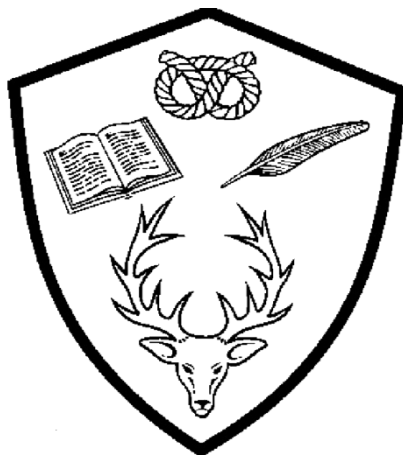


Chase Terrace Primary School

Allergy & Anaphylaxis Policy 2026



Together we Learn
Together we Aspire
Together we Succeed

Chase Terrace Primary School Allergy & Anaphylaxis Policy
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Person Responsible:	Headteacher
Approval Body:	Chair of Governors (using Chair's Power to Act) May 2026 Quality Of Education Committee May 2026
Date of approval:	Chair of Governors (using Chair's Power to Act) May 2026 Quality Of Education Committee May 2026
Review date:	May 2027

Policy Statement

Chase Terrace Primary School is committed to providing a safe and inclusive environment for all pupils, including those with allergies and at risk of anaphylaxis. We recognise that allergies can be life-threatening and require a whole-school approach to risk reduction, prevention, and emergency response.

Aims

- To safeguard pupils with allergies and reduce the risk of exposure
- To ensure staff are trained to recognise and respond to allergic reactions
- To provide clear procedures for managing anaphylaxis
- To promote awareness across the school community

Definition

Allergy: A reaction by the body's immune system to a normally harmless substance (e.g. food, insect stings, medication)

Anaphylaxis: A severe, potentially life-threatening allergic reaction that requires immediate treatment with adrenaline

Common Allergens

- Nuts (peanuts, tree nuts)
- Dairy
- Eggs
- Wheat / gluten
- Fish / shellfish
- Sesame

- Insect stings
- Medication

Roles and Responsibilities

Headteacher

- Ensure this policy is implemented and reviewed annually
- Ensure staff training is in place
- Ensure appropriate risk assessments are completed

Designated First Aider / Medical Lead

- Maintain allergy register
- Ensure Individual Healthcare Plans (IHPs) are in place
- Monitor expiry dates of medication
- Ensure emergency medication is accessible

Staff

- Be aware of pupils with allergies
- Follow Individual Healthcare Plans
- Attend training
- Respond appropriately in emergencies

Parents / Carers

- Inform the school of allergies and provide medical evidence
- Provide up-to-date medication (e.g. auto-injectors)
- Participate in care planning

Pupils

- Learn about their allergies (age appropriate)
- Avoid sharing food
- Report symptoms immediately

Individual Healthcare Plans (IHPs)

All pupils diagnosed with a severe allergy will have an IHP which includes:

- Allergens and triggers
- Symptoms

- Medication and dosage
- Emergency procedures
- Contact details

Risk Reduction Measures

- Clear labelling of food in school
- No food sharing policy
- Staff awareness of allergens in classrooms
- Cleaning of surfaces before and after eating
- Careful planning for trips, events, and celebrations
- Consideration of allergen-aware zones (not blanket bans unless necessary)

Storage of Medication

- Adrenaline auto-injectors (AAIs) stored in a clearly marked, accessible location
- 2 Spare AAIs will be held by the school (as per UK legislation)
- Medication checked regularly for expiry

Recognising Anaphylaxis

Mild to Moderate Symptoms

- Itching, rash, hives
- Swelling (lips, face, eyes)
- Abdominal pain, vomiting

Severe Symptoms (Anaphylaxis)

- Difficulty breathing / wheezing
- Swelling of tongue or throat
- Persistent cough
- Dizziness or collapse

Emergency Procedure

1. **Administer adrenaline auto-injector immediately**
2. **Call 999 – state “ANAPHYLAXIS”**

3. **Lie pupil flat (or sit if breathing is difficult)**
4. **Administer second dose after 5 minutes if no improvement**
5. **Contact parents/carers**
6. **Send staff member with pupil to hospital if needed**

Staff Training

- Annual allergy and anaphylaxis training
- Adrenaline auto-injector training (e.g. EpiPen)
- Induction training for new staff

School Trips and Off-Site Activities

- Risk assessments must include allergy management
- Medication must be taken on all trips
- Named trained staff responsible
- Emergency procedures reviewed beforehand

Catering and Food Management

- Communication with catering providers
- Ingredient awareness
- Alternative meals provided where necessary

Record Keeping

- Allergy register maintained and updated
- Incident reports completed after any reaction
- Medication logs kept

Monitoring and Review

- Policy reviewed annually or following an incident
- Feedback from staff, parents, and pupils considered

Related Policies

- First Aid Policy
- Medical Policy
- Supporting Pupils with Medical Conditions
- Safeguarding Policy
- Health and Safety Policy

End