Nursteed Community Primary School

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NURSTEED PRIMARY SCHOOL
Benedict's Law – Allergy Safety at Nursteed

September 2026

Dear Parents and Carers,

We are writing to let you know about the changes we have made at Nursteed Primary School following the introduction of the new statutory allergy safety requirements, commonly referred to as "Benedict's Law". The Department for Education's statutory guidance applies in England from September 2026 and strengthens the way schools identify, prevent and respond to allergy-related risks.

Our aim is simple: every child with an allergy should be able to attend, learn and take part in school life safely, confidently and without unnecessary exclusion.

What has changed at Nursteed?

A whole-school approach: Allergy safety is now a responsibility shared by all staff, not just the child's class teacher or our Allergy Lead.

Allergy information: We maintain an up-to-date allergy register so that relevant staff know which children have allergies and how those allergies need to be managed.

Individual Healthcare Plans (IHPs): Where an IHP is needed, we work with parents/carers to create a clear plan covering the child's needs, risk reduction, medication and emergency arrangements. Plans are reviewed when needed and following incidents or near misses.

Staff awareness and training: All staff receive allergy awareness training, including recognising anaphylaxis, responding in an emergency and understanding their responsibilities.

Emergency medication: Children who have prescribed adrenaline devices must have their medication available in school in line with their individual plan. The school also has arrangements for spare adrenaline devices for emergency use.

Safer learning and activities: We check curriculum activities, food, craft materials, science, trips, celebrations and other activities for allergy risks. Where an allergen creates a risk, we adapt the activity rather than excluding the child.

Cleaning and cross-contact: We are strengthening cleaning arrangements where allergen residue could present a risk. Staff are reminded that effective cleaning with warm soapy water is important; simply using antibacterial spray does not necessarily remove allergen residue.

Inclusion and wellbeing: Children with allergies should not be routinely isolated or prevented from participating in learning, trips, celebrations or social activities because of their allergy. We plan for safe inclusion.

How parents and carers can help

- Please tell us promptly about any new allergy, change in diagnosis, change in symptoms or treatment, or allergic reaction that happens outside school.
- Please make sure any prescribed medication provided to school is in date and that we have the information needed to manage it safely.

- Where your child has an IHP, please read it carefully, discuss any changes with us and sign the plan when requested.
- Please contact us before sending food or treats into school so that we can check that activities and celebrations remain safe and inclusive for children with allergies.

A note about "Benedict's Law"

"Benedict's Law" is the name commonly used for the new allergy safety measures introduced through the Children's Wellbeing and Schools Act 2026 and the Department for Education's statutory guidance. The legislation requires schools in scope to have an allergy safety policy, review it at least annually, publicise it and have particular regard to the relevant statutory guidance.

Thank you

Thank you for working with us to keep our children safe. Good allergy management depends on strong communication between school, families, children, health professionals and our wider school community.

If you have any questions about your child's allergy arrangements or Individual Healthcare Plan, please contact the school office and ask to speak to our Allergy Lead.

Kind regards,

Amy Pretlove
Allergy Lead / Deputy Headteacher
Nursteed Primary School

Key message: Allergy safety is a whole-school response

Nursteed
Primary School
Thriving ♥ Belonging ♥ Achieving

Working together to make a difference... every day!

Important changes to our allergy safety measures

Following Benedict's Law

Dear Parents and Carers,

We are writing to inform you about important changes to allergy safety in school following the introduction of Benedict's Law and the new DfE Allergy Safety in Schools statutory guidance (July 2026).

These changes strengthen our existing practice and ensure we continue to provide a safe, inclusive and supportive environment for all children.

What is Benedict's Law?

Benedict's Law is named after Benedict Blythe, a young boy who tragically died from an allergic reaction at school in 2021. The new law and statutory guidance set clear expectations for schools to better protect children with allergies and ensure consistent, high-quality allergy awareness, prevention and emergency response across all school settings.

At Nursteed, these changes are designed to:

- Improve allergy awareness across our whole school community
- Reduce the risk of accidental exposure to allergens
- Ensure we are fully prepared to respond to allergic reactions
- Support the inclusion and wellbeing of all children with allergies

We have introduced a number of new procedures, including an allergy register, Individual Healthcare Plans (IHPs), clear signage and enhanced staff training. We kindly ask for your continued support in providing accurate and up-to-date allergy information and medication where required.

