



Nishkam Schools multi-academy trust

Allergy Policy

Approved by:	Trust Board	Date: Summer 2026
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1. Introduction and Purpose

This policy sets out Nishkam Schools Multiple Academy Trust's approach to supporting pupils with allergies and creating an allergen-aware environment across all our schools. Our aim is to keep all pupils safe whilst ensuring those with allergies can participate fully in school life. Our purpose is to minimise the risk of any pupil suffering a serious allergic reaction whilst at school or attending any school related activity and to ensure staff are properly prepared to recognise and manage serious allergic reactions should they arise.

This policy applies to all schools within Nishkam Schools Multi Academy Trust and should be read alongside individual schools' supporting medical needs policy, first aid policies, and safeguarding procedures.

2. Our Approach: Allergen Aware, Not Allergen Free

We take an 'allergen aware' rather than 'allergy free' approach. Banning common allergens is not the best way to keep pupils safe because:

- It is difficult to enforce
- Common allergies are not the only allergens
- It is impractical to ban all allergens from the site
- It could give pupils with allergies a false sense of security

Instead, we create an environment where our community is aware of the risks posed by allergens and put in place strategies to mitigate those risks. We discourage pupils and parents from bringing in food containing common allergens, but we recognise that there are no guarantees that pupils or parents will follow these guidelines, and they may not always be aware of the allergens present in their food.

3. Roles and Responsibilities

3.1 The Trust Board

- Ensure this policy is implemented across all schools in the MAT
- Monitor the effectiveness of allergy management procedures
- Ensure adequate resources and training are available

3.2 School Leaders

- Ensure the policy is implemented effectively in their school
- Ensure all staff receive appropriate allergy awareness training
- Maintain up-to-date records of pupils with allergies
- Communicate with parents and carers about the school's approach to allergies
- Ensure emergency medication (e.g., adrenaline auto-injectors) is available and stored correctly

3.3 The Designated Safeguarding Lead (DSL)

- Ensure allergy information is included in safeguarding procedures
- Ensure staff understand that severe allergic reactions are a safeguarding concern
- Arrange anaphylaxis training for all staff
- Assign Lead First Aider who will ensure;
 - That up-to-date Allergy Action Plan is kept with the pupil's medication
 - Check all spare medication is up to date and contact parents if medication is approaching expiry
 - Recording of pupils prescribed an Adrenaline auto-injector (AAI) and any emergency treatment given on Medical Tracker
 - Reaction or near misses are recorded and reported internally and in accordance with RIDDOR

3.4 All Staff

- Know which pupils in their classes/groups have allergies and what they are allergic to
- Understand the signs of an allergic reaction

- Know how to respond in an emergency, including how to administer an adrenaline auto-injector
- Consider allergies when planning lessons, activities, and trips
- Create an inclusive environment where pupils with allergies feel safe and supported

3.5 Parents and Carers

- Inform the school of any allergies their child has
- Provide up-to-date emergency medication and ensure it is in date
- To supply a copy of their child's Allergy Action Plan to school which has been developed by a healthcare professional e.g. school nurse/GP/allergy specialist
- Work with the school to develop an individual healthcare plan for their child
- Help their child to understand their allergy and how to keep themselves safe
- Support the school's allergen-aware approach

3.6 Pupils

- Follow school rules about not sharing food
- Wash their hands before and after eating
- Tell an adult immediately if they feel unwell or think they're having a reaction
- (Age-appropriate) Understand their own allergies, carry their own AAls (if trained and confident to use) and how to keep themselves safe

4. Risk Management

4.1 Identifying Pupils with Allergies

- Parents must inform the school of any allergies when their child starts school and immediately if a new allergy develops
- This information will be recorded on the school's MIS and Medical Tracker.
- Individual healthcare plans will be created for pupils with severe allergies

4.2 Maintaining Allergy Records

To make information easily accessible, we will maintain:

- An allergen register on our MIS
- A register on Medical Tracker

A display positioned in locations accessible to staff, which may vary across the school, including areas such as the staff room, medical room, canteen or individual classrooms; these are not visible to pupils or visitors.

This will include:

- The pupil's name and photo
- What they are allergic to
- The date the information was last updated

A designated member of staff (the school office manager or SENCO) will be responsible for keeping this information up to date.

