



Allergies Policy 2023- 25

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Prepared by:	Head Teacher
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Date Adopted by Governing Body:	June 20

Introduction

This policy links to the whole school approach to the health care and management of children suffering from specific allergies.

We recognise that children may suffer from a range of allergies and believe that all should be taken seriously and dealt with in a professional and appropriate way. Durham Lane Primary School is not in a position to guarantee a completely allergen free environment, but rather will minimise the risk of exposure, encourage self-responsibility, and plan for effective response to possible emergencies.

The intent of this policy is to minimise the risk of a child suffering allergy-induced anaphylaxis whilst at school. An allergic reaction to nuts is the most common high-risk allergy, and ,as such, demands rigorous controls throughout the policy.

The underlying principles of this policy include:

- The establishment of effective risk management practices to minimise the student, staff, parent and visitor exposure to known trigger foods and insects.
- Staff training and education to ensure effective emergency response to any allergic reaction situation.

Key information required by the school will be:

- The nature of the allergy;
- The severity of the allergy;
- Symptoms of an adverse reaction;
- Provision of medication in the event of an allergic reaction/anaphylactic shock;
- Precautions to be taken to avoid allergic reaction.

The school:

- keeps a record of all children with allergies;
- will seek maintain medical information via the health questionnaire. Changes in a child's medical condition during the year must be reported to the school by parents;
- Has Health Care Plans in place with a recent photograph for children with allergies, posted in relevant rooms with parental permission;
- Ensures that where children with known allergies are participating in school excursions, risk assessments will include this information;
- Allows the wearing of a medic-alert bracelet.

Staff

All staff should be aware of;

- the symptoms of an allergy attack, and ideally how to distinguish them from other conditions with similar symptoms;
- the allergy policy;
- have access to training in anaphylaxis management as appropriate, including awareness of triggers and first aid procedures to be followed in the event of an emergency;
- which children have allergies;
- how to access and use epipens;
- who the designated members of staff for administering medicines are, and the policy on how to access their help.

This Policy will be reviewed in 2025

Parents

- Parents are responsible for providing, in writing, on-going accurate and current medical information to the school.
- Parents are to complete appropriate documentation detailing the nature of the allergy; including:
 1. The allergen (the substance the child is allergic to)
 2. The nature of the allergic reaction (from rash, breathing problems to anaphylactic shock)
 3. What to do in case of allergic reaction, including any medication to be used and how it is to be used.
 4. Control measures – such as how the child can be prevented from getting into contact with the allergen.
 5. If a child has an allergy requiring an EpiPen, or the risk assessment deems it necessary, a Health Care Plan must be completed and signed by the parents.
 6. It is the responsibility of the Parent to provide the school with up to date medication / equipment clearly labelled in a suitable container.
 7. In the case of life saving medication like EpiPens, the child will not be allowed to attend without it.
 8. Parents are also required to provide up to date emergency contact information.
 9. Parents should liaise with Staff about appropriateness of snacks and any food-related activities (e.g. cooking).

Record Keeping

When a child joins Durham Lane, parents/carers are asked if their child has any medical conditions including allergies on their enrolment form. When this has been established, further details will be required from the parent/carer, regarding the guidelines for managing allergies in school.

Medical Information

Where Epipens (Adrenalin) are required to be used by a child:

- Parents/ guardians are responsible for the provision and timely replacement of the Epipens;
- The Epipens are located securely in the school office;
- Epipens should accompany the child on all external school trips and visits
- Advice on administration of an EpiPen is located in the office

In the event of a child suffering an allergic reaction:

- We will delegate someone to contact the child's parents.
- If a child becomes distressed or symptoms become more serious we will telephone 999.
- Keep calm, make the child feel comfortable and give the child space.
- If medication is available, it will be administered as per training and in conjunction with the Medication Policy.
- If parents have not arrived by the time the ambulance arrives, a member of staff will accompany the child to hospital.

Symptoms of allergic reactions:

- Ear/Nose/Throat Symptoms: runny or blocked nose, itchy nose, sneezing, painful sinuses, headaches, post nasal drip, loss of sense of smell/taste, sore throat/swollen larynx (voice box), itchy mouth and/or throat and blocked ears.
- Eye Symptoms: watery, itchy, prickly, red, swollen eyes. Allergic 'shiners' (dark areas under the eyes due to blocked sinuses).
- Airway Symptoms: wheezy breathing, difficulty in breathing and or coughing (especially at night time).
- Digestion: swollen lips, tongue, itchy tongue, stomach ache, feeling sick, vomiting, constipation and or diarrhoea.
- Skin: Urticaria –wheals or hives-bumpy, itchy raised areas and or rashes. Eczema –cracked, dry, weepy or broken skin. Red cheeks. Angiodema –painful swelling of the deep layers of the skin.

Symptoms of Severe Reaction/ Anaphylaxis:

These could include any of the above together with:

- Difficulty in swallowing or speaking.
- Difficulty in breathing –severe asthma
- Swelling of the throat and mouth
- Hives anywhere on the body or generalized flushing of the skin
- Abdominal cramps, nausea and vomiting
- Sudden feeling of weakness (drop in blood pressure)
- Alterations in heart rate (fast Pulse)
- Sense of Impending doom (anxiety/panic)
- Collapse and unconsciousness

If you are in any doubt about the severity of any symptoms, always seek urgent medical attention (Call 999 for an ambulance and state Anaphylaxis).

The first line treatment of anaphylaxis is Adrenaline (epinephrine) given by injection.

FOOD ALLERGY AWARENESS

Upon determining that a child attending school has a severe allergy, a team meeting will be set up as soon as possible where all staff concerned attend to update knowledge and awareness of child's needs.

- All staff who come into contact with the child, will be made aware of what treatment/medication is required by the school Leader and where any medication is stored.
- All staff are to promote hand washing before and after eating.
- The school provision of biscuits and snacks is monitored by staff who will ensure they are peanut/nut free and will not contain allergens known to be harmful to the children consuming them.
- All staff will be informed of the procedures at snack/lunch time to ensure the safety of children with allergies.
- Children are not permitted to share food.
- We may ask the parent for a list of food products and food derivatives the child must not come into contact with. This may be displayed in the school kitchen as appropriate.
- Emergency medication will be easily accessible, especially at times of high risk.
- Staff should liaise with parents about snacks and any food-related activities.

Role of other parents in Food Allergy Awareness

- Snacks and lunches brought to the school by other parents should be peanut and nut free.
- The school will ensure that parents are regularly reminded and will monitor the contents of lunchboxes and snack.

ALLERGIES INFORMATION FORM



Child's Name: _____ DOB: _____

1. Nature of Allergy:

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2. Severity of Allergy:

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3. Symptoms of an Allergic Reaction

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4. Does your child need/carry emergency medication to be used in the event of an allergic reaction/anaphylactic shock?

- inhaler
- antihistamine medicine or tablet
- EpiPen or Jext (please give details)

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5. Precautions to be taken to avoid Allergic Reaction

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Signed (parent/guardian)

Emergency Telephone Numbers

Date