Thank you for working with us to keep all of our children safe, healthy and included.

Yours sincerely,

Amy Pretlove

Amy Pretlove
Deputy Headteacher & Allergy Lead
Nursteed Primary School

A whole-school approach because every child belongs at Nursteed.

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Thriving ♥ Belonging ♥ Achieving

Benedict's Law at Nursteed

Key points for parents and carers

Helping to keep every child safe, healthy and included

1 Updated allergy information

We now have a central allergy register for all children with diagnosed, suspected or significant allergies. Please make sure we have accurate and up-to-date information and tell us immediately if anything changes.

2 Individual Healthcare Plans (IHPs)

For children with allergies who need specific support, we have created an Individual Healthcare Plan (IHP) in collaboration with you.

Please read and sign your child's IHP to confirm the information is correct. A copy will be kept in class, in the office and with your child's medical records.

3 Allergy alert signs

We have created allergy alert signs to help all adults be aware of allergy risks. These signs will be securely displayed:

- **on your child's class door**
- **on the teacher's desk**

This helps everyone who enters the classroom to be alert to potential allergens.

ALLERGY ALERT

4 Whole-school awareness

All staff (including teachers, teaching assistants, office staff, midday supervisors, catering staff, supply staff and volunteers) receive allergy awareness and emergency response training.

All staff must read and understand each child's IHP and sign to confirm they have done so – whether they have direct contact with the child or not.

5 Minimising exposure to allergens

We take a whole-school approach to reducing the risk of exposure to allergens. This includes:

- checking learning resources for potential allergens (e.g. craft materials, cooking, science, etc.)
- ensuring tables are cleaned with soapy water (anti-bacterial spray does not remove allergens)
- staff not eating allergen-containing foods in classrooms (these must be consumed in the staff room).

6 Inclusion for all

We eliminate or control allergens in the environment – we do not isolate children. All children are included in all aspects of school life, with appropriate adjustments and alternative activities where needed.

7 Trips, activities and events

We carry out risk assessments for school trips, clubs and special activities to identify and manage allergy risks. We work with parents to ensure suitable precautions are in place so all children can take part safely.

8 Emergency preparedness

We have clear procedures for recognising and responding to allergic reactions, including access to prescribed and, where applicable, spare adrenaline auto-injectors. All incidents and near-misses are recorded and reviewed.

Working together to make a difference... every day!

Nursteed Primary School

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Allergy Safety Policy

This policy is compliant with the Allergy Safety in Schools statutory guidance published July 2026. It has been written and reviewed by the team at Anaphylaxis UK who have worked with the Department for Education on creating the Allergy Safety in Schools statutory guidance.

Liability

Anaphylaxis UK does not accept any responsibility or liability for allergic reactions, health issues, harm, illness, personal injury, loss or damage arising out of or in connection with:

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- the user's failure to implement procedures or practices as appropriate for the user's organisation;
- any acts or omissions by the user's employees, contractors, or any third parties; or
- any anaphylactic or medical incidents occurring within the user's organisation.

The user hereby irrevocably waives, releases, and discharges Anaphylaxis UK from any claims, causes of action, demands, legal proceedings, or liabilities directly or indirectly related to any anaphylactic or medical incidents occurring within the user's organisation.

To the fullest extent permitted by applicable law, Anaphylaxis UK excludes all liability for direct, indirect, incidental, special, consequential, or punitive losses or damages, whether arising in contract, tort, negligence, statutory duty, or otherwise, in connection with the use of this anaphylaxis policy.

Nothing in this disclaimer will limit any liability which cannot be excluded, including liability for:

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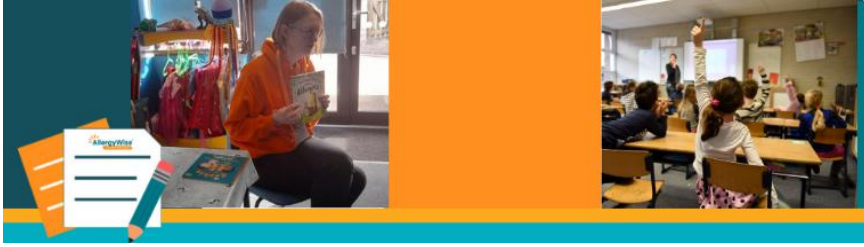

