

3. Legislation and guidance

This policy has been developed with reference to the following legislation and statutory guidance:

- Children and Families Act 2014 (Section 100)
- Department for Education statutory guidance: *Supporting Pupils at School with Medical Conditions* (December 2015)
- Equality Act 2010
- Human Medicines (Amendment) Regulations 2017 (allowing schools to keep spare AAI's)
- Department of Health and Social Care: *Guidance on the Use of Adrenaline Auto-Injectors in Schools 2017*
- Keeping Children Safe in Education (2025)
- Benedicts Law- final statutory guidance based on this to be released July 2026 and to be in place from September 2026
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ECM Trust also have regard to current best practice guidance published by Allergy UK and Anaphylaxis UK

4. Preventative Measures;

Ladywood Primary School takes proactive steps to reduce the risk of serious incident from allergy and anaphylaxis.

Training

All staff must complete allergy and anaphylaxis training. Training is provided by **The National College/KITT Medical** and will take place at the start of every new academic year. Training will also be completed ad-hoc as required and by new members of staff as part of induction.

Training includes;

- Knowing the common allergens and triggers of allergy
- Spotting the signs and symptoms of an allergic reaction and anaphylaxis
- Administering emergency treatment (including AAIs) in the event of anaphylaxis

Spare adrenaline auto-injectors (epi pens/AAI's)

Ladywood Primary School has appropriate spare AAI's on site at all times. These are stored safely and protected from direct sunlight in a central location **in the main school medical room.** The AAI's are accessible by all staff. When to administer AAI's is outlined clearly on the next page. All staff are trained on when and how to administer an AAI. It is the responsibility of Clare Grainger-Roystone and Cheryl Hodgson to check the epi pens do not expire and are restocked as required.

Children with an existing known allergy

Children with existing known allergies will have a personalised allergy care plan that outlines any medication e.g. antihistamine, inhale they require and what dosage. The care plan will also outline any allergy symptoms and what to do in the case of an allergic reaction. The care plan will specify if a child has an epi pen and if so, what type and dosage. Parent contact numbers will be on the care plan. Allergy care plans will be checked annually by the **SENDCos and Inclusion Manager**, and parents. Any updates will be discussed ad hoc and if in doubt parents should contact the child's consultant to gain clarity around any allergies. If a child has a food allergy, the child's individual care plan will be used to liaise with ***Chartwell's,*** the school catering team, and kitchen staff to ensure all relevant parties are aware and can prepare food accordingly. A child's care plan should be kept in a central location e.g. school office, as well as in the child's classroom and be accessible to staff supporting the child throughout the school day. The content of the care plan should be shared with all staff that could come into contact with the child. If a child has prescribed epi pens these should be stored safely but not locked away in order to ensure they are accessible at all times. It is parental responsibility to ensure the child's epi pen does not expire but school staff should also check this regularly and liaise with parents as appropriate.

Using an adrenaline auto injector

Department of Health Guidance on the use of adrenaline auto-injectors in schools

Mild-moderate allergic reaction:

- Swollen lips, face or eyes
- Itchy/tingling mouth
- Hives or itchy skin rash
- Abdominal pain or vomiting
- Sudden change in behaviour

ACTION:

- Stay with the child, call for help if necessary
- Locate adrenaline autoinjector(s)
- Give antihistamine according to the child's allergy treatment plan
- Phone parent/emergency contact

Watch for signs of ANAPHYLAXIS (life-threatening allergic reaction):

AIRWAY:	Persistent cough Hoarse voice Difficulty swallowing, swollen tongue
BREATHING:	Difficult or noisy breathing Wheeze or persistent cough
CONSCIOUSNESS:	Persistent dizziness Becoming pale or floppy Suddenly sleepy, collapse, unconscious

IF ANY ONE (or more) of these signs are present:

1. Lie child flat with legs raised: (if breathing is difficult, allow child to sit)



2. **Use Adrenaline autoinjector* without delay**
3. **Dial 999** to request ambulance and say ANAPHYLAXIS

*** IF IN DOUBT, GIVE ADRENALINE ***

After giving Adrenaline:

1. Stay with child until ambulance arrives, do NOT stand child up
2. Commence CPR if there are no signs of life
3. Phone parent/emergency contact
4. If no improvement **after 5 minutes, give a further dose** of adrenaline using another autoinjector device, if available.

