



Tow Law Millennium Primary School Allergen Policy

Introduction

We at Tow Law Millennium 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. Miss Mawson and Mrs McNally hold First Aid at Work qualifications and all staff have received training in dealing with allergic reactions as we now hold an Epi pen in school in case any child has a severe allergic reaction, this is in line with new medical procedures.

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. In the case of severe allergic reactions, a "Severe Allergies" form should be completed (Appendix B);
- 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, Chartwells follow the recipes provided in the School Recipe Book sent by Durham County Council. This ensures all food complies with current menus, food standards nutritional analysis and allergens.

Policy approved by Governors Summer 2025

Review date Summer 2026

If you require this information summarised in another language or format please contact the school office on:



01388 730283

Signed: (Headteacher)

Date:

Signed: (Chair of Governors)

Date:

Appendix A

Definitions used in this policy:

Allergy	A condition in which the body has an exaggerated response to a substance, also known as hypersensitivity.
Allergen	A normally harmless substance that triggers an allergic reaction in the immune system.
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 adrenaline which is ready for immediate intramuscular administration.
Minimised Risk Environment	An environment where risk management practices have minimised the risk of allergen exposure to a reasonable level. Not an allergen free environment.
Anaphylaxis Healthcare Plan	A detailed document outlining an individual pupils condition treatment and action plan for location of EpiPen.
Management System	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.

Appendix B

Tow Law Millennium Primary School Severe Allergies Plan

Pupil's Full Name	
Date of Birth	
Full Address	

This plan should be completed by the pupil's parents and approved by their doctor

Name of approving doctor	
Signature and Date	

(A letter detailing medication/care signed by the doctor/hospital consultant can replace the signature)

Name of parent/guardian	
Signature and date	
Full address	
Relationship to pupil	
Home telephone	
Mobile	
Email	

Once completed the parent/guardian is responsible for taking a copy of the Severe Allergies Plan to all relevant hospital/doctors appointments for updating

The above named pupil is allergic to:

Details of Symptoms:

- Itching
- Red blotchy rash
- Tingling/burning sensation in mouth
- Tingling/burning sensation in lips
- Swelling of lips
- Swelling of eyes
- Swelling of face
- Swelling around any sting
- Increased rate of breathing
- Behaviour change, less responsive or confused

Details of Medication

Medication	Dose	Comment to be entered by Doctor of Parent
Antihistamine		
Salbutamol inhaler		
EpiPen		

Parent

I wish my child to have the medication/care detailed in this Care Plan and I accept that the emergency services will be summoned as required in the event that the school staff is unable to administer the plan at any time where appropriate.

Signature of Parent	
Date	

Pupil (where appropriate)

I agree to the care arrangements detailed in this plan

Name of Pupil	
Signature and Date	

Headteacher or designated member of staff

I agree to this plan being administered in school. The medication will be administered by staff who have been made aware of the procedures to follow.

In the event that these procedures cannot be implemented at any time, the school will follow advice received from healthcare professional in summoning the emergency services as appropriate.

Name of Headteacher/designated member of Staff	
Signature and Date	