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Allergy Safety Policy

Person responsible for this policy & its implementation	Amy Pretlove – Allergy Lead
Review Frequency	Annually or when an incident is experienced
Date approved	September 2026
Date of next review	June 2027
Purpose	• To minimise the risk of any individually suffering an allergic reaction whilst at school or attending any school related activity. • To ensure staff are properly prepared to recognise and manage allergic reactions should they arise.
Links with other policies	Safeguarding Behaviour Anti-bullying Health and Safety

Introduction and Core Principles

In line with Benedict's Law, we are committed to providing a safe, inclusive, and welcoming environment for all children, young people, staff, and visitors with allergies. Recognising the serious and potentially life-threatening risk posed by anaphylaxis, this dedicated policy establishes robust risk-mitigation measures and emergency response protocols.

Allergy is a spectrum of different allergic diseases. Reactions occur when a susceptible person is exposed to something (an "allergen") they are allergic to. Asthma, food allergy, eczema and seasonal rhinitis (hay fever) are all forms of allergy.

Anaphylactic reactions usually begin within minutes of being in contact with the allergen i.e. eating a trigger food, though can occur several hours later (i.e. allergy to Mammalian meat). Anaphylaxis involves difficulty in breathing and affects the heart rhythm. In extreme cases there could be a dramatic fall in blood pressure leading to collapse.

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Once started, anaphylaxis reactions progress quickly. Investigations into fatal anaphylaxis show that there is only a 20-30 minute window of opportunity during which steps can be taken to prevent death – therefore giving emergency adrenaline **immediately** and calling Emergency Services (999) is crucial. **Anaphylaxis always requires an emergency response**

Anaphylaxis can occur without any other signs (such as a skin rash) being present. **Always consider anaphylaxis in someone with a known food allergy who has sudden difficulty in breathing.** Giving adrenaline in this context is very safe and may be lifesaving.

The most common causes of "whole body" allergic reactions – including anaphylaxis – are:

- foods (e.g. peanuts, tree nuts, cow's milk/dairy foods, egg, wheat, fish/shellfish and sesame);
- insect stings (e.g. bee, wasp);
- medication (e.g. antibiotics, pain medicines such as ibuprofen);
- latex (e.g. rubber gloves, balloons, swimming caps).

Even for food allergy, the vast majority of anaphylaxis reactions require the person to have eaten the food, although less serious allergic reactions can happen through skin or other contact. Anaphylaxis reactions due to skin contact are very rare. Students who have a skin reaction need monitoring for at least an hour.

Nursteed Community Primary School has a whole school awareness approach, because it ensures all staff and students are aware of what allergies are, the importance of avoiding the individuals' allergens, the signs & symptoms, how to deal with allergic reactions and to ensur e procedures are in place to minimise risk of exposure.

Coeliac disease and food intolerance can present symptoms which are similar to those of food allergy; it is important that Coeliac disease and food intolerance is be managed through dietary avoidance, but these conditions do not pose a risk of anaphylaxis and so they are not within this allergy safety policy.

Eczema, asthma and allergies sometimes occur together – known as the atopic triad. It is important that these are managed well in order to keep the individual healthy. Asthma training is needed by all staff and an individual's asthma care plan needs to be included with their individual healthcare plan. These conditions are not included in this allergy safety policy.

Nursteed Community Primary School understands that severe allergies are included in the Equality Act, 2010. The act considers a person disabled if they have a physical or mental impairment that has a substantial and long-term negative effect on their ability to carry out normal daily activities. Seasonal rhinitis (such as hay fever) is explicitly excluded from the definition of disability, unless it aggravates the effect of another health condition.

Emergency Treatment and Management of Anaphylaxis

What to look for:

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Symptoms usually come on quickly, within minutes of exposure to the allergen.

Mild to moderate allergic reaction symptoms may include:

- a red raised rash (known as hives or urticaria) anywhere on the body
- a tingling or itchy feeling in the mouth
- swelling of lips, face or eyes
- stomach pain or vomiting
- mild throat tightness
- sudden change in behaviour

These symptoms are treated with antihistamines.

