

# The Froebelian School Allergy Awareness Policy

The provisions in this document apply to all aspects of the school including the EYFS, Breakfast Club, Froebees, Homework and Activities Club, Holiday Clubs, 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 (Administration of Medicines)
- First Aid

## **Allergy Awareness and Definitions**

An allergy is a reaction by 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 severe reaction called anaphylaxis. Anaphylaxis is a severe systemic allergic reaction. It is at the extreme end of the allergic spectrum. The whole body is affected often within minutes of exposure to the allergen, but sometimes it can be hours later. Causes often include foods, insect stings, or drugs.

Anaphylaxis is a severe life threatening generalised or systemic hypersensitivity reaction. This is characterised by rapidly developing life-threatening airway / breathing / circulatory problems usually associated with skin or mucosal changes. It is possible to be allergic to anything which contains a protein, however most people will react to a fairly small group of potent allergens. Common UK Allergens include (but not limited to): Peanuts, Tree Nuts, Sesame, Milk, Egg, Fish, Latex, Insect venom, Pollen and Animal Dander.

## 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.

Catering. School follows the Food Information Regulations 2014 which states that allergen information relating to the 'Top 14' allergens must be available for all food products. The school menu is available for parents to view school website and allergen details can be provided upon request. The School Office will inform the Kitchen of pupils with food allergies. Kitchen staff are educated about how to read labels for food allergens and instructed about measures to prevent

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cross contamination during the handling, preparation and serving of food. Examples include: preparing food for children with food allergies first; careful cleaning (using warm soapy water) of food preparation areas and utensils.

## 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).

Anaphylaxis can develop very rapidly, so a treatment is needed that works rapidly. Adrenaline is the mainstay of treatment and it starts to work within seconds. Adrenaline should be administered by an injection into the muscle (intramuscular injection)

What does adrenaline do?

- It opens up the airways
- It stops swelling
- It raises the blood pressure

Adrenaline must be administered with the minimum of delay as it is more effective in preventing an allergic reaction from progressing to anaphylaxis than in reversing it once the symptoms have become severe.

- Stay with the child and call for help. DO NOT MOVE CHILD OR LEAVE UNATTENDED
- Remove trigger if possible (e.g. Insect stinger)
- Lie child flat (with or without legs elevated) A sitting position may make breathing easier

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- USE ADRENALINE WITHOUT DELAY and note time given. (inject at upper, outer thigh through clothing if necessary)
- CALL 999 and state ANAPHYLAXIS
- If no improvement after 5 minutes, administer second adrenaline auto-injector
- If no signs of life commence CPR
- Phone parent/carer as soon as possible All pupils must go to hospital for observation after anaphylaxis even if they appear to have recovered as a reaction can reoccur after treatment.

#### **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 (to include Allergy Action 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.

## Supply, storage and care of medication

When it is identified that a pupil requires an anaphylaxis kit, this will be kept safely in their classroom, not locked away and accessible to all staff. The pupil's medication storage bag should contain:

- adrenaline injectors i.e. EpiPen® or Jext® (two of the same type being prescribed)
- an up-to-date allergy action plan/Individual Healthcare Plan
- antihistamine as tablets or syrup (if included on plan)
- spoon if required
- asthma inhaler (if included on plan).

It is the responsibility of the child's parents to ensure that the anaphylaxis kit is up-to-date and clearly labelled, however the School Office will ensure that medication kept at school is checked on a monthly basis and send a reminder to parents if medication is approaching expiry.

#### 'Spare' adrenaline auto injectors in school

School has purchased spare adrenaline auto-injector (AAI) devices for emergency use in children who are risk of anaphylaxis, but their own devices are not available or not working (e.g. because they are out of date). These are stored in the School Office, kept safely but not locked away and accessible and known to all staff. The School Office are responsible for checking the spare medication is in date on a monthly basis and to replace as needed. If anaphylaxis is suspected in an undiagnosed individual call the emergency services and state you suspect ANAPHYLAXIS. Follow advice from them as to whether administration of the spare AAI is appropriate.

## Parent's obligations

- On entry to the school, it is the parent's responsibility to inform school of any known allergies. This information should include all previous severe allergic reactions, history of anaphylaxis and details of all prescribed medication.
- Parents are to supply a copy of their child's Allergy Action Plan to school if requested. If they do not currently have an Allergy Action Plan this should be developed as soon as possible in collaboration with a healthcare professional e.g. Schools nurse/GP/allergy specialist.
- Parents must inform school of any changes in their child's health management needs, as soon as possible;

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- Parents must agree to follow the management plan and provide any equipment (such as Epi-Pens/AAIs) requested;
- Parents are requested <u>NOT</u> 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 <u>NOT</u> 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. Any food-related activities must be supervised with due caution.;
- Staff leading school trips will ensure they carry all relevant emergency supplies. Trip leaders will check that all pupils with medical conditions, including allergies, carry their medication.
- Staff are trained in understanding and dealing with Anaphylaxis (severe allergic reactions) and are to use this training as the need arises.
- It is the parent's responsibility to ensure all medication in in date however school will check medication kept at school on a monthly basis and send a reminder to parents if medication is approaching expiry.
- School will keep a register of pupils who have been prescribed an AAI and a record of use of any AAI(s) and emergency treatment given.

## Pupil Responsibilities (depending on the age of the pupil)

- Pupils are encouraged to have a good awareness of their symptoms and to let an adult know as soon as they suspect they are having an allergic reaction.
- Pupils who are trained and confident to administer their own auto-injectors will be encouraged to take responsibility for carrying them on their person at all times.

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: January 2023

Policy Review Date: January 2026

Signed (Headteacher):

Signed (Chair of Governors):