

Allergy and Anaphylaxis Policy



This policy applies to:

- I. Both BC Senior School and Prep School

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	Name (role):	Signature:	Date:
Policy owner:	Sarah Le Grice	S. Le Grice	13.05.2026
SMT owner (if different):	Chris Fowler	C Fowler	23.06.2026
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ALLERGY AND ANAPHYLAXIS POLICY

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1. AIMS AND OBJECTIVES

This policy outlines Brighton College and Prep School's approach to allergy management, including how the whole-school community works to reduce the risk of an allergic reaction happening and the procedures in place to respond if one does. It also sets out how we support our pupils with allergies to ensure their wellbeing and inclusion, as well as demonstrating our commitment to being an allergy aware school.

This policy applies to all staff, pupils, parents and visitors to the school and should be read alongside these other policies:

Health Centre and Medical Conditions Policy, Safeguarding, Mental Health and Wellbeing Policy.

This policy has regard to DfE guidance [Allergy safety in schools](#) (July 2026).

2. WHAT IS AN ALLERGY?

Allergy occurs when a person reacts to a substance that is usually considered harmless. It is an immune response and instead of ignoring the substance, the body produces histamine which triggers an allergic reaction.

Whilst most allergic reactions are mild, causing minor symptoms, some can be very serious and cause anaphylaxis, which is a life-threatening medical emergency.

People can be allergic to anything, but serious allergic reactions are most commonly caused by food, insect venom (such as a wasp or bee sting), latex and medication.

3. DEFINITIONS

ANAPHYLAXIS: Anaphylaxis is a severe allergic reaction that can be life-threatening and must be treated as a medical emergency.

ALLERGEN: A normally harmless substance that, for some, triggers an allergic reaction. You can be allergic to anything. The most common allergens are food, medication, animal dander (skin cells shed by animals with fur or feathers) and pollen. Latex and wasp and bee stings are less common allergens.

Most severe allergic reactions to food are caused by just 9 foods. These are eggs, milk, peanuts, tree nuts (which includes nuts such as hazelnut, cashew nut, pistachio, almond, walnut, pecan, Brazil nut, macadamia etc), sesame, fish, shellfish, soya and wheat.

There are 14 allergens required by UK law to be highlighted on pre-packed food. These allergens are celery, cereals containing gluten, crustaceans, egg, fish, lupin, milk, molluscs, mustard, peanuts, tree nuts, soya, sulphites (or sulphur dioxide), and sesame.

ADRENALINE AUTO-INJECTOR: Single-use device which carries a pre-measured dose of adrenaline. Adrenaline auto-injectors are used to treat anaphylaxis by injecting adrenaline directly into the upper, outer thigh muscle. Adrenaline auto-injectors are commonly referred to as AAI's, adrenaline pens or by the brand name EpiPen. There are two brands licensed for use in the UK: EpiPen and Jext Pen. For the purposes of this policy we will refer to them as Adrenaline Pens.

ALLERGY ACTION PLAN: This is a document filled out by a pupil's external healthcare professional, detailing a person's allergy and their treatment plan.

DESIGNATED ALLERGY LEAD: The member of staff responsible for overseeing allergy management across the school and acting as the main point of contact for pupils, parents and staff.

NEFFY: Neffy (official name in the UK is EURNeffy) is a nasal spray which delivers adrenaline. It is a needle-free approved alternative to an adrenaline auto-injector.

INDIVIDUAL HEALTHCARE PLAN: A detailed document outlining an individual pupil's medical conditions, history, treatment, risks and action plan. This document should be created by schools in collaboration with parents/carers and, where appropriate, pupils. All pupils with an allergy should have an Individual Healthcare Plan and it should be read in conjunction with their Allergy Action Plan.

RISK ASSESSMENT: A detailed document outlining an activity, the risks it poses and any actions taken to mitigate those risks. Allergy should be included on all risk assessments for events on and off the school site.

SPARE ADRENALINE PENS: Schools are able to purchase spare adrenaline pens. These should be held as a back-up, in case pupils' prescribed adrenaline pens are not available. They can also be used to treat a person who experiences anaphylaxis but has not been prescribed their own adrenaline.

4. ROLES AND RESPONSIBILITIES

Brighton College and Prep School takes a whole-school approach to allergy management.