4.3 Planning Activities and Lessons

Staff must have the risks associated with allergens in mind when planning activities, lessons and trips. They should check what allergies are present in the group of pupils they're planning an activity for, and think about how the activity can be adapted so it is safe for all pupils.

Staff should remember that allergens are not just present in food. When planning outdoor learning, they should consider the risks of bee or wasp stings and contact with animals, and anything else a pupil in the group is allergic to.

4.4 Food in School

- School meals: Our catering team will be informed of all pupil allergies and will provide suitable alternatives; meal plans can be discussed further with the catering manager
- Packed lunches: We ask parents to avoid sending in foods containing common allergens where possible
- Snacks and treats: Staff should check allergy information before providing any food to pupils
- Celebrations: For birthdays and special events, we encourage non-food treats or provide allergen-free options

4.5 Hand Hygiene

- All pupils must wash their hands before and after eating
- Hand washing facilities and/or sanitiser will be readily available

5. Emergency Procedures

5.1 Recognising an Allergic Reaction

Staff should be alert to the following signs of an allergic reaction which may come quickly and within minutes of exposure to the allergen:

- Skin reactions (redness, swelling, hives, itching)
- Breathing difficulties (wheezing, tight chest, breathlessness, noisy breathing)
- Swelling of the face, lips, tongue, throat, or airways
- A tingling or itchy feeling in the mouth
- Stomach pain, nausea, or vomiting
- Feeling dizzy, faint, sudden sleepiness, tiredness, pale clammy skin or loss of consciousness
- A sense of impending doom

Anaphylaxis is a severe, life-threatening allergic reaction requiring immediate treatment.

5.2 Emergency Response

If a pupil shows signs of an allergic reaction:

1. **Stay calm** and reassure the pupil
2. Keep the child where they are, do not leave them unattended.
3. **Call for help** - send someone to get the pupil's adrenaline auto-injector (if prescribed) and alert the first aider/office
4. **Help the pupil sit up** if they're having breathing difficulties, or lie them down if they feel faint
5. **Administer the adrenaline auto-injector** if signs of anaphylaxis are present (follow the instructions on the device)
6. **Call 999** immediately after administering adrenaline - tell them "anaphylaxis" or "anaphylactic shock"
7. **Call the pupil's parents/carers**
8. **If no improvement after 5 minutes, give a second dose** of adrenaline (if available)
9. **If no sign of life, commence CPR**
10. **Record the incident on Medical Tracker** and inform the School Leader

5.3 Storage and Access to Emergency Medication

- Adrenaline auto-injectors will be stored in an accessible location known to all staff (not locked away)
- Spare auto-injectors will be kept in school (where provided by parents)
- All medication will be clearly labelled with the pupil's name

- Named staff responsible, in each school will check expiry dates termly
- AAls should be stored at room temperature, protected from sunlight and temperature extremes
- Disposal of AAls must be using sharps bins or given to the paramedics for disposing

6. Training

6.1 Staff Training

All staff will receive allergy awareness training to ensure they are ready to prevent and deal with allergic reactions.

Training will cover:

- Allergy basics and common allergens
- Recognising the signs of an allergic reaction
- Emergency procedures, including how to administer an adrenaline auto-injector
- Which pupils have allergies and what they're allergic to
- Creating an allergen-aware environment

Training will be refreshed annually and provided to all new staff during induction.

7. Creating an Inclusive Environment

Pupils with allergies may feel:

- Excluded if they can't participate in celebrations or events due to their allergy
- Anxious that they will have an allergic reaction
- Embarrassed that they are different from other pupils

Pupils with allergies may also be bullied on account of their allergy.

We will tackle this by:

- Teaching pupils about allergies through PSHE lessons and assemblies
- Normalising allergies and celebrating differences
- Ensuring pupils with allergies can participate in all activities with appropriate adjustments
- Having a zero-tolerance approach to allergy-related bullying
- Encouraging pupils with allergies to share their experiences (with consent)

8. Monitoring and Review

This policy will be reviewed annually by the Trust Board, or sooner if:

- There is a change in legislation or statutory guidance (including when Benedict's Law comes into force in September 2026)
- There is a serious incident involving an allergic reaction
- Feedback from the school community suggests changes are needed

9. Related Policies

This policy should be read alongside:

- Supporting Pupils with Medical Conditions
- First Aid Policy
- Safeguarding and Child Protection Policy
- Health and Safety Policy
- Educational Visits Policy