



ALLERGY POLICY

Person responsible	Georgina Mawdsley
Governor appointed	
Date of Last review	1 September 2026
Date adopted by Governors	
	New policy, Based on the Department for Education Allergy Safety in Schools Statutory Guidance (July 2026)
Linked policies	Administration of medication; Asthma; Educational Visits; First Aid; Food; Prevention of Bullying; Privacy; Visitors Policy
Date of next review	30 August 2027
Signature of Chair of Governors	

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1. Policy Statement

Middlemarch School is committed to providing a safe, inclusive and supportive environment for pupils, staff and visitors with allergies. We recognise that allergies, including food allergies, asthma, eczema, hay fever and anaphylaxis, can have a significant impact on health, wellbeing and participation in school life.

The school will:

- Take reasonable steps to minimise exposure to known allergens.
 - Ensure staff are trained to recognise and respond to allergic reactions and anaphylaxis.
 - Promote inclusion and participation in all aspects of school life.
 - Maintain effective emergency response arrangements.
 - Support pupils' physical, emotional and mental wellbeing.
 - Review this policy at least annually and following any significant incident or near miss.
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2. Roles and Responsibilities

Allergy Safety Lead (Senior Leadership Team)

The Headteacher will appoint a named member of the Senior Leadership Team to:

- Lead implementation of this policy.
- Maintain oversight of allergy records.
- Coordinate staff training.
- Monitor incidents and near misses.
- Lead annual policy review.
- Report to Governors on allergy safety arrangements.

Governors

Governors will:

- Ensure allergy risks are appropriately managed.
 - Monitor implementation of this policy.
 - Receive reports on serious incidents and near misses.
 - Ensure annual review of policy effectiveness.
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3. Awareness Training

Middlemarch School will ensure annual allergy awareness and emergency response training for:

- Teaching staff
- Support staff
- Catering staff
- Breakfast and after-school club staff
- Agency staff and regular volunteers
- Supply staff through induction arrangements,

Training will cover:

- Types of allergies and allergic conditions
 - Food allergies, asthma, eczema and hay fever
 - Difference between allergy, coeliac disease and food intolerance
 - Signs and symptoms of allergic reactions
 - Recognition of anaphylaxis
 - Emergency response procedures
 - Use of prescribed and spare adrenaline devices
 - Use of emergency salbutamol inhalers
 - Individual Healthcare Plans (IHPs)
 - Reporting incidents and near misses
 - Impact of allergies on wellbeing and inclusion
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4. Wellbeing and Inclusion

Middlemarch School recognises that pupils with allergies may experience anxiety related to their condition.

The school will:

- Promote an allergy-aware culture.
- Encourage pupil voice regarding support arrangements.
- Support pupils during transitions.

- Provide reassurance regarding emergency arrangements.
- Consider allergy-related wellbeing within pastoral support systems.

Bullying Prevention

The school has zero tolerance of bullying related to allergies including:

- Threatening exposure to allergens.
- Deliberate contamination.
- Teasing or exclusion because of allergy management.
- Mocking medication or dietary requirements.

All incidents will be addressed under the Behaviour and Anti-Bullying Policies.

5. Minimising Risk

General Principles

Middlemarch School will adopt an **allergy-aware approach**, rather than claiming to be "allergen free" or "nut free."

Staff planning activities must consider allergen risks and implement controls where required.

This includes:

- Classroom activities
- Science
- Art and craft
- Food technology
- Music
- Forest school
- Animal encounters
- Educational visits
- Sporting activities

Examples of Materials to Consider

- Play dough containing wheat
- Bird seed containing nuts or sesame
- Milk-based glues

- Recycled food packaging
 - Latex products
 - Food used in lessons
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6. Food Allergy Management

School Catering

The school will:

- Work closely with catering providers.
- Ensure allergen information is available and accessible.
- Make reasonable adjustments for pupils with food allergies.
- Use clear systems to identify pupils requiring allergen-safe meals.
- Manage cross-contamination risks.
- Facilitate discussions between parents and catering providers where required.

Packed Lunches and Food Brought In

The school will:

- Communicate allergy-awareness expectations to parents.
 - Monitor lunchtimes and food based activities closely to ensure no cross contamination and restricted foods are not present.
 - Discourage food sharing.
 - Risk assess celebratory food and events.
 - Seek appropriate parental engagement before food-related activities.
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7. Identification and Record Keeping

The school will maintain an allergy register recording:

- Pupil name and photograph
- Known allergens
- Severity of allergy

- Medication requirements
- Individual Healthcare Plan status
- Allergy Action Plan status
- Asthma Action Plan status (where applicable)

Information will be gathered through:

- Admissions processes
- Parental information
- Previous schools
- Healthcare professionals
- Ongoing reviews

Staff and visitors with significant allergies will also be supported where appropriate.

