



Children's



Endeavour



Trust

Allergies/ Food Intolerance Policy

Document Control

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Allergies/Food Intolerance Policy

1. Introduction

This policy is concerned with whole school approaches to the health care and management of our school communities suffering from specific allergies/food intolerances.

Our schools are aware that our children/staff may suffer from food, insect bites/stings, animal or nut allergies and believe that all allergies/intolerances should be taken seriously and dealt with in an appropriate way.

Our schools' position is not to guarantee a completely allergen free environment, rather: to minimise the risk of exposure, encourage self-responsibility and plan for effective response to possible emergencies.

The Statutory Framework states that the provider must obtain information about any dietary requirements/allergies. As such, parents/carers are asked to provide details of dietary requirements/allergies in the child's School Admission Form, which is submitted before starting school, and keep the school updated of any subsequent changes. Snacks and lunches brought into the school should be peanut and nut free.

2. Aim

The intent of this policy is to minimise the risk of any child/staff member suffering allergy-induced anaphylaxis 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/staff member exposure to known trigger foods and insects.
- Staff training and education to ensure effective emergency response to any allergic reaction situation.

3. Definitions

Allergy - A condition in which the body has an exaggerated response to a substance (eg 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.

Food Intolerance (also referred to as a food sensitivity) – A difficulty digesting certain foods and having an unpleasant physical reaction to them.

Individual Health Care Plan IHPs exist to document a child's medical needs and provision being made for those needs (further information is available in section 5 of our Supporting Children with Medical Conditions Policy including a model pro forma)

Minimised Risk Environment – An environment where risk management practices (e.g. risk assessment forms) have minimised the risk of allergen exposure.

Medical Care Plan or Allergy Action Plan – A detailed document outlining an individual child's condition, treatment and action plan for location of Epipen or any other medication.

4. Key Principals/Procedures and Responsibilities for Allergy/Intolerance Management

- The involvement of parents/carers and staff in establishing Individual Health Care Plans.

- The establishment and maintenance of practices for effectively communicating a child's Individual Health Care Plan to all relevant staff.
- Staff training in anaphylaxis management, including awareness of triggers and first aid procedures to be followed in the event of an emergency.
- Age-appropriate education of the child/children with severe food allergies/intolerances.

4. Medical Information

- Our schools will seek updated information via data collection sheets at the start of each academic year. Any change in a child's medical condition during the year must be reported to the school.
- For children with an allergic condition, the school requires parents/carers to provide written advice from a doctor which explains the condition, defines the allergy triggers and any required medication.
- The Headteacher will ensure that a Individual Health Care Plan is established and updated for each child with a known allergy. These are completed by a member of the administration team.
- All members of staff are required to review and familiarise themselves with the medical information.
- Information regarding allergies/food intolerances is shared with appropriate staff and third parties in line with the schools' Data Protection Policy.
- Where children with known allergies/food intolerances are participating in school excursions or classroom activities, the risk assessments must include this information.
- The wearing of a medic-alert bracelet is allowed by the school.

5. Medical Information (Epipens)

Where Epipens (Adrenalin) are required in the Individual Health Care Plans:

- Parents/carers are responsible for the provision and timely replacement of the Epipens.
- The Epipens are located securely in relevant locations approved by the Headteacher.
- Epipens will be located so that all adults involved with the child know where they are at all times.

6. Role of Parents/Carers

Parents/carers are responsible for providing, in writing, on-going accurate and current medical information to the school. Parents/carers are to meet with a member of school staff to confirm and detail the nature of the allergy/food intolerance, including:

- 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.
- Control measures – such as how the child can be prevented from getting into contact with the allergen.
- If a child has an allergy requiring an EpiPen, a Medical Care Plan or Allergy Action Plan must be completed and signed by the parents/carers.
- It is the responsibility of the parents/carers to provide the school with up-to-date medication clearly labelled in the original packaging.
- In the case of life saving medication, such as Epipens, the child will not be allowed to attend without it.
- Food intolerance – the foods the child cannot tolerate and the reaction if exposed to them.
- It is the responsibility of the parents/carers to ensure that the food provided for snack/lunch is safe for their child to consume.

As a school we realise that some parents/carers may share information about allergies/food intolerances that have not been medically identified, however, we will treat this information in the same way.

7. The Role of Staff

Staff are responsible for familiarising themselves with the policy and to adhere to Health & Safety regulations regarding food and drink.

- If a child's School Admission Form states that they have an allergy then a Individual Health Care Plan is needed.
- If a child has a food intolerance this is recorded on the school database in dietary needs. This information is included on each day's lunchtime checklists for kitchen and lunchtime staff.
- All staff who come into contact with the child will be made aware of what treatment/medication is required and where it is stored.
- All staff are to promote hand washing before and after eating.
- Snack time foods are monitored by staff and are peanut, nut and other allergens free. All staff should know the procedures at snack and lunch time to ensure the safety of children with allergies, however, staff cannot guarantee that foods will not contain traces of nuts.
- All tables are cleaned with an approved solution.
- Children are not permitted to share food.
- We provide specific EpiPen/first aid training.
- Emergency medication should be easily accessible, especially at times of high risk.
- Staff should liaise with parents/carers regarding snacks and any other food-related activities.

8. Actions

In the event of a child suffering an allergic reaction

- Follow guidance as per the child's Individual Health Care Plan.
- If medication is available, it will be administered as per training and in conjunction with the Individual Health Care Plan.
- If an ambulance is called and the parents/carers have not arrived by the time the ambulance leaves, a member of staff will accompany the child to hospital.
- If a child is taken to hospital by car, two members of staff will accompany them.

9. Role of other Parents and Carers

Snacks and lunches brought into the school by other families should be peanut and nut free.

The school will ensure that families are regularly reminded and will monitor the contents of lunchboxes and snacks.

10. Natasha's Law: Allergen and Food Labelling Requirements

In keeping with Natasha's Law, our schools list ingredients on food that's prepacked for direct sale on our school premises. This covers food that's:

- Packaged at school, **and**
- In this packaging before it's selected or ordered by pupils or staff

This is outlined in the [Food Information \(Amendment\) \(England\) Regulations 2019](#). Natasha's Law was introduced in October 2021 and was introduced to help anyone with a food allergy or intolerance make safe food choices.