More serious symptoms are often referred to as the ABC symptoms and can include:

- **AIRWAY** - swelling in the throat, tongue or upper airways (tightening of the throat, hoarse voice, difficulty swallowing).
- **BREATHING** - sudden onset wheezing, breathing difficulty, noisy breathing, persistent cough.
- **CIRCULATION** - dizziness, feeling faint, sudden sleepiness, tiredness, confusion, pale clammy skin, loss of consciousness.

The term for this more serious reaction is anaphylaxis. In extreme cases there could be a dramatic fall in blood pressure. The person may become weak and floppy and may have a sense of something terrible happening. This may lead to collapse and unconsciousness and, on rare occasions, can be fatal.

As soon as anaphylaxis is suspected, adrenaline must be administered without delay.

Action:

- Keep the individual where they are, call for help and do not leave them unattended.
- **LIE individual FLAT WITH LEGS RAISED** – they can be propped up if struggling to breathe but this should be for as short a time as possible.
- **USE ADRENALINE DEVICE WITHOUT DELAY** and note the time given. AAIs should be given into the muscle in the outer thigh or nasal into the nostril. Specific instructions vary by brand – always follow the instructions on the device.
- CALL **999** and state **ANAPHYLAXIS (ana-fil-axis).**
- If no improvement after 5 minutes, administer second adrenaline device
- If no signs of life commence CPR.
- Call parent/carer as soon as possible.

Whilst you are waiting for the ambulance, keep the individual where they are. Do not stand them up, or sit them in a chair, even if they are feeling better. This could lower their blood pressure drastically, causing their heart to stop.

All individuals must go to hospital for observation after anaphylaxis even if they appear to have recovered as a reaction can recur after treatment.

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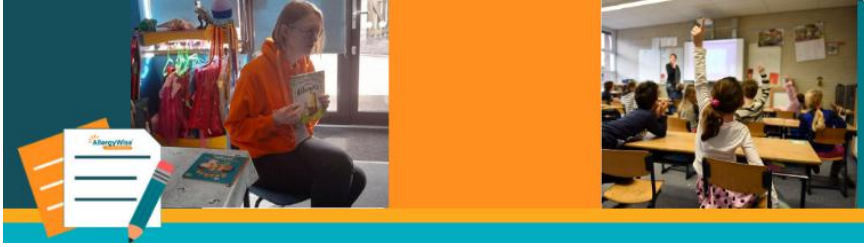

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Minimising Risk and Exposure to Allergens

Minimising risk and the exposure to allergens is central to ensuring that individuals with allergies are safe from harm. Even a small amount of allergen can cause a reaction. Any food can cause a reaction with serious consequences for the individual and Nursteed Community Primary School will only eliminate a food following a risk assessment supported by medical advice when necessary. Where a food is restricted, this will be to the smallest area for the time necessary; for example, the cooking room for the duration of the lesson when the student with allergy is cooking. Blanket bans, especially to nuts, create a false sense of security. Whilst there are 14 key food allergens that cause over 90% of reactions, any food can cause a reaction.

Nursteed Community Primary School is Allergy Aware, ensuring that the staff and students are actively aware of the risk posed by allergens, take steps to minimise the risk of exposure and have robust emergency response plans in place.

Nursteed Community Primary School completes a school wide allergy risk assessment that seeks to minimise the risks of exposure to known allergens. The risk assessment will include:

- Identifying the food used within the curriculum and making adaptions to remove allergens that pose a risk for the whole group not just the student who has the allergy.
- Conducting specific risk assessments to manage the risks of exposure to allergens in individuals when planning external visits or trips
- Identify measures to manage risks of exposure to a food allergen through food brought in by others (for example, parents, students, staff).
- Identify measures to manage the risks of exposure to a food allergen through food provided by the school, college or setting
- Putting in reasonable measures to manage the risk of individuals being exposed to allergens where they have a known allergy to airborne or contact allergens
- Identifying non-food allergens within the environment and making adaptions to remove/reduce allergens that pose a risk; for example, therapy or school dogs would require enhanced cleaning and limiting to specific areas, hygiene measures after students have worked with the therapy dog

Nursteed Community Primary School will ensure that allergy is included in all school risk assessments to identify risks and plan control measures to minimise the risk of exposure.

