Westbury C of E Junior School

Allergens and Anaphylaxis Aid Policy

Contents

1. Statement of Intent
2. Legal Framework
3. Definitions
4. Roles and Responsibilities
5. Food Allergies
6. Food Allergen Labelling
7. Animal Allergies
8. Seasonal Allergies
9. Adrenaline Auto-Injectors (AAIs)
10. Access to Spare AAIs
11. Educational Visits and Offsite Activities
12. Medical Attention and Required Support
13. Staff Training
14. Mild to Moderate Allergic Reactions
15. Managing Anaphylaxis
16. Serious Incidents and Near Misses
17. Monitoring and Review

1. Statement of Intent

Westbury CofE Junior School is committed to safeguarding the health, safety and wellbeing of all pupils, staff and visitors.

The school recognises that allergies and anaphylaxis can be serious and potentially life-threatening conditions and is committed to minimising risk wherever reasonably possible.

This policy outlines the procedures and responsibilities in place to support pupils with allergies, including those at risk of anaphylaxis, across all areas of school life, including the Resource Base provision.

Whilst the school cannot guarantee a completely allergen-free environment, every reasonable step will be taken to reduce risk, promote awareness and ensure an effective emergency response.

The school will work closely with parents, carers and healthcare professionals to ensure that appropriate support and risk management arrangements are in place.

The importance of robust whole-school allergy management has been reinforced by the death of five-year-old Benedict Blythe, who died in 2021 following accidental exposure at school to cow's milk protein, causing fatal anaphylaxis. The subsequent inquest concluded in July 2025. His case is a powerful reminder that cow's milk and other non-nut allergens can be life-threatening, that symptoms such as vomiting may be part of an allergic reaction, and that schools must maintain reliable systems for preventing allergen exposure, recognising possible anaphylaxis and responding without delay.

Westbury CofE Junior School therefore adopts an allergy-aware approach which considers the full range of allergens affecting individual pupils rather than focusing solely on nuts.

2. Legal Framework

This policy has due regard to the following legislation and guidance:

- Children and Families Act 2014, section 100
- Children's Wellbeing and Schools Act 2026, section 34
- Human Medicines Regulations 2012, as amended, including the Human Medicines (Amendment) Regulations 2017
- Food Information (Amendment) (England) Regulations 2019 (Natasha's Law)
- Equality Act 2010 and Health and Safety at Work etc. Act 1974
- DfE 'Allergy safety in schools' statutory guidance (July 2026)
- DfE 'Supporting pupils at school with medical conditions'
- DfE 'Allergy guidance for schools' and DHSC guidance on emergency adrenaline auto-injectors in schools

The Children's Wellbeing and Schools Act 2026 introduced a specific statutory duty for maintained schools, academies and pupil referral units to have an allergy safety policy, publish it and keep it under review. The Governing Body must have regard to the DfE's July 2026 statutory guidance when carrying out this duty.

The guidance establishes allergy safety as a whole-school responsibility, including regular staff training, Individual Healthcare Plans where supportive arrangements are required, access to prescribed and school-held spare adrenaline devices, and recording and learning from serious incidents and near misses.

This policy should be read alongside the following school policies and procedures:

- Health and Safety Policy
- Supporting Pupils with Medical Conditions Policy
- First Aid Policy
- Administering Medication Procedures
- Educational Visits Policy
- Safeguarding and Child Protection Policy

3. Definitions

Allergy
A condition in which the body reacts adversely to a substance.

Allergen
A substance that triggers an allergic reaction.

Allergic Reaction
An immune response to an allergen which may include symptoms such as:

- Hives or skin rash

- Swelling
- Tingling or itching
- Abdominal pain
- Vomiting
- Wheezing
- Anxiety
- Difficulty breathing

Anaphylaxis
A severe and potentially life-threatening allergic reaction which may include:

- Persistent cough
- Swelling of the tongue or throat
- Difficulty breathing or swallowing
- Wheezing
- Hoarse voice
- Collapse or loss of consciousness
- Dizziness or faintness

4. Roles and Responsibilities

The Governing Body is responsible for:

- Ensuring that appropriate policies and procedures are in place.
- Ensuring that the school fulfils its statutory duties relating to pupils with medical conditions.
- Ensuring that staff receive appropriate training.
- Ensuring that risk assessments and control measures are appropriate and effective.
- Reviewing this allergy safety policy at least annually, ensuring it is published on the school website and brought to the attention of pupils, parents and all those who work at the school.
- Receiving information about serious allergy incidents and near misses and assuring itself that lessons are learned and appropriate action is taken.