4.1 Designated Allergy Lead

The Designated Allergy Lead at Brighton College is Chris Fowler; at Brighton College Prep School, Gareth Jackson. In close liaison with Head of Health Centre, Sarah Le Grice, they report to Christina Maude, Lead Governor for safeguarding. They are responsible for:

- Ensuring the safety, inclusion and wellbeing of pupils and staff with an allergy;
- Taking decisions on allergy management across the school;
- Championing and practising allergy awareness across the school;
- Being the overarching point of contact for staff, pupils and parents with concerns or questions about allergy management;
- Ensuring allergy information is recorded, up-to-date and communicated to all staff;
- Making sure all staff are appropriately trained, have good allergy awareness and realise their role in allergy management (including what activities need an allergy risk assessment);
- Ensuring staff, pupils and parents have a good awareness of the school's Allergy and Anaphylaxis Policy, through the start of year and employment declarations for all staff.
- Reviewing the school's stock of spare adrenaline pens;
- Keeping a record of any allergic reactions or near-misses, reporting these to the appropriate authority (e.g. Under RIDDOR) where necessary and ensuring the circumstances are investigated and learnings shared;
- Regularly reviewing and updating the Allergy and Anaphylaxis Policy; and
- Ensuring there is an anaphylaxis drill once a year.

At regular intervals the Designated Allergy Lead will check procedures and report to the SMT.

4.2 Healthcare team

Sarah Le Grice (Head of Health Centre) is responsible for:

- Ensuring information shared by parents via My School Portal (MSP) medical forms is uploaded onto iSAMS so the Catering department can pull an allergen report for their use;
- Collecting and coordinating the paperwork (including Allergy Action Plans and Individual Healthcare Plans) and information from families, including liaising with the Admissions team for new joiners;
- Supporting the Designated Allergy Lead with disseminating this information to all school staff, including the catering team, occasional staff and those running clubs;
- Ensuring the information from families is up-to-date, and reviewed annually (at a minimum). Coordinating medication with families and supporting parents in ensuring medication is in date;
- Keeping an adrenaline pen register to include adrenaline pens prescribed to pupils and the school's stock of spare adrenaline pens, including brand, dose and expiry date. The location of spare adrenaline pens should also be documented;
- Regularly checking spare adrenaline pens are where they should be, and that they are in date;
- Replacing the spare adrenaline pens when necessary;
- Providing on-site adrenaline pen training for staff and pupils and refresher training as required e.g. before school trips; and

4.3 Admissions and Reception Team

The Admissions team or the Reception team are likely to be the first to learn of a pupil or visitor's allergy. They should work with the Designated Allergy Lead and school nursing team/medical lead to ensure that:

- There is a clear method to capture allergy information or special dietary information at the earliest opportunity;
- There is a clear structure in place to communicate this information to the relevant parties (i.e. school nursing team, catering team);
- Parents and applicants are informed of catering arrangements during admission events; and
- Plans are made for emergency medication if the child is to be left without parental supervision.

4.4 All staff

All school staff, including teaching staff, support staff, occasional staff are responsible for:

- Championing and practising allergy awareness across the school;
- Reading, understanding and putting into practice the Allergy and Anaphylaxis Policy and related procedures, and asking for support if needed;
- Being aware of pupils (and staff, when necessary) with allergies and what they are allergic to;
- Considering the risk to pupils with allergies posed by any activities and assessing whether the use of any allergen in an activity is necessary and/or appropriate;
- Ensuring pupils always have access to their medication, or carrying it on their behalf;

- Being able to recognise and respond to an allergic reaction, including anaphylaxis, after appropriate training;
- Taking part in training and anaphylaxis drills as required (at least once a year). Whilst it is the school's responsibility to ensure staff have received annual training, if a member of staff is aware they have not received any allergy training in the last 12 months they should alert a manager;
- Considering the safety, inclusion and wellbeing of pupils with allergies at all times. Preventing and responding to allergy-related bullying, in line with the school's Anti-Bullying Policy;
- Forwarding any communication or information that comes directly from parents regarding allergens to the School Nurse/ Healthcare Team; and
- Ensuring that pupils have their medication and their Allergy Action Plan or Individual Health Care Plan with them when leaving school site, for a match or trip.

