



# Allergies Policy Including Nut & Food Allergy

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## Statement of Intent

Kingsbury Primary School adopts a whole-school approach to managing allergies, recognising that children may suffer from food, insect sting, animal, or nut allergies. While we cannot guarantee a completely allergen-free environment, we aim to minimise exposure risks and ensure effective emergency responses





## Aim

To reduce the risk of allergy-induced anaphylaxis among children and staff, with particular attention to nut allergies due to their high-risk nature.

## Key Principles

- Implement effective risk management to reduce exposure to allergens.
- Provide staff training for emergency response to allergic reactions.
- Ensure clear communication of individual Health Care Plans.

## Definitions

- Allergy: An exaggerated immune response to a substance.
- Allergen: A normally harmless substance that triggers an allergic reaction.
- Anaphylaxis: A severe, potentially life-threatening allergic reaction.
- Epipen: A device for administering adrenaline during an allergic reaction.
- Minimised risk environment: A setting where allergen exposure is reduced through risk management.
- Health Care Plan: A document detailing an individual's allergy, treatment, and emergency procedures.

## Procedures and Responsibilities

### General

- Collaborate with parents, staff, and the school nurse to create Health Care Plans.
- Maintain clear communication of allergy-related information among staff.
- Train staff in anaphylaxis awareness and emergency procedures.

### Medical Information

- Parents must report any changes in medical conditions.
- Health Care Plans must be established and regularly updated.
- Staff must review and understand relevant medical information.





- Risk assessments for school trips must include allergy considerations.
- Catering staff will be provided with allergy details and photos of affected children.

## Epipen Management

- Parents must supply and replace Epipens as needed.
- Epipens are securely stored and signed in/out for trips.
- Two Epipens must be available in school at all times.

## Parents

- Provide written, up-to-date medical information.
- Detail allergens, reactions, emergency procedures, and control measures.
- Ensure children have necessary medication and emergency contact details.
- Provide safe snacks and lunches.
- Communicate with staff about food-related activities.

## Staff

- Familiarise themselves with the policy and Health Care Plans.
- Attend team meetings for children with severe allergies.
- Know where medication is stored and how to administer it.
- Promote handwashing before and after eating.
- Monitor snacks to ensure they are nut-free and allergen-safe.
- Clean tables with approved solutions.
- Prevent food sharing among children.
- Ensure emergency medication is accessible.
- Liaise with parents about food activities.

## Emergency Actions

In the event of an allergic reaction:

- Follow the child's Health Care Plan.
- Assign a staff member to contact parents.
- Call 999 if symptoms worsen.
- Keep the child calm and comfortable.





- Administer medication as trained and per policy.
- Accompany the child to hospital if parents are unavailable.

## Role of other parents

- Requested to provide nut-free snacks and lunches where necessary.
- Reminded regularly and monitored for compliance.