The Headteacher is responsible for:

- Implementing and monitoring this policy.
- Ensuring staff are aware of pupils with allergies and associated risks.
- Ensuring that staff receive appropriate training in allergy awareness and anaphylaxis management.
- Ensuring appropriate emergency medication arrangements are in place.
- Ensuring catering and food preparation arrangements comply with relevant legislation and guidance.
- Acting as, or appointing, the named senior leader responsible for allergy safety.
- Ensuring all staff who are present when pupils are on site receive regular allergy awareness and emergency-response training, at least annually, with appropriate induction arrangements for new, temporary, supply and relevant visiting staff.
- Ensuring serious incidents and near misses are recorded, reported, reviewed and used to improve practice.

First Aiders and Designated Staff are responsible for:

- Maintaining awareness of pupils with allergies and Individual Healthcare Plans.
- Responding appropriately in the event of an allergic reaction.
- Administering AAIs where appropriate and trained to do so.
- Ensuring records relating to allergic reactions and medication are maintained appropriately.

Staff are responsible for:

- Familiarising themselves with this policy and relevant pupil healthcare information.
- Attending relevant training.
- Reinforcing hygiene and food safety expectations.
- Encouraging pupils not to share food or drinks.
- Responding immediately in the event of a suspected allergic reaction.

Parents and Carers are responsible for:

- Informing the school of their child's allergies and medical needs.
- Providing up-to-date medical information and emergency contact details.
- Providing prescribed medication and ensuring it is in date.
- Providing written consent for emergency medication arrangements where required.
- Working in partnership with the school to minimise risk.

Pupils are responsible for:

- Avoiding foods or substances they know they are allergic to.
- Not sharing food or drinks.
- Informing an adult immediately if they feel unwell or believe they are having an allergic reaction.

5. Food Allergies

Parents and carers must provide written information regarding any food allergies, intolerances or dietary requirements. Relevant information will be shared appropriately with staff, including catering staff where necessary.

The school will take reasonable steps to minimise the risk of allergen exposure, including:

- Maintaining awareness of pupils with allergies
- Encouraging effective handwashing routines
- Cleaning eating areas appropriately
- Encouraging pupils not to share food
- Considering allergies during curriculum activities involving food
- Considering allergies during educational visits and enrichment activities
- Clearly labelling drinks, lunch boxes and other items intended for an individual pupil with a food allergy
- Using robust procedures to prevent cross-contamination during food preparation, handling and serving

- Ensuring staff understand that cow's milk, egg, sesame, wheat, fish/seafood and other foods can cause severe reactions as well as peanuts and tree nuts
- Considering allergens in curriculum and craft materials, including food packaging, play dough, glues and other products

The school cannot guarantee a completely allergen-free environment.

6. Food Allergen Labelling

Westbury CofE Junior School is an allergy-aware school. In line with the July 2026 DfE statutory guidance, the school does not rely on a blanket 'nut-free' claim, as this can create a false sense of security and nuts are only one of many allergens capable of causing serious reactions. The school may discourage particular foods from being brought onto site where this forms part of proportionate risk management for an identified pupil, but the primary approach is active awareness of individual allergens, measures to minimise exposure, safe food-handling systems and a robust emergency response.

The school complies with current allergen labelling requirements, including Natasha's Law where applicable.

Allergen information will be made available for food prepared on site.

Staff involved in food preparation and serving will receive appropriate information and training relating to allergen management and food hygiene.

Any concerns regarding food labelling or allergen information will be reported immediately.

7. Animal Allergies

The school recognises that some pupils may experience allergic reactions to animals.

Appropriate risk assessments and control measures will be implemented where animals are present on site or involved in activities.

Pupils identified as having animal allergies will be supported appropriately to minimise risk.

Handwashing procedures will be followed after contact with animals.

8. Seasonal Allergies

The school recognises that pupils may experience seasonal allergies including hay fever and reactions to insect bites or stings.

Reasonable adjustments may include:

- Increased access to indoor spaces during high pollen periods
- Encouraging handwashing after outdoor activities
- Monitoring environmental risks where appropriate
- Prompt response to insect stings or bites

Staff will report concerns regarding wasp, bee or insect nests to the site manager immediately.

9. Adrenaline Auto-Injectors (AAIs)

- Pupils at risk of anaphylaxis may be prescribed an AAI.
- AAIs will be stored in an accessible but secure location known to staff.
- The school may hold spare AAIs in accordance with legislation and guidance.
- Spare AAIs will only be administered where appropriate consent and medical information are in place.