8. Individual Healthcare Plans (IHPs)

Middlemarch School will implement an Individual Healthcare Plan where:

- A pupil's allergy impacts their education.
- There is potential risk of harm.
- Additional arrangements are required.

Plans will:

- Reference healthcare advice.
 - Attach Allergy Action Plans.
 - Attach Asthma Action Plans.
 - Record emergency arrangements.
 - Record reasonable adjustments.
 - Be reviewed annually or following significant change or incident.
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9. Prescribed Adrenaline Devices

Pupils prescribed adrenaline devices must have access to them at all times.

This includes:

- Classrooms
- Dining areas
- Playgrounds
- Sports facilities
- Educational visits
- Travel to and from school where appropriate

The school will maintain records of:

- Prescribed devices
 - Expiry dates
 - Consent forms
 - Action Plans
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10. Spare Adrenaline Devices

Middlemarch School will maintain spare adrenaline auto-injectors and emergency asthma inhalers in accordance with DfE guidance.

The school will ensure:

- Spare devices are clearly labelled.
 - Devices are stored in accessible locations.
 - No pupil is more than five minutes from access to adrenaline.
 - Devices are checked regularly.
 - Used or expired devices are promptly replaced.
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11. Visits and Educational Trips

All trips will include consideration of allergy risks.

Trip leaders will:

- Review IHPs.
- Complete trip-specific risk assessments.
- Ensure medication accompanies pupils.
- Confirm trained staff are present.
- Consider catering arrangements.
- Ensure emergency procedures are known.

No pupil will be excluded from visits solely because they have an allergy.

12. Emergency Response

Mild to Moderate Allergic Reaction

Staff will:

- Follow the individual's Allergy Action Plan.
- Administer approved medication if required.
- Inform parents/carers.
- Monitor for at least 60 minutes.
- Record the incident.

Anaphylaxis

Staff will:

1. Administer adrenaline immediately.
2. Call 999.
3. Follow Allergy Action Plan.
4. Bring medication to the pupil.
5. Remain with the pupil.
6. Administer second adrenaline dose after 5 minutes if required.
7. Inform parents/carers.
8. Record the incident.

13. Serious Incidents and Near Misses

The school will record and investigate:

Serious incidents

Events involving:

- Emergency medication.
- Ambulance attendance.
- Significant risk of harm.

Near misses

Events that could reasonably have caused harm but did not.

All incidents will:

- Be recorded.
 - Be reviewed.
 - Inform future improvements.
 - Be reported to governors as appropriate.
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14. Information Sharing and GDPR

Health information will be handled confidentially in accordance with UK GDPR.

Information will only be shared with staff who require it to keep pupils safe.

Appropriate information may be displayed in staff-only areas where necessary for safety.

15. Communicating the Policy

This policy will be:

- Published on the school's website.
- Included in induction processes.
- Referenced during annual staff training.
- Shared with families on request.
- Promoted through pupil and parent communications.

APPENDIX A – Allergy Risk Assessment Template

Risk Assessment Guidance for Staff

When completing this assessment consider:

Food allergens

- School meals
- Packed lunches
- Birthday treats
- Fundraising events
- Cooking activities

Airborne allergens

- Pollen
- Animal dander
- Dust
- Mould

Contact allergens

- Latex
- Certain glues
- Paints
- Craft materials
- Cleaning products

Activity-specific considerations

- Science experiments
- Food technology
- Art and design
- Music activities
- Sports events
- Trips and visits
- Animals and petting experiences

Where a specific pupil has additional requirements, staff must refer to and follow the pupil's Individual Healthcare Plan and any separate personalised risk assessment.

Allergy Risk Assessment

Area/Activity	Potential Allergen	Person(s) at Risk	Existing Controls	Additional Controls Required	Individual IHP / Risk Assessment Required?	Responsible Person	Review Date
Classroom teaching							
Art & Craft							
Science							
Food Technology							
School Kitchen							
Dining Hall							
Packed Lunches							
Break/Lunchtime							
After School Clubs							
Sports Activities							
Educational Visits							
Forest School							
Animal Encounters							
Transport							
Visitors/Events							

