

**St John Lloyd RC Primary School**  
**FOOD ALLERGY AND INTOLERANCES POLICY**



**Statement of Intent:**

This policy is concerned with a whole school approach to the health care and management of those members of the school community suffering from specific allergies and food intolerances.

St John Lloyd Primary School are aware that pupils 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.

St John Lloyd Primary School's 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/allergy. As such parents are asked to provide details of their child's / children's allergies before starting St John Lloyd Primary School, with updates on an annual basis to new class teachers.

**Aim:**

The intent of this policy is to minimise the risk of any child suffering allergy-induced anaphylaxis whilst at St John Lloyd RC Primary School.

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

The policy also covers the responsibility of parents, staff and students to share information on food intolerances and manage the impact of such intolerances.

The underlying principles of this policy include:

- The establishment of effective risk management practices to minimise the student, staff, parent and visitor exposure to known trigger foods and insects.
- Staff training and education to ensure effective emergency response to any allergic reaction situation.

This policy applies to all members of the School community:

- School Staff
- Parents / Carers
- Volunteers
- Students

## 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.

Intolerance - A food intolerance is difficulty digesting certain foods and having an unpleasant physical reaction to them (it is not life-threatening)

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

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

## Procedures and Responsibility for Allergy Management

General:

- The involvement of parents and staff in establishing individual Health Care Plans where appropriate.
- The establishment and maintenance of practices for effectively communicating a child's healthcare 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 children with severe food allergies.

Medical Information:

- The school will seek updated information at the commencement of each calendar year. A yearly review is carried out and logged.
- Furthermore, any change in a pupil's medical condition during the year must be reported to the school.
- For pupils with an allergic condition, the school requires parents / carers to provide written advice from a doctor (GP), which explains the condition, defines the allergy triggers and any required medication.
- All staff are required to review and familiarise themselves with the medical information.
- Action Plans with a recent photograph for any pupils with allergies will be posted in relevant rooms (Kitchen area, class registers & staff room)
- Where pupils with known allergies and/or intolerances are participating in school excursions, all risk assessments must include this information and any medicine taken (e.g. epi pens)

## Medical Information (Epi-pens)

Where Epi-pens (Adrenalin) are required in the Health Care Plan:

- Parents/ guardians are responsible for the provision and timely replacement of the Epi-pens.
- The Epi-pens are located securely in relevant locations approved by the Headteacher.

## Parent's Role

Parents are responsible for providing, in writing, ongoing accurate and current medical information to the school including NHS allergy actions plans.

Parents fill out pupil information forms confirming and detailing the nature of the allergy; 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 and how it is to be used.
- Control measures – such as how the child can be prevented from getting into contact with the allergen.

If a pupil has an allergy requiring an epi-pen, or the risk assessment deems it necessary, a healthcare plan must be completed and signed by the parents and in conjunction with health care professionals.

It is the responsibility of the Parent to provide the School with up to date medication/ equipment clearly labelled in a suitable container.

In the case of life saving medication like Epi-pens the pupil will not be allowed to attend without it.

Parents are also required to provide up to date emergency contact information.

Snacks and lunches brought into school are provided by each child's Parent (Nut free school)

It is their responsibility to ensure that the contents are safe for the child to consume.

## Staff's Role

Staff are responsible for familiarising themselves with the policy and to adhere to health and safety regulations regarding food and drink.

All staff who come into contact with the pupil will be made aware of what treatment/medication is required by the Headteacher and where any medication is stored (information kept in class register & Arbor)

All staff are to promote hand washing before and after eating.

Snack time biscuits and snacks are monitored by staff and are peanuts, nut 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. The school will however ensure:

- All tables are cleaned with an approved solution.
- Pupils do not share food unless approved in advance by a member of staff.
- As part of staff training, epi-pen use and storage has been discussed.
- Parents are asked for a list of food products and food derivatives their child must not come into contact with. This should be updated annually.
- Emergency medication is easily accessible, especially at times of high risk.
- Staff liaise with parents about snacks and any food-related activities.

### Actions

In the event of a pupil suffering an allergic reaction:

- We will delegate someone to contact the pupil's parents.
- If a pupil becomes distressed or symptoms become more serious telephone 999.
- Keep calm, make the pupil feel comfortable and give them space.
- If medication is available, it will be administered as per training and in line with the instructions for use.
- If parents have not arrived by the time ambulance arrives, a member of staff will accompany their child to hospital.

Snacks and lunches brought to the school by other parents should be peanut and nut free. (No home baked products. Individually packed items only)

The school will ensure that parents are regularly reminded and will monitor the contents of lunchboxes and snack.