



THE FROEBELIAN SCHOOL

Allergy Awareness Policy

The provisions in this document apply to all aspects of the school including the EYFS, Breakfast Club, Little Acorns, Homework and Activities Club, Summer Holiday Club, school trips and extra-curricular activities.

This policy should be read in conjunction with the following policies:

- Health and Safety
- Pastoral Care
- Medical Conditions
- Sick Children
- First Aid

Allergy Awareness and Definitions

Allergies occur when the immune system reacts to substances (allergens) in the environment, which are usually harmless. Examples include proteins, pollens, dust mites, insect venoms and food such as nuts, seafood, eggs, wheat. Anaphylaxis is a severe, rapidly progressive allergic reaction that is potentially life threatening.

Identification of Students at Risk

- Parents/carers are requested to notify the school of all medical conditions including allergies on enrolment or on diagnosis and are reviewed annually.
- Pupils who are identified as suffering from severe allergies that may cause anaphylactic shock are considered high risk and are managed through an Individual Health Plan.
- A register is kept of all pupils who have severe allergies.
- Information regarding pupils with severe allergies is displayed in staff areas throughout the school.

Management of food containing nuts

The Anaphylaxis Campaign and Allergy UK advise that we should not guarantee that we are a 'nut-free' school. They state 'A complete nut free school is an artificial environment that would not be the same as the 'real world'. We believe that a 'whole school awareness of allergy' is a much better approach, as it will make teachers, pupils and all other staff aware of what allergy is, the importance of avoiding the child/young person's triggers, the signs and symptoms, how to deal with allergic reactions and facilitate 'duty of care' procedures to minimise risk.'

We make every effort to minimise exposure to particular foods such as peanuts and tree nuts as this can reduce the level of risk to our pupils. We do not use nuts in any of our food prepared at school, however, we cannot guarantee freedom from nut traces.

Signs and symptoms of anaphylaxis.

The signs and symptoms of anaphylaxis usually occur within the first 20 minutes of exposure to an allergen, but in some cases, reaction can be delayed by up to two hours or more.

Mild to Moderate Allergic Reactions

Signs and symptoms may include one or more of the following:

- Tingling of the mouth;
- Hives, welts or body rednesses;
- Flushing and/or swelling of the face, lips, eyes;
- Anxiety;
- Vomiting;
- Abdominal pain (except in insect sting allergy where vomiting and/or abdominal pain indicate an anaphylactic reaction).

Severe Allergic Reaction

Signs and symptoms may include one or more of the following:

- Difficulty talking and/or hoarse voice;
- Difficult/noisy breathing;
- Swelling of the tongue;
- Swelling or tightness in the throat, difficulty swallowing;
- Confusion;
- Pale and floppy (young children);
- Shortness of breath, repetitive coughing and or wheezing;
- Chest tightness;
- Faint, rapid pulse, low blood pressure;
- Loss of consciousness and/or collapse;
- Vomiting, abdominal pain (for insect sting).

Parent's obligations

- Parents must inform school of any changes in their child's health management needs, as soon as possible;
- Parents must agree to follow the management plan and provide any equipment (such as Epi-Pens/AAIs) requested;
- Parents are requested NOT to send food to school that contains nuts, either as a break time snack, in a packed lunch for a trip, for a bake sale or any other activity. This includes all types of nuts, peanut butter, Nutella, cereal/chocolate bars and any other food containing nuts.

Staff obligations

- All staff are requested NOT to bring food to school that contains nuts, either as a break time snack, in a packed lunch, for a bake sale or any other activity. This includes all types of nuts, peanut butter, Nutella, cereal/chocolate bars and any other food containing nuts;
- All staff are to be made aware of any children identified as having severe allergies;
- Staff are trained in understanding and dealing with Anaphylaxis (severe allergic reactions) and are to use this training as the need arises.

This policy is reviewed regularly by the Headteacher, in consultation with the governing body, in the light of experience, research and good practice.

Policy Date: November 2020

Policy Review Date: November 2021

Signed (Headteacher): C. Oodds

Signed (Chair of Governors): R. James