4.5 All parents

All parents and carers (whether their child has an allergy or not) are responsible for:

- Being aware of and understanding the school's Allergy and Anaphylaxis Policy and considering the safety and wellbeing of pupils with allergies;
- Providing the school Health Centre, via MSP medical form, with information about their child's medical needs, including dietary requirements and allergies, history of their allergy, any previous allergic reactions or anaphylaxis. They should also inform the school of any related conditions, for example asthma, hay fever, rhinitis or eczema;
- Adhering to not giving their child any nut products, for example in packed lunches, snacks or for fundraising events, to ensure nuts are not brought onto the school site;
- Refraining from telling the school their child has an allergy or intolerance if this is a preference or dietary choice; and
- Encouraging their child to be allergy aware.

4.6 Parents of children with allergies

In addition to point 4.5, the parents and carers of children with allergies should:

- Work with the school to fill out an Individual Healthcare Plan and provide an accompanying Allergy Action Plan;
- If applicable, provide the school or their child with two labelled adrenaline pens and any other medication, for example antihistamine (with a dispenser, i.e.. spoon or syringe), inhalers or creams;
- Ensure medication is in-date and replaced at the appropriate time;
- Ensure their child has access to their allergy medication, including two adrenaline pens if prescribed, on the journey to and from school;
- Update school with any changes to their child's condition and ensure the relevant paperwork is also updated;
- Provide the school with an up-to-date photograph of their child and sign the associated permission for it to be shared appropriately as part of their allergy management; and

- Support their child to understand their allergy diagnosis and to advocate for themselves and to take reasonable steps to reduce the risk of an allergic reaction occurring i.e., not eating the food to which they are allergic.

4.7 All pupils

All pupils at the school should:

- Be allergy aware;
- Understand the risks allergens might pose to their peers and respect measures to support them;
- Learn how they can support their peers and be alert to allergy-related bullying;
- Older pupils will learn how to recognise an allergic reaction and support their peers and staff in case of an emergency; and
- If pupils are buying or bringing in food from home, they should check the ingredients and ensure they do not bring any nut products on site.

4.8 Pupils with allergies

In addition to point 4.7, pupils with allergies are responsible (if age and capability appropriate) for:

- Knowing what their allergies are and how to mitigate personal risk, dependent on age and capability;
- Avoiding their allergen as best as they can;
- Understanding the importance of following the school specific processes of lunch and snack services and how that mitigates risk;
- Understanding that they should notify a member of staff if they are not feeling well, or suspect they might be having an allergic reaction;
- Carrying two adrenaline auto-injectors with them at all times, if age and capability appropriate (Year 3 and older). They must only use them for their intended purpose;
- Understanding how and when to use their adrenaline auto-injector;
- Talking to the Designated Allergy Lead or a member of staff if they are concerned by any school processes or systems related to their allergy;
- Raising concerns with a member of staff if they experience any inappropriate behaviour in relation to their allergies;
- Pupils who are permitted to leave the school site should know what to do if they have an allergic reaction off school premises. This should include how to treat themselves and raise the alarm to get help;
- If age and capability appropriate (Year 3 and older), pupils should have their medication with them on the journey to and from school;
- For pupils in Years Nursery to Year 6, the responsibility for all of the above is to be supported by all teaching and support staff within the Prep School.

5. INFORMATION AND DOCUMENTATION

5.1 Register of pupils with an allergy

The school has a register of pupils who have a diagnosed allergy. This includes children who have a history of anaphylaxis or have been prescribed adrenaline pens, as well as pupils with an allergy where no adrenaline pens have been prescribed.

5.2 Individual Healthcare Plans

Each pupil with an allergy requiring 'active management' has an Individual Healthcare Plan. The information on this plan includes:

- Known allergens and risk factors for allergic reactions;
- A history of their allergic reactions;
- Detail of the medication the pupil has been prescribed, including dose; this should include adrenaline pens, antihistamine etc;
- Confirmation of parental consent to administer medication, including the use of spare adrenaline pens in case of suspected anaphylaxis;
- A copy of their Allergy Action Plan.

6. ASSESSING RISK

Allergens can crop up in unexpected places. Staff (including visiting staff) will consider allergies in all activity planning and include it in risk assessments. Some examples include:

- Classroom activities, for example craft using food packaging, science experiments where allergens are present, food lessons or cooking;
- Bringing animals into the school, for example a dog or hatching chick eggs can pose a risk;
- Class or sporting activities where snacks or food "treats" may be handed out. Ensure safe food is provided or consider an alternative non-food treat for all pupils; and
- Consider inclusion and allergies when planning special events, such as cultural days and celebrations.