All staff are made aware of:

- Which pupils are at risk
- The location of AAIs
- Emergency procedures
- How to summon support quickly

Expiry dates will be monitored regularly and parents informed when replacements are required.

10. Access to Spare AAIs

The school maintains a register of pupils for whom spare AAIs may be administered. This register will include:

- Pupil name
- Known allergens
- Dosage requirements
- Confirmation of medical authorisation
- Confirmation of parental consent

Parents may withdraw consent in writing at any time.

11. Educational Visits and Offsite Activities

- Risk assessments will consider pupils with allergies before all educational visits and offsite activities.
- Appropriate medication, including AAIs where required, must accompany pupils on visits.
- At least one appropriately trained member of staff will accompany visits involving pupils at risk of anaphylaxis.
- Where necessary, parents and carers will be consulted regarding arrangements for food and medication.
- Pupils requiring life-saving medication will not attend visits without their medication.

12. Medical Attention and Required Support

Any pupil whose allergy requires the school to put specific supportive arrangements in place should have those arrangements recorded in an Individual Healthcare Plan (IHP). The IHP will be developed collaboratively with the pupil where appropriate, parents or carers and, where available, relevant

healthcare professionals. Any Allergy Action Plan and/or Asthma Action Plan will be incorporated or clearly linked.

Relevant staff will be made aware of:

- Known allergens
- Signs and symptoms
- Emergency procedures
- Required medication
- Individual support arrangements

All medication must be clearly labelled and within expiry date.

The school will respond to allergic reactions in accordance with training, healthcare plans and emergency procedures.

13. Staff Training

All staff who are present during times when pupils are scheduled to be on site will receive regular allergy awareness and emergency-response training, at least annually. This includes permanent and temporary staff, supply teachers, peripatetic staff, agency workers, regular volunteers, catering staff and staff supervising breakfast or after-school provision, as applicable.

Training will include:

- Allergy awareness
- Recognising allergic reactions and anaphylaxis
- Administration of AAIs
- Emergency procedures
- Individual pupil healthcare needs

Training will be refreshed at least annually and updated sooner where required. New staff will receive appropriate allergy-safety information and training as part of induction, and arrangements will be made to ensure relevant supply and cover staff understand the school's allergy procedures.

All staff will understand that anaphylaxis can progress rapidly and requires immediate action.

14. Mild to Moderate Allergic Reactions

Symptoms may include:

- Swelling
- Itching
- Skin rash
- Tingling
- Vomiting
- Sudden behavioural change

In the event of a mild to moderate allergic reaction:

- A member of staff will stay with the pupil.
- A first aider or trained member of staff will be called immediately.
- Medication will be administered where appropriate.
- Parents and carers will be informed.

- The pupil will be monitored closely for deterioration.

Any pupil who receives an AAI will receive further medical assessment.

15. Managing Anaphylaxis

In the event of suspected anaphylaxis:

- Emergency services will be contacted immediately by dialling 999.
- An AAI will be administered without delay.
- A trained member of staff will remain with the pupil at all times.
- Parents and carers will be informed immediately.
- A second dose of adrenaline may be administered if symptoms do not improve and another AAI is available.
- The pupil will remain under medical supervision until emergency services arrive.

Where necessary, appropriately trained staff will administer CPR.

Following any serious allergic reaction, the school will review procedures, support arrangements and any required updates to healthcare plans.

16. Serious Incidents and Near Misses

The school will record serious allergy incidents and near misses, including circumstances where an allergen exposure or medication error could reasonably have caused significant harm even if no serious reaction occurred.

Parents and carers will be informed and the Governing Body will receive appropriate information about serious incidents and near misses, alongside any statutory reporting requirements.

Following an incident or near miss, the school will review what happened, identify contributory factors and lessons learned, and update risk assessments, Individual Healthcare Plans, training, catering arrangements or this policy where necessary.

Where an allergic reaction occurs, staff will preserve relevant information about what the pupil ate, drank or came into contact with, including packaging, labels and details of food or drink served, where it is safe and practicable to do so. This may assist subsequent clinical or other investigation.

17. Monitoring and Review

- This policy will be reviewed annually or sooner if legislation, guidance or school procedures change.
- Following any significant allergic incident, the school will review procedures and make amendments where necessary.
- Staff will receive updates and information regarding any changes to procedures or pupil healthcare needs.
-

Review date: September 2026

Next review: September 2027

Policy Lead: Lindsay Clough