



# Allergen Policy

## **Introduction**

At Witton-le-Wear Primary School are committed to a whole school approach to the health care and management of staff and pupils suffering from allergies.

An allergy is an adverse reaction that the body has to a particular food or substance. An allergy is an immune response as the allergen attacks our body's immunity. A person with an allergy has a reaction to the allergen and the body does not know what to do. Some people are allergic to certain foods and eating these foods could make them ill or could be life threatening.

Symptoms of an allergic reaction can include stomach upsets, rashes, itching of the skin or mouth, swelling of the throat and difficulty breathing or anaphylactic shock. People who may respond severely to an allergen may have anaphylactic shock. It is usual for these people to carry an EpiPen. (See Appendix A for definitions)

We cannot guarantee a completely allergen free environment, but strive to minimise the risk of exposure, encourage self-responsibility and plan for an effective response to possible emergencies. The school is committed to a proactive risk allergy management through:

- The encouragement of self-responsibility and learned avoidance strategies amongst children suffering from allergies;
- Provision of staff awareness of anaphylaxis;
- Staff training in allergens and EpiPens when necessary;
- Establishing and maintaining documentation of allergies and a care plan in the pupil's Individual Healthcare Plan;
- Establishing specific risk exposure minimisation practices and strategies in line with the 2014 EU Food Information for Consumers Regulations.

The school recognises that a number of pupils and staff may suffer from potentially life threatening allergies to certain foods or toxins from insects. The school seeks parent, staff and pupil support towards maintaining a minimised risk environment, whilst concentrating on ensuring effective medical response to potential anaphylactic episodes.

The intent of this policy is to minimise the risk of any child suffering allergy induced anaphylaxis whilst at school or attending any school related activity, and to ensure staff are properly prepared to manage such emergency situations should they arise. Mrs Foster, Mrs Ferguson and Mrs Smith hold First Aid at Work qualifications and have received training in dealing with allergic reactions. When necessary, if a child needs an EpiPen, for example, further staff training will be provided – all staff trained bi-annually.

The common causes of allergies relevant to this policy are nuts (in particular peanuts), dairy products, seafood, eggs, wasps, bees and ants. The allergy to nuts is the most common high risk allergy and, as such, demands more rigorous controls than the controls for dairy products, eggs, bees and wasps.

The school understands that parents, guardians and teachers can become stressed due to the potential of anaphylactic reactions in the children in their care, and this policy aims to provide procedures and systems to manage such stress effectively.

The key strategies the school will implement are:

- The establishment of clear procedures and responsibilities to be followed by staff in meeting the needs of children with additional medical needs (See Supporting Pupils with Medical Needs Policy);
- The involvement of doctors, parents, staff and the child in establishing an Individual Healthcare Plan.
- Ensuring effective communication of individual child's medical needs to all relevant teachers and other staff;
- Ensuring First Aid staff training includes anaphylaxis management, including awareness of triggers and first aid procedures to be followed in the event of an emergency;
- For provision of school meals, Witton-le-Wear Primary School follows the recipes provided by Taylor Shaw, ensures all food complies with current menus, food standards nutritional analysis and allergens.

**Signed: ..... (Headteacher)**

**Date: .....**

**Signed: ..... (Chair of Governors)**

**Date: .....**

## Appendix A

### Definitions used in this policy:

<b>Allergy</b>	A condition in which the body has an exaggerated response to a substance, also known as hypersensitivity.
<b>Allergen</b>	A normally harmless substance that triggers an allergic reaction in the immune system.
<b>Anaphylaxis</b>	Anaphylaxis, or anaphylactic shock, is a sudden, severe and potentially life-threatening allergic reaction to food, stings, bites, or medicines.
<b>EpiPen</b>	Brand name for syringe style device containing the drug adrenaline which is ready for immediate intramuscular administration.
<b>Minimised Risk Environment</b>	An environment where risk management practices have minimised the risk of allergen exposure to a reasonable level. Not an allergen free environment.
<b>Healthcare Plan</b>	A detailed document outlining an individual pupils condition treatment and action plan for location of EpiPen.
<b>Management System</b>	A record system managed by the person in charge which describes the individual pupil medical care plans and the particular members of staff who will need to be trained and informed of these plans.