Nursteed Community Primary School will ensure that the risk of exposure is minimised by:

- All school staff allergy training every year
- Educating students through awareness assemblies and within PSHE
- Educating FoNS (Friends of Nursteed School) about school expectations for allergy management for their events
- Communicating with all visitors, temporary staff and cover staff that they will be teaching a student with an allergy and ensuring that the member of staff has been trained in allergy and anaphylaxis emergency response

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- Working closely with parents/carers and health professionals to understand the student's allergy
- Monitoring this policy to ensure that the agreed practices are implemented
- Establishing and maintaining high hygiene standards amongst staff, students and visitors

Food Provision and Catering:

Nursteed Community Primary School will manage the risk of food allergy and provide clear information on allergens in food provided by:

- Ensure the contract with the school catering company is compliant with the Food Standards Authority allergen management regulations
- Ensuring school caterers provide information on food allergens to parents/carers and have this available for the students to check independently
- Provide student's allergen information to the caterers in a timely manner to ensure that students can eat safely
- Enabling parents/carers to liaise with the catering company or school chef
- Identify students with allergies at point of service by flagging these students to the catering company in food orders, and identifying them with photos during training
- Ensure that food is always labelled as unlabelled food poses a potentially greater risk of allergen exposure than packaged food with precautionary ("may contain") labelling suggesting a risk of contamination with allergen. This applies to foods used within the classroom curriculum (e.g. cooking) as well that from the school kitchen or canteen.
- Teach students not to food share, trade food or share utensils or food containers with the reasons why

When staff provide food for the students, they receive additional training to ensure they understand how to read labels for food allergens and how to prevent cross-contamination during the handling, preparation and serving of food.

Where food is not directly provided by the school (for example brought in as treats or to celebrate birthdays) parent/carer permission will sought in advance to ensure inclusion and safety for students with allergies.

These procedures apply to school led breakfast and after school provision. Where this is provided by a third party, Nursteed Community Primary School, ensures that this policy is shared and the third-party provider meets the same procedures.

Ensuring that FoNS events, as best practice, follow FSA (Food Standards Agency) legislation for food labelling, creating allergen matrices as necessary. Ensuring that FoNS members who are serving food have a basic awareness of allergen management (signpost to free FSA training)

Students eligible for benefits-based Free School Meals are entitled to their free school meal entitlement. School will work with parents/carers to determine the best way of ensuring that students receive their meal.

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Medication and Adrenaline Devices (ADs)

People at risk of anaphylaxis are prescribed two adrenaline devices which they should carry with them at all times. This includes the journey to and from;

- school,
- the classroom
- lunch area
- playground
- sports field
- when on visits or trips

Serious anaphylaxis is a time critical situation; delays in administering adrenaline have been associated with fatal reactions. An adrenaline device needs to be administered within 5 minutes so if the adrenaline device cannot be with them in the classroom, the adrenaline device should be stored in an appropriate central location that is unlocked and accessible at all times (including during wrap around care).

Adrenaline devices must be stored at room temperature (in line with manufacturer's guidelines) and not be exposed to extremes of heat. They should not be refrigerated or left in direct sunlight.

Spare Adrenaline Devices

The Human Medicines (Amendment) Regulations 2017 permit "spare" adrenaline devices to be used for the purpose of saving a life. This might be, for example, a child presenting for the first time with anaphylaxis due to an undiagnosed allergy.

Nursteed Community Primary School holds spare adrenaline devices for use in emergency situations. These are not a replacement for a student's own adrenaline device. Students prescribed adrenaline are expected to have their own adrenaline devices with them at school for use in an emergency.

Nursteed Community Primary School holds:

- 2 x 300mcg Jext pens
- 2 x 150mcg Jext pens

These are located in the First Aid Room, adjacent to the School Office

They are stored in a wall-mounted white and orange box and labelled 'Emergency Allergy Medication'

Allergy Lead, Amy Pretlove (Deputy Head Teacher and SENCO) and the School Business Manager (Rachel Proto), are responsible for checking that adrenaline devices are in date and remain clear (not cloudy) on a monthly basis. They will secure replacements one month before the current adrenaline device expires.

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Adrenaline devices that are used will be disposed of in a sharps box, kept in the First Aid Room (adjacent to the School Office), or given to the paramedic. Adrenaline devices that are out of date or where the adrenaline has degraded will be taken to a pharmacy to be disposed of or disposed of in the school's sharps box.

In the event of anaphylactic reaction:

- Adrenaline should be administered as soon as possible, within five minutes. **Do not wait** to contact the emergency services before administering adrenaline.
- The child, young person or individual should not be moved. Adrenaline devices should be brought to them (whether their own prescribed ADs or "spare" ADs).
- If the child, young person or individual **has their own prescribed adrenaline devices**, these should be used in the first instance.
- If the child, young person or individual **does not have prescribed adrenaline devices**, "spare" adrenaline devices can be used.
- If the child, young person or individual's **prescribed adrenaline devices are not available or misfire**, "spare" adrenaline devices can be used.
- If the individual has serious allergy and asthma and there is any doubt if they are presenting with anaphylaxis or having an asthma attack always administer the adrenaline first.

The Human Medicines (Amendment) Regulations 2017 do not require consent to have been obtained for "spare" adrenaline devices to be used. It can be good practice for the school, college or setting to obtain advance consent from parents or the young person for "spare" adrenaline devices to be used, so that in an emergency, consent can be assumed to be in place. However, in an emergency situation anyone may take reasonable action to save a life without checking whether prior consent has been given.

Student self-management:

Depending on their level of understanding and competence, students will be encouraged to take responsibility for and to always carry their own two adrenaline devices on them in a suitable bag/container. These labelled black drawstring medical bags are held within the classroom.

Staff Training and Emergency Response

All staff, including teaching staff, support staff, catering staff and others who may oversee students including at breakfast or after school clubs will be trained in allergy awareness and emergency response. The school is responsible for ensuring that supply, cover, coaching, peripatetic staff have received allergy awareness training.

Training can be online or face to face. The content needs to include:

- Allergy awareness, the risks it poses, how allergic reactions occur and how to manage them
- Allergy includes multiple co-existing conditions: asthma, eczema, hay-fever

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- Understand the difference between food allergy, intolerance and coeliac disease
- That a student can be allergic to any food, not just the top 14 allergens
- Know the symptoms of allergic reactions and how to treat
- Know the symptoms of anaphylaxis and how to treat
- How to locate and administer adrenaline or an asthma inhaler
- All adrenaline devices should be used to train with as the student may have different ones to the spare adrenaline
- How to report an allergic reaction including
- Mild to moderate
- Anaphylaxis
- Near miss/incident
- Understand their responsibilities in risk reduction to ensure that students prevented from coming into contact with their allergens
- Understand the impact that allergy can have on a student's wellbeing
- Understand the school's allergy safety policy and
- How to check if a student is on the record of those with a known allergy
- How to use an allergy or asthma action plan

Emergency preparedness

Nursteed Community Primary School will annually hold a practice response to anaphylaxis, review how the practice went and update policy and procedures.

Throughout the year, staff will be reminded of key aspects of the policy such as:

- how to find out who has an allergy
- the storage of spare adrenaline
- practice with adrenaline trainer devices

Nursteed Community Primary School will communicate key messages regarding risk reduction leading up to festivals, trips and end of term celebrations.

During fire drills and lockdown practices, Nursteed Community Primary School will ensure that a student's adrenaline device is with them. Should a real evacuation happen, the student may have to go home without adrenaline if this has not been taken out during a fire evacuation.

Roles and Responsibilities:

Allergy lead and governing body:
The governing body, are responsible for ensuring that the school's policy sets out the arrangements to reduce the risk of individuals coming into contact with their known allergens and sets out the emergency response plan for cases of anaphylaxis. The governing body monitor this policy with it being a standing agenda item at meetings.

Nursteed Community Primary School have a named governor who works closely with the allergy lead and reports to the meetings. This governor is Jaime Scott.

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Nursteed Community Primary School includes the risks pertaining to students and staff with allergy on the school's risk register.

Nursteed Community Primary School has a named member of the senior leadership team who is responsible for allergy safety which includes driving the implementation of the allergy safety policy and contributing to the review of the policy. The Allergy Lead is Amy Pretlove.

The Allergy Lead is responsible for:

- systems to collect allergy information during the enrolment process, ensuring that this information is shared with catering. Outside of the normal admission point, ensures that information is shared staff and catering teams as soon as possible but within two weeks of the student starting
- holding a register of students and staff with allergies including whether they hold adrenaline and whether they have an allergy action plan
- ensures that systems are robust for the identification of students at mealtimes
- Communication about:
  - the policy
  - the students who are on the register of those with allergies
  - the importance of recording and reporting near misses and incidents
- communication with:
  - governