

# Allergy Policy

St Catherine's Catholic Primary School



**St Catherine's is a community in which all can grow in the love and knowledge of God, themselves and the world in which they live.  
Be who God meant you to be and together we can achieve.**

**Policy written:** May 2026

**Review date:** May 2027

**Approved by:** Governing Body

**Headteacher:** Mrs Sue Leck

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## 1. Statement of Intent

St Catherine's Catholic Primary School is committed to safeguarding the health and wellbeing of all pupils, staff and visitors with allergies. We recognise that allergies, particularly food allergies, can be life-threatening and require robust systems, clear procedures and shared responsibility.

This school operates as a **Nut-Free School** in order to reduce risk and protect pupils with severe nut allergies.

This policy is written **in line with the Department for Education statutory guidance *Supporting Pupils with Medical Conditions at School*** and should be read alongside that guidance.

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## 2. Nut-Free School Approach

St Catherine's Catholic Primary School is a **nut-free school environment**.

This means:

- **No nuts or nut-containing products** are permitted on the school premises
- This includes (but is not limited to):
  - Peanuts and tree nuts
  - Peanut butter

- Nut-based snack bars
- **Chocolate spreads containing nuts (e.g. Nutella)**
- Baked goods containing nuts

Parents, carers, staff and visitors are expected to support this approach fully. *While no school can ever be completely allergen-free, this policy significantly reduces risk and aligns with best practice guidance.*

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### **3. Legal and Statutory Framework**

This policy has been developed with reference to:

- **DfE: Supporting Pupils with Medical Conditions at School** (Statutory Guidance)
- Equality Act 2010
- Health and Safety at Work Act 1974
- Children and Families Act 2014

In accordance with DfE guidance, the school ensures that:

- Pupils with medical conditions are properly supported
- Individual Healthcare Plans are in place where required
- Pupils' health needs are not a barrier to participation in school life

### **2. Definition of Allergies**

An allergy is an adverse reaction to a substance (allergen) that is normally harmless. Common allergens include:

- Foods (e.g. peanuts, tree nuts, milk, eggs, wheat, sesame, fish)
- Insect stings
- Medicines
- Latex

Some allergic reactions may be mild, while others may result in **anaphylaxis**, a severe and potentially life-threatening condition requiring immediate treatment.

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## 4. Roles and Responsibilities

### Governing Body

- Ensure an up-to-date Allergy Policy is in place and reviewed annually
- Ensure systems exist to safeguard pupils with medical needs

### Headteacher

- Overall responsibility for implementation and monitoring
- Ensure staff receive appropriate training
- Ensure allergy procedures are followed consistently

### All Staff

- Be aware of pupils with allergies in their care
- Follow individual healthcare plans precisely
- Respond calmly and promptly to allergic reactions
- Report and record incidents accurately

### Parents/Carers

- Inform school of any allergies on admission or as soon as diagnosed
- Provide medical evidence where appropriate
- Supply in-date medication (e.g. adrenaline auto-injectors)
- Replenish medication when it is due to expire
- Ensure school is informed of any changes to the child's condition

### Pupils

- Where appropriate, develop awareness of their allergy
- Follow school guidance and adult instructions

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## 5. Identification and Record Keeping

- In line with DfE guidance:
- Allergy information is collected via the school admission form and data collection forms
- Allergies are recorded on:
  - The school medical register
  - Class allergy lists
  - Individual Healthcare Plans (IHPs)
  - School dinner system - School Hub
- Photographs of pupils with severe allergies may be displayed discreetly in staff-only areas, including the kitchen
- Information is shared on a **need-to-know basis**, respecting confidentiality

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## 6. Individual Healthcare Plans (IHPs)

As required by *Supporting Pupils with Medical Conditions at School*:

- Pupils with allergies requiring medical support have an **Individual Healthcare Plan**
- Plans are:
  - Developed with parents and healthcare professionals
  - Reviewed at least annually
  - Accessible to relevant staff

Each plan includes:

- Allergens and triggers
- Signs and symptoms
- Medication and storage details
- Emergency response procedures

## **7. Medication Management**

- Medication must be:
  - Clearly labelled with the child's name
  - In date
  - Supplied by parents
- Adrenaline auto-injectors (e.g. EpiPen, Jext) are:
  - Stored in a clearly marked, accessible location
  - Never locked away
- Staff are trained in the administration of emergency medication
- All medication use is recorded

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## **8. Risk Reduction Measures**

### **Food**

- No nut products on the site
- Parents are informed where a class includes a pupil with a severe food allergy
- Food sharing between pupils is not allowed
- Any food use in school is risk assessed before use
- School catering staff are informed of allergies, via the parental information inputted onto school hub and ingredient controls are followed
- Parents are reminded regularly of the nut free expectations

### **Classroom Practice**

- Handwashing encouraged before and after eating
- Surfaces cleaned after food activities
- Food used in lessons is risk assessed

### **School Trips & Activities**

- Risk assessments include allergy management
- Medication accompanies the pupil at all times

- Named trained adults are assigned responsibility
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## **9. Managing an Allergic Reaction**

### **In the event of a reaction:**

1. Stay calm and act immediately
  2. Follow the child's Individual Healthcare Plan
  3. Administer medication as required
  4. Call **999** immediately in cases of anaphylaxis
  5. Inform the Headteacher
  6. Contact parents/carers
  7. Record the incident
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## **10. Training**

- Staff receive regular training on:
    - Allergy awareness
    - Recognition of symptoms
    - Use of emergency medication
  - New staff receive training as part of induction
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## **11. Inclusion and Wellbeing**

We recognise the emotional impact of allergies and aim to:

- Avoid singling pupils out
  - Promote understanding and empathy
  - Ensure pupils with allergies fully participate in school life wherever safely possible
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## **12. Monitoring and Review**

This policy is monitored by the Headteacher and reviewed annually or following any significant incident.

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## **Related Policies**

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