St Nicholas Catholic Primary School

Policy 4.11
Allergy Policy including Nuts

Agreed APW Spring 2017
Review Date Spring 2020

Statement of Intent:
This policy applies to all members of the school community and relates to the health care and management of those members of the school community suffering from specific allergies or intolerances to any substance or food.

St Nicholas Catholic Primary School are aware that children who attend may suffer from food, bee/ wasp sting, animal or nut allergies and we believe that all allergies and intolerances should be taken seriously and dealt with in a professional and appropriate way.

Our position is not to guarantee a completely allergen free environment, but to create a minimised risk environment; encouraging self-responsibility, information sharing and a clear plan for an effective response to possible emergencies.

The *Statutory Framework* states that the provider must obtain information about any dietary requirements/allergy. As such parents are asked to provide details of allergies in the child's enrolment form, which is submitted before starting school. These forms are reviewed by the Pastoral Support Worker prior to the child starting school so that we can seek additional information or training if necessary.

Aim:
The intent of this policy is to minimize the risk of any child suffering from allergy-induced anaphylaxis, allergies or intolerances whilst at school.

An allergic reaction to nuts is the most common high risk allergy, and as such demands more rigorous controls throughout the policy.

The underlying principles of this policy include:

• The establishment of effective risk management practices to minimise the child's exposure to known allergens.

• Staff training and education to ensure effective emergency response to any allergic reaction situation.

Definitions:
Allergy - A condition in which the body has an exaggerated response to a substance (e.g. food and drug) also known as hypersensitivity.
Allergen - A normally harmless substance that triggers an allergic reaction in the immune system of a susceptible person.
Anaphylaxis - Anaphylaxis, or anaphylactic shock, is a sudden, severe and potentially life-threatening allergic reaction to food, stings, bites, or medicines.
Epipen - Brand name for syringe style device containing the drug Adrenalin, which is ready for immediate inter-muscular administration.
Minimized Risk Environment- An environment where risk management practices (e.g. Risk assessment forms) have minimised the risk of (allergen) exposure.

Health Care Plan- A detailed document outlining an individual student's condition treatment, and action plan for location of Epipen.

Procedures and Responsibilities for Allergy Management:

By Leaders

- Ensure that Pastoral Support Worker is suitably experienced and competent to oversee adherence to this policy and that the tasks associated with this role are clearly outlined in this policy
- Resource and provide staff training when necessary.
- Monitor and ensure that staff adhere to the policy, holding them to account if they do not.
- Analyse, evaluate and report on any incidents in school.
- Governors to ensure that any incidents have been assessed, the significant findings of these assessments recorded and any further appropriate safety measures implemented accordingly.

By the Pastoral Support Worker

- Ensure the involvement of parents and staff in establishing individual Health Care Plans when needed and as advised by Medical practitioners; ensuring it is in place before the child starts attending sessions.
- Establish and maintain practices for effectively communicating a child's healthcare plan and/or protocol to all school staff.
- Establish and maintain a 'kitchen code of practice' to ensure that catering staff, not directly employed by the school, are aware of childrens' needs.
- Identify staff for training in anaphylaxis management, including awareness of triggers and first aid procedures to be followed in the event of an emergency; and arrange these sessions.
- Mentor and support any children with severe food allergies.

By Staff

- Ensure that children do not share food and drinks.
- Take responsibility for familiarising themselves with individual Health Care Plans and protocols of children at St Nicholas. Attend meetings and training regarding specific children in their care when necessary.
- Adhere to health & safety regulations regarding food and drink including carrying out risk assessments for any activity that involves food, putting specific actions in place to meet the identified needs of the children. These risk assessments

should be signed by a member of the school's Safeguarding team prior to the activity.

- Only purchase food stuffs for activities and events that do not contain nuts **(although we can not guarantee that products will not contain traces of nuts).**

- Know how to access and administer medicines for allergens or anaphylaxis management as detailed on childrens' individual Health Care Plans or protocols.

- Promote hand washing before and after eating.

- Clean tables with an approved solution before and after food preparation or eating.

- Consult with parents prior to activities if there any concerns.

By Parents:

- Take responsibility for providing, in writing, on-going accurate and current medical information to the school. This information should include:

    - The allergen (the substance the child is allergic to)
    - The nature of the allergic reaction (from rash, breathing problems to anaphylactic shock)
    - What to do in case of allergic reaction, including any medication to be used and how it is to be used.
    - Control measures – such as how the child can be prevented from getting into contact with the allergen.

- Complete and sign a Health Care Plan, where a child has a serious allergy.

- Provide up to date emergency contact information.

- Take responsibility to provide the school with up to date medication and the timely replacement of equipment, clearly labelled in a suitable container. (In the case of life saving medication like an Epipen the child will not be allowed to attend without it.)

- Ensure any snacks or lunches provided for the child are allergen free.

- Liaise with staff when necessary and ensure they report to the school any changes in the child's response to the allergen.

Medical Information

The school will seek updated information via a medical form at the commencement of each calendar year.

- As a means of information sharing, medical protocols containing a recent photograph for any students with allergies will be posted in relevant rooms with parental permission.

The wearing of a medic-alert bracelet is allowed by the School.

Symptoms
The symptoms of anaphylaxis usually start between 3 and 60 minutes after contact with the allergen.

An anaphylactic reaction may lead to feeling unwell, dizzy or may cause fainting due to a sudden drop in blood pressure. Narrowing of the airways can also occur at the same time, with or without the drop in blood pressure. This can cause breathing difficulties and wheezing.
Other symptoms:

- Swollen eyes, lips, genitals, hands, feets and other areas
- Itchy skin or nettle-rash (hives)
- A strange metallic taste
- Sore, red itchy eyes
- Changes in heart rate
- A sudden feeling of extreme anxiety or apprehension
- Abdominal cramps, vomiting, diarrhoea, nausea or fever

Actions
In the event of a child suffering an allergic reaction:

- We will follow the actions described on the child's Health Care plan or protocol including the administration of any medicines.
- If a child becomes distressed or symptoms become more serious we will call an ambulance. A member of staff will accompany the child to hospital if necessary.
- We will contact the child's parents or carers immediately.