Inclusion of pupils with allergies must be considered alongside safety and they should not be excluded. If necessary, adapt the activity. The school will ensure compliance with the Equality Act 2010.

7. FOOD, INCLUDING MEALTIMES & SNACKS

7.1 Catering in school

The school engages Lodestone House as the Catering company and is committed to providing a safe meal for all students, staff and visitors, including those with food allergies.

- Due diligence is carried out with regard to allergen management when appointing catering staff;
- All catering staff and other staff preparing food will receive relevant and appropriate allergen awareness training;

- Please see the BCPS EYFS Food and Nutrition Policy for further information regarding additional Early Years catering provision and adherence to the Early Years Foundation Stage statutory guidance.
- Anyone preparing food for those with allergies will follow good hygiene practices, food safety and allergen management procedures;
- The catering team will endeavour to get to know the pupils with allergies and what their allergies are, supported by school staff;
- The catering team will endeavour to provide varied meal options to students and staff with allergies;

7.2 Identify and support pupils with food allergies during meal service

Lodestone House has robust procedures in place to identify and support pupils with food allergies during meal service.

7.21 Prep School (Nursery to Year 6)

- All pupils with a food allergy or medical dietary requirement (e.g. coeliac disease) are required to wear a medical diet lanyard at all mealtimes.
- Each lanyard includes a recent photograph of the pupil, their name, year group, and details of their allergy or dietary requirement. Catering staff visually checks the lanyard before serving food to prep pupils.
- School and teaching staff are responsible for ensuring that medical diet lanyards are distributed appropriately and worn by pupils before and during meal services.
- In addition to the lanyard system, the catering team maintains pupil identification measures including "Hello My Name Is" posters generated from iSAMS. These posters display pupil photographs and relevant allergy information to assist catering staff in accurately identifying pupils with food allergies and medical dietary requirement.
- These resources are stored i) securely behind serving counters and ii) within secure folders accessible only to authorised members of staff.
- The storage and use of pupil information for allergy management purposes is undertaken in accordance with UK GDPR and the school's data protection arrangements. Further information can be found in the Lodestone House Medical Diet Policy.

7.22 College

- The catering team maintains pupil identification resources, including "Hello My Name Is" posters generated from iSAMS, which display pupil photographs and relevant allergy information to support the identification of pupils with food allergies and medical dietary requirements during meal service.
- The storage, access, and use of pupil information for allergy management purposes is undertaken in accordance with UK GDPR and the school's data protection arrangements. Further information can be found in the Lodestone House Medical Diet Policy.

- All managers within the catering team have authorised access to pupil allergy and dietary information via the school's iSAMS system. This information is used as an additional method of verification and cross-checking to ensure that dietary requirements and allergy information are accurately communicated and managed across all catering operations.

7.3 Allergies to Foods Other Than the Main 14 Allergens

- For pupils or staff with allergies to foods other than the recognised "main 14" allergens, the allergy must be communicated to the Catering Manager or a member of the catering team.
- The pupils or staff allergy information will be communicated to the Head Chef or Sous Chef on duty, who will assess the associated allergen risk, review the relevant ingredients, and determine any potential risk of cross-contamination.
- Following this assessment, the outcome, including any ingredient information, identified risks, and suitable meal options, will be communicated back to the pupil or staff member by the Catering Manager, Catering Supervisor, Head Chef.

7.4 Communication of Ingredient Changes and Access to Allergen Information

- Allergen reports detailing the presence of the 14 mandatory Food Information Regulations (FIR) allergens are available in English for all Lodestone House recipes. Pupils, staff, parents, and visitors wishing to review allergen information should speak to the Catering Manager or Catering Supervisor, who will provide the relevant allergen report and advice as required.
- The catering team will take reasonable steps to ensure that allergen information remains accurate and up to date and will promptly communicate any changes that may affect the safety of pupils or staff with food allergies or medical dietary requirements.

