

St. Michael Catholic Primary and Nursery School

Allergies Policy



"I came so that you may have life, life in all its fullness" John 10:10

St Michael Catholic Primary School and Nursery is a Catholic family of faith following the teachings of Christ. We strive to create an environment where all members of our school community respect the values of: Church, Independence, Resilience, Caring, Learning and Enjoyment for all. Belief in these values will nurture all as individuals and instil in them the confidence to meet their full potential, providing them with the best grounding for their future place in an ever-changing world.

Policy Date	September 2026
Signed by Head Teacher	Mrs N Collins
Review Date	September 2027

Introduction

This policy sets out the school's approach to managing allergies and supporting pupils with known allergic conditions.

At St Michael Catholic Primary and Nursery School, we recognise that allergies can have a significant impact on health, wellbeing and participation in school life. We are committed to creating a safe and inclusive environment for all pupils, including those with allergies and medical conditions.

Whilst the school cannot guarantee a completely allergen-free environment, reasonable steps will be taken to minimise risk, support pupils appropriately and ensure that staff are prepared to respond effectively in an emergency.

This policy should be read alongside:

- Supporting Pupils with Medical Conditions Policy
- Medical and First Aid Policy
- Administering Medicines Policy
- Child Protection and Safeguarding Policy
- Educational Visits Policy

Aims

The aims of this policy are to:

- Protect pupils with allergies and reduce the risk of exposure to allergens.
- Promote awareness and understanding of allergies.
- Ensure staff understand how to respond to allergic reactions.
- Provide appropriate training for staff.
- Ensure Individual Healthcare Plans are in place where required.
- Enable pupils with allergies to participate fully in school life.
- Promote partnership working between school, parents and healthcare professionals.

Definitions

Allergy

An allergy is an immune system response to a substance that is usually harmless to most people.

Allergen

An allergen is a substance that triggers an allergic reaction.

Anaphylaxis

Anaphylaxis is a severe and potentially life-threatening allergic reaction that requires immediate treatment.

Adrenaline Auto-Injector (AAI)

An Adrenaline Auto-Injector is a device used to administer adrenaline in an emergency. This may include EpiPen, Jext or Emerade devices.

Individual Healthcare Plan (IHP)

An Individual Healthcare Plan outlines a pupil's medical condition, triggers, treatment and emergency procedures.

Whole School Approach

The school will:

- Take all known allergies seriously.
- Work proactively to minimise known risks.
- Promote awareness throughout the school community.
- Ensure relevant staff are informed appropriately.
- Maintain clear medical records.
- Review Individual Healthcare Plans regularly.
- Ensure emergency procedures are understood and accessible.

The school operates as a nut-aware environment and works closely with families to minimise risk from nut products.

Medical Information

Parents and carers are responsible for informing the school of any allergies or medical conditions.

Parents must:

- Provide accurate and up-to-date medical information.
- Notify the school immediately of any changes.
- Provide medical evidence where appropriate.
- Supply prescribed medication.
- Ensure medication remains in date.
- Participate in reviews of Individual Healthcare Plans.

For pupils with significant allergies, an Individual Healthcare Plan will be developed in partnership with parents, healthcare professionals and relevant school staff.

Individual Healthcare Plans will include:

- Known allergens and triggers.
 - Signs and symptoms of a reaction.
 - Emergency procedures.
 - Medication requirements.
 - Storage arrangements.
 - Educational visit considerations.
 - Staff responsibilities.
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Adrenaline Auto-Injectors (AAIs)

Where prescribed, pupils should have immediate access to their Adrenaline Auto-Injector.

The school will:

- Store medication securely but accessibly.
- Clearly identify emergency medication.
- Ensure relevant staff are aware of storage locations.
- Maintain records of expiry dates.
- Support pupils in accessing medication quickly when needed.

The school may also hold spare Adrenaline Auto-Injectors in accordance with current Department for Education guidance and parental consent arrangements.

Parents and Carers

Parents and carers are responsible for:

- Providing accurate medical information.
- Updating the school regarding changes.
- Supplying medication.
- Ensuring medication remains in date.
- Supporting their child in understanding their allergies where appropriate.
- Providing suitable food for their child where necessary.
- Working with the school to manage risk.

Parents are also asked to support the school's nut-aware approach and avoid sending products containing nuts onto the school site wherever possible.

Staff Responsibilities

All staff have a duty to:

- Familiarise themselves with this policy.

- Be aware of pupils with known allergies.
- Follow Individual Healthcare Plans where relevant.
- Support pupils safely and appropriately.
- Report concerns promptly.
- Follow emergency procedures.

Specific responsibilities include:

- Encouraging handwashing before and after eating.
- Monitoring food-related activities.
- Preventing food sharing.
- Maintaining clean eating surfaces.
- Understanding emergency procedures.
- Knowing how to summon help.

Relevant staff will receive allergy awareness and emergency medication training appropriate to their role.

Food and Eating Arrangements

The school promotes safe eating practices.

Pupils should:

- Wash hands before and after eating.
- Eat their own food only.
- Avoid sharing food or drinks.
- Follow staff instructions regarding food safety.

Food-related curriculum activities will be risk assessed appropriately.

Parents will be consulted where ingredients or activities present potential allergy risks.

Educational Visits and Off-Site Activities

The school will ensure that pupils with allergies are fully included in educational visits and off-site activities wherever possible.

Risk assessments will:

- Consider allergy risks.
- Include medication arrangements.
- Identify emergency procedures.
- Ensure staff understand pupil needs.

Emergency medication must accompany the pupil on all visits.

New Pupils with Allergies

Before a pupil with a known allergy starts school:

- Medical information must be gathered.
 - Relevant staff must be informed.
 - An Individual Healthcare Plan must be prepared where required.
 - Medication arrangements must be agreed.
 - Risk assessments must be completed.
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Allergic Reactions

If a pupil experiences an allergic reaction:

- Remain calm.
- Follow the Individual Healthcare Plan.
- Administer emergency medication where appropriate and trained to do so.
- Contact emergency services immediately if symptoms indicate anaphylaxis.
- Inform parents or carers.

- Monitor the pupil until help arrives.
- Record the incident appropriately.

Where an ambulance is required and a parent has not yet arrived, a member of staff will accompany the child in accordance with school procedures.

Safeguarding and Inclusion

The school recognises that managing allergies forms part of our safeguarding and welfare responsibilities.

Pupils with allergies are entitled to:

- Feel safe.
- Participate fully in school life.
- Access educational visits and activities.
- Receive reasonable adjustments where necessary.

The school is committed to ensuring that medical needs are not a barrier to participation, wellbeing or learning.

Staff Training

Relevant staff will receive training in:

- Allergy awareness.
- Recognising symptoms.
- Anaphylaxis management.
- Use of Adrenaline Auto-Injectors.
- Individual Healthcare Plans.
- Emergency procedures.

Training will be refreshed periodically and whenever significant pupil needs change.

Monitoring and Review

The implementation of this policy will be monitored by the Headteacher, Senior Leadership Team and the member of staff responsible for medical needs.

Monitoring will include:

- Review of Individual Healthcare Plans.
- Incident records.
- Medication audits.
- Staff training records.
- Risk assessments.

This policy will be reviewed annually or sooner if legislation, guidance or school needs change.

Through strong partnerships with families and healthcare professionals, St Michael Catholic Primary and Nursery School seeks to ensure that all pupils with allergies are safe, supported and able to flourish whilst experiencing life in all its fullness.