Anaphylaxis may occur without initial mild signs: **ALWAYS use adrenaline autoinjector FIRST in someone with known food allergy who has SUDDEN BREATHING DIFFICULTY** (persistent cough, hoarse voice, wheeze) – even if no skin symptoms are present.

HOW TO USE AN EPIPEN®

For Anaphylaxis (Severe Allergic Reaction)

1 PULL

PULL OFF THE BLUE SAFETY RELEASE.



2 PLACE

PLACE ORANGE END AGAINST THE MIDDLE OF THE OUTER THIGH (THROUGH CLOTHING IF NECESSARY).



3 PUSH

PUSH DOWN HARD UNTIL YOU HEAR 'CLICK'. HOLD FOR 3 SECONDS.



4 REMOVE

REMOVE EPIPEN®. THE ORANGE NEEDLE WILL COME OUT.



5 MASSAGE

MASSAGE THE AREA FOR 10 SECONDS.



IN AN EMERGENCY (ANAPHYLAXIS)

SIGNS OF ANAPHYLAXIS

- Swelling of the face, lips, tongue or throat
- Difficulty breathing, wheezing or persistent cough
- Nausea, stomach pain or vomiting
- Hives, itchy skin or redness
- Feeling dizzy, faint or collapse

ACT FAST – IT COULD SAVE A LIFE

CALL 999 IMMEDIATELY
Say "Anaphylaxis"

ALWAYS CARRY TWO EPIPENS® IF POSSIBLE.

After use, the person must be taken to hospital even if they feel better.

5. Awareness and education

Ladywood Primary School is committed to promoting awareness and understanding of allergies and anaphylaxis among pupils. Age-appropriate education on allergies and anaphylaxis will be provided across the primary phase through assemblies and other appropriate opportunities.

This education will;

- promote understanding of food allergies and anaphylaxis
- encourage empathy, inclusion and respect for pupils with allergies
- help pupils understand the importance of not sharing food
- raise awareness of how to respond appropriately if someone is experiencing an allergic reaction by seeking immediate help from a member of staff
- reinforce the school's commitment to providing a safe and supportive environment for all pupils



6. Roles and responsibilities

All staff in school will complete allergy and anaphylaxis training and have a duty of care to all pupils. However, certain members of school staff have key responsibilities for ensuring this policy is implemented effectively.

The ***Headteacher and Bursar*** are responsible for the organisation of training and keeping records of staff completion

The ***SENDCo and Inclusion Manager*** are responsible for liaising with parents in regards to care plans for known allergies. This should be in partnership with the hospital and/or children's community nursing team as appropriate.

The ***Headteacher and Bursar*** wil***l*** ensure there are adequate spare AAI's on site

The ***Headteacher and Bursar*** will ensure AAI's are stored appropriately and safely

The ***Headteacher and Bursar*** is responsible for checking the expiry dates on the AAI's and ensuring they are replaced as required

The ***Headteacher/Deputy Headteacher*** are responsible for liaising with parents, pupils, staff and relevant professionals following any serious incidents

ECM Trust is responsible for reviewing this policy and ensuring it is disseminated as appropriate throughout schools in the Trust

7. Linked policies and useful links

This policy links to the following ECM policies;

- SEND Policy
- Anti-Bullying Policy
- Safeguarding
- Managing Medical Needs and Infection Control in Schools and Child Care Settings

Guidance and legislation used to inform this policy;

- Children and Families Act 2014 (Section 100)
- Department for Education statutory guidance: *Supporting Pupils at School with Medical Conditions* (December 2015) Supporting pupils at school with medical conditions
- Equality Act 2010 Equality Act 2010: guidance - GOV.UK
- Human Medicines (Amendment) Regulations 2017 (allowing schools to keep spare AAI's)
- Department of Health and Social Care: *Guidance on the Use of Adrenaline Auto-Injectors in Schools 2017* *Guidance on the use of adrenaline auto-injectors in schools*
- Keeping Children Safe in Education (2025) Keeping children safe in education 2025
- Benedicts Law- final statutory guidance based on this to be released July 2026 and to be in place from September 2026

Useful websites

Anaphylaxis UK;
Anaphylaxis UK | Supporting people with serious allergies | Anaphylaxis UK Allergy
Helpline: 0125 254 2029

Benedict Blythe Foundation;
Benedict's Law - Benedict Blythe Foundation

NHS;
Anaphylaxis - NHS
Allergies - NHS

Allergy UK;
Allergy UK | National Charity
Helpline: 01322 619898