7.5 Use of Precautionary Allergen Labelling

- Where a supplier identifies a product as containing a precautionary allergen warning, this information will be communicated by the catering team within allergy reports.
- These reports are available at all service points and catering events and are shared with pupils, parents, and staff as appropriate.
- As such, products or ingredients carrying either a "contains" or "may contain" allergen declaration will not be provided to pupils with that allergy.

7.6 Tuck Shop and Pre-Packaged Foods for Direct Sale

- Where the catering team pre-packages food on site before it is ordered, selected, or purchased by pupils, the catering team must ensure that all such products are labelled with clear ingredient and allergen information.
- Catering Managers are responsible for ensuring that all foods classified as Pre-Packaged for Direct Sale (PPDS) comply with the requirements of the Food Information (Amendment) (England) Regulations 2019, commonly known as Natasha's Law. This includes providing a label on the product containing the name of the food and a full ingredient list with all applicable allergens clearly emphasised.

7.7 Food bans or restrictions

- This school is an Allergen Aware school. We have students with a wide range of allergies to different foods, so we encourage a considered approach to bringing in food; e.g., birthday cakes, cake sales and snacks.
- Given that nuts are the most frequent allergen in our community, nuts should not be brought into school or on school trips. However, we are aware there are other allergens, so pupils with food allergies should never assume allergens are not present at a school event, including nuts. We therefore encourage pupils to check with the catering department or activity leader before choosing or consuming food.
- All food coming onto school premises or taken on a school trip/to a match should be checked to ensure peanuts and tree nuts are not an ingredient in another product. Please check the label on all foods brought in. Common foods that contain these goods as an ingredient include: packaged nuts, cereal bars, chocolate bars, nut butters, chocolate spread, sauces.

7.8 Food hygiene for pupils

- Pupils are encouraged to wash their hands before and after eating;
- Sharing, swapping or throwing food is not allowed;

8. EDUCATIONAL VISITS AND SPORTS FIXTURES

- Staff leading the trip will have a register of pupils with allergies and details of their medication.
- Allergies will be considered on the risk assessment and catering provision put in place;
- Parents, and pupils where appropriate, may be consulted if considered necessary, or if the trip requires an overnight stay;
- Staff (and some pupils, if appropriate) accompanying the trip will be trained to recognise and respond to an allergic reaction;
- Catered packed lunches provided for pupils and staff with allergies outside of the main 14 will be fully labelled in accordance with Natasha's Law, including complete ingredient and allergen information. All labels and allergen details will be independently checked by two members of the catering team, one of whom will be the Catering Manager, before being distributed.
- School staff support pupils when attending Match Tea 'at home' and at other schools, highlighting details of their dietary requirements to the host school's catering team.
- See Adrenaline Pens section for School Trips and Sports Fixtures.

9. INSECT STINGS

Those pupils with a known insect allergy should be encouraged to:

- Avoid walking around in bare feet or sandals when outside and, when possible, keep arms and legs covered;
- Avoid wearing strong perfumes or cosmetics; and
- Keep food and drink covered.

The Grounds team monitor the grounds for wasp or bee nests. Pupils (with or without allergies) should notify a member of staff if they find a wasp or bee nest in the school grounds and should avoid the area.

10. ANIMALS

It is normally dander (flakes of skin), saliva or urine that causes a person with an animal allergy to react.

Precautions to limit the risk of an allergic reaction include:

- A pupil with a known animal allergy should avoid the animal to which they are allergic;
- Areas visited by animals will be cleaned thoroughly;
- Anyone in contact with an animal will wash their hands after contact;
- If an animal lives on site, for example in a Boarding House, pupils, parents and staff will be made aware and consideration and adaptations will be made; and
- School trips that include visits to animals will be carefully risk assessed.

11. ALLERGIC RHINITIS/ HAY FEVER

Parents are encouraged to inform the Health Centre if their child has a seasonal pollen allergy and hay fever and persistent nasal allergy due to house dust mites or other allergens.

12. INCLUSION AND MENTAL HEALTH

Allergies can have a significant impact on mental health and wellbeing. Pupils may experience anxiety and depression and are more susceptible to bullying.

- No child with allergies should be excluded from taking part in a school activity, whether on the school premises or a school trip;
- Pupils with allergies may require additional pastoral support including regular check-ins from their House team etc;
- Affected pupils will be given consideration in advance of wider school discussions about allergy and school Allergy Awareness initiatives; and
- Bullying related to allergy will be treated in line with the school's Anti-Bullying Policy.

