The Holy Spirit Catholic Multi Academy

'With grace and humility, glorify the Lord by your life.'

Allergy Safety Policy

This policy applies to

St. Anne's Catholic Academy

This Allergy Policy has been approved and adopted by The Holy Spirit MAC on 2nd July 2026

Policy Ratified on:	**July 2026**
Signed by the Chair of the Education Standards Committee	
Signed by the Principal	
Next Review:	**July 2027**

1. Purpose

This policy outlines how the school will support pupils with allergies and manage allergic reactions safely. The school is committed to providing a safe and inclusive environment for all pupils and ensuring that those with allergies or at risk of anaphylaxis are properly supported.

This policy is written in line with the **Department for Education guidance: "Supporting pupils at school with medical conditions."**

2. Scope

This policy applies to:

- All pupils with diagnosed allergies
- Pupils at risk of anaphylaxis
- All staff, visitors and volunteers
- School trips and off-site activities
- School catering and food provision

3. Definition of Allergies

An allergy occurs when the body reacts adversely to a normally harmless substance.

Common allergens include:

- Peanuts and tree nuts
- Milk and dairy
- Eggs
- Wheat and gluten
- Fish and shellfish
- Sesame
- Soya
- Certain fruits
- Insect stings
- Latex
- Medication

Some allergies may result in **anaphylaxis**, a severe and potentially life-threatening allergic reaction.

4. Responsibilities

Principal

The Principal will ensure that:

- This policy is implemented and reviewed regularly.
- Staff receive appropriate training.
- Individual Healthcare Plans (IHPs) are in place for pupils with severe allergies.
- Emergency procedures are clearly communicated.

School Staff

All staff will:

- Be aware of pupils with allergies.
- Follow healthcare plans where applicable.
- Know how to recognise allergic reactions.
- Know how to respond in an emergency.
- Attend training if required.

Staff supervising food activities or trips must check allergy information beforehand.

Parents/Carers

Parents/carers must:

- Inform the school of any allergies or medical conditions.
- Provide up-to-date medical information.
- Supply prescribed medication (e.g., adrenaline auto-injectors).
- Ensure medication is within expiry date.

Parents should also inform the school if the child's condition changes.

Pupils

Where appropriate, pupils will be encouraged to:

- Be aware of their allergies.
- Avoid sharing food.
- Inform staff if they feel unwell.

5. Individual Healthcare Plans (IHPs)

Pupils with severe allergies will have an Individual Healthcare Plan which includes:

- Known allergens
- Signs and symptoms of a reaction
- Medication required
- Emergency contact details
- Actions to take during a reaction

Plans will be:

- Shared with relevant staff
- Reviewed annually or when medical needs change.

6. Medication

Medication may include:

- Antihistamines
- Adrenaline auto-injectors (AAIs) Requirements:

Medication must be clearly labelled and stored in an accessible but secure location. Staff must know where medication is kept.

Spare auto-injectors may be stored by the school in line with national guidance.

7. Recognising an Allergic Reaction

Symptoms may include:

Mild to Moderate

- Itchy skin or rash
- Swelling of lips or face
- Stomach pain or vomiting
- Sneezing or runny nose

Severe (Anaphylaxis)

- Difficulty breathing
- Wheezing
- Swelling of tongue or throat
- Collapse or dizziness
- Pale or clammy skin

Management of Adrenaline Auto-Injectors (AAIs)

The school recognises that some pupils are at risk of anaphylaxis, a severe and potentially life-threatening allergic reaction. Pupils who have been prescribed an adrenaline auto-injector (AAI) (e.g. EpiPen, Jext, Emerade) must have access to their medication at all times while on school premises and during off-site activities.

Storage

- Pupils' AAIs should be clearly labelled with the pupil's name and stored in an accessible but secure location known to staff.
- Medication must not be locked away if this would delay access in an emergency.
- The school may also hold spare AAIs, in line with Department for Education guidance and UK legislation.

Availability

- Pupils should have two AAIs available in school, where prescribed.
- AAIs should accompany the pupil on school trips, sports activities, and off-site visits.

Training

- Relevant staff will receive training in recognising anaphylaxis and administering AAIs.
- Training will include the correct use of the device and the school's emergency procedures.

Emergency Procedure

If a pupil shows signs of anaphylaxis:

1. Call 999 immediately, stating "suspected anaphylaxis".
2. Administer the pupil's AAI without delay.

3. Send for additional help and inform senior staff.
4. If symptoms persist after 5 minutes, administer a second AAI if available.
5. Stay with the pupil until emergency services arrive and contact parents/carers.

Monitoring and Expiry • The school will maintain a record

of pupils with AAIs.

- Parents/carers are responsible for ensuring medication supplied to school is within its expiry date and replaced when necessary.

9. Food Management

The school will take reasonable steps to reduce allergy risks by:

- Promoting good hygiene and handwashing.
- Monitoring food provided during school activities.
- Ensuring staff supervising food are aware of allergies.
- Informing catering staff of pupils with food allergies.

The school cannot guarantee a completely allergen-free environment but will work to minimise risks.

10. School Trips and Activities

Before any trip:

- Staff must check medical needs and healthcare plans.
- Medication must accompany the pupil.
- A trained member of staff must be present.
- Risk assessments should include allergy management.

11. Training

Staff training may include:

- Recognising allergic reactions
- Administering adrenaline auto-injectors
- Emergency procedures

Training will be refreshed periodically.

12. Record Keeping

The school will maintain records of:

- Pupils with allergies
- Individual Healthcare Plans
- Medication provided
- Training completed
- Incidents or allergic reactions

13. Review of Policy

This policy will be reviewed:

- Annually
- Following any serious allergic incident
- When national guidance changes

14. Monitoring

The governing body and senior leadership team will monitor implementation to ensure pupils with allergies are supported safely.