13. ADRENALINE PENS

[See the government guidance on Adrenaline Pens in Schools.](#)

13.1 Storage of adrenaline pens

- Pupils prescribed with adrenaline pens will have easy access to two, in-date pens at all times;
- College Pupils are encouraged to carry their two adrenaline pens whilst at school and on external activities and trips alongside their Allergy Action Plan.
- Prep Pupils, where age appropriate, are encouraged to carry their adrenaline pens whilst at school and on external activities and trips alongside their Allergy Action Plan. If parents prefer, a pupil pouch can be kept in the unlocked front office.

- Spot checks will be made to ensure adrenaline pens are in date and located where they should be;
- Adrenaline pens must not be kept locked away;
- Adrenaline pens should be stored at moderate temperatures (see manufacturer's guidelines), not in direct sunlight or above a heat source (for example a radiator); and
- Used or out of date pens will be disposed of as sharps.

13.2 Spare adrenaline pens

This school has 24 spare adrenaline pens to be used in accordance with government guidance.

- The locations of spare adrenaline pens are clearly signposted within the Emergency Medication Boxes around site with green signage.

See map at Appendix 1. There are maps in offices, showing Adrenaline Pen locations.

13.3 Adrenaline pens on off-site activities

- No child with a prescribed adrenaline pen will be able to go on a school trip without two of their own devices. It is the trip leader's responsibility to check they have them;
- Adrenaline pens will be kept close to the pupils at all times e.g. not stored in the hold of the coach when travelling or left in changing rooms;
- Adrenaline pens will be protected from extreme temperatures; pupils can request an insulated bag should they require it;
- Staff accompanying the pupils will be aware of pupils with allergies and be trained to recognise and respond to an allergic reaction; and
- Trips/Offsite – A stock of spare adrenaline pens in the Health Centre will be given out for trip leaders to take on trips whenever possible. High risk trips will take priority at times when a high volume of trips are taking place.
- Sports – Pupils with anaphylaxis should bring their adrenaline pens and Allergy Action Plan to sports sessions (training and matches) and leave in the container pitch side, so their coach has access if necessary.

Trip Type	Does trip require an additional adrenaline pen?	Does the trip require a medication pack? (cetirizine, ibuprofen, hydration salts, paracetamol)
Day trips in Brighton	No	No
Evening trips in Brighton including food.	No	No

Trips to other schools	No need to have stock as other schools would have emergency procedure	No need to have stock as other schools would have provisions
Residential trips or trips in remote locations	Yes, collect one adrenaline pen	Yes, collect a medication pack
Note: All trips require pupils with Allergies and Anaphylaxis to take their own emergency medication (i.e. two adrenaline pens)		

14. RESPONDING TO AN ALLERGIC REACTION /ANAPHYLAXIS

See Appendix 2, on recognising and responding to an allergic reaction.

If a pupil has an allergic reaction:

- Treat the pupil in accordance with their Allergy Action Plan;
- If anaphylaxis is suspected administer adrenaline without delay;
- Treat the pupil where they are. Lie them down with their legs raised and bring medication to them;
- Use pupil's own prescribed medication if immediately available;
- Pupil can administer the adrenaline pen themselves (if able to) or a member of staff can administer pen. Ideally the member of staff will be trained however, in an emergency, anyone can administer adrenaline;
- If the pupil's own adrenaline pen is not available or misfires, then use a spare adrenaline pen;
- If anaphylaxis is suspected but the pupil does not have a prescribed adrenaline pen or Allergy Action Plan, lie the pupil down with their legs raised, call 999 and explain anaphylaxis is suspected. Inform the operator that spare adrenaline pens are available and follow instructions from the operator. The Medicines and Healthcare Products Regulatory Agency (MHRA) says that in exceptional circumstances, a spare adrenaline pen can be administered to anyone for the purposes of saving their life;
- If, after 5 minutes, there is no improvement, use a second adrenaline pen and call the emergency services again and inform them that a second dose of adrenaline has been given;
- Do not move the pupil until a medical professional/ paramedic has arrived, even if they are feeling better; and
- Anyone who has had suspected anaphylaxis and received adrenaline must go to hospital, even if they appear to have recovered. A member of staff should accompany them in an ambulance until a parent or guardian arrives.

15. TRAINING

The school is committed to training all staff annually, to give them a good understanding of allergies. Training for teaching staff is online from The Allergy Team, and the Health and Safety Team manage compliance.

This includes:

- Understanding what an allergy is;
- How to reduce the risk of an allergic reaction occurring;
- How to recognise and treat an allergic reaction, including anaphylaxis;
- How the school manages allergy, for example Emergency Response Plan, documentation, communication etc;
- Where adrenaline pens are kept (both prescribed pens and spare pens) and how to access them;
- The importance of inclusion of pupils with food allergies, the impact of allergy on mental health and wellbeing and the risk of allergy-related bullying;
- Understanding food labelling; and
- Taking part in an anaphylaxis drill.

Allergy and Anaphylaxis Training will be via an online course or in-person training depending on staff roles within school. Additional training on the use of Adrenaline pens is also arranged. Staff can make an appointment with the Health Centre for one-on-one Adrenaline pen training with trainer Adrenaline pens and EURneffy.

The school will carry out an anaphylaxis drill once a year.

This includes:

- An exercise simulating an event where a pupil or member of staff has an allergic reaction and testing the whole school response.

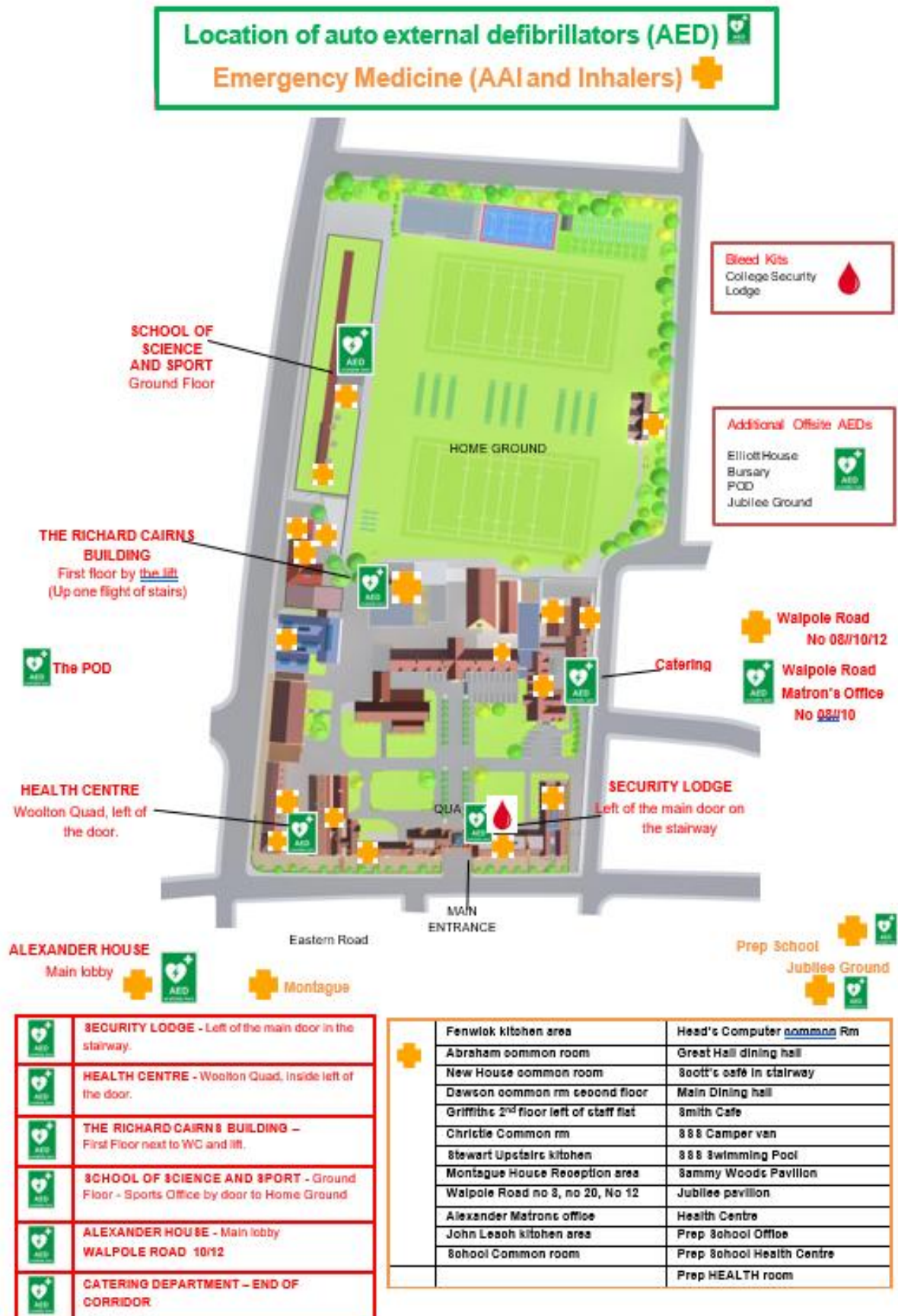
16. REPORTING ALLERGIC REACTIONS

The school will log allergic reaction incidents and near-misses through completing an incident form located on the Staff Hub, Health and Safety page. The Health and Safety team will follow up on the incident.

17. POLICY GOVERNANCE AND PUBLICATION

The Governing Board will review this policy annually and will ensure that the policy is appropriately publicised by:

- making the policy generally known within the school and to parents of pupils;
- taking steps, at least once a year, to bring the policy to the attention of all pupils at the school and parents and all persons who work at the school, including volunteers, and
- publishing the policy on the school's website.





MANAGING ALLERGIC REACTIONS

ALLERGIC REACTIONS VARY

Allergic reactions are unpredictable and can be affected by factors such as illness or hormonal fluctuations.

You cannot assume someone will react the same way twice, even to the same allergen.

Reactions are not always linear. They don't always progress from mild to moderate to more serious; sometimes they are life-threatening within minutes.

MILD TO MODERATE ALLERGIC REACTIONS

Symptoms include:

14. Swollen lips, face or eyes
15. Itchy or tingling mouth
16. Hives or itchy rash on skin
17. Abdominal pain
18. Vomiting
19. Change in behaviour

Response:

- Stay with pupil
- Call for help
- Locate adrenaline pens
- Give antihistamine
- Make a note of the time
- Phone parent or guardian
- Continue to monitor the pupil

SERIOUS ALLERGIC REACTIONS / ANAPHYLAXIS

The most serious type of reaction is called **ANAPHYLAXIS**. Anaphylaxis is uncommon, and children experiencing it almost always fully recover.

In rare cases, anaphylaxis can be fatal. It should always be treated as a time-critical medical emergency.

Anaphylaxis usually occurs within 20 minutes of eating a food but can begin 2-3 hours later.

People who have never had an allergic reaction before, or who have only had mild to moderate allergic reactions previously, can experience anaphylaxis.



RESPONDING TO ANAPHYLAXIS

SYMPTOMS OF ANAPHYLAXIS

A – Airway

1. Persistent cough
2. Hoarse voice
3. Difficulty swallowing
4. Swollen Tongue

B – Breathing

- Difficult or noisy breathing
- Wheeze or cough

C - Circulation

- Persistent dizziness
- Pale or floppy
- Sleepy
- Collapse or unconscious

IF YOU SUSPECT ANAPHYLAXIS, GIVE ADRENALINE FIRST BEFORE YOU DO ANYTHING ELSE.

DELIVERING ADRENALINE

14. Take the medication to the patient, rather than moving them.
15. The patient should be lying down with legs raised. If they are having trouble breathing, they can sit with legs outstretched.
16. It is not necessary to remove clothing but make sure you're not injecting into thick seams, buttons, zips or even a mobile phone in a pocket.
17. Inject adrenaline into the upper outer thigh according to the manufacturer's instructions.
18. Make a note of the time you gave the first dose and call 999 (or get someone else to do this while you give adrenaline). Tell them you have given adrenaline for anaphylaxis.
19. Stay with the patient and do not let them get up or move, even if they are feeling better (this can cause cardiac arrest).
20. Call the pupil's emergency contact.
21. If their condition has not improved or symptoms have got worse, give a second dose of adrenaline after 5 minutes, using a second device. Call 999 again and tell them you have given a second dose and to check that help is on the way.
22. Start CPR if necessary.
23. Hand over used devices to paramedics and remember to get replacements.

For more information see the Government's [Guidance for the use of adrenaline auto-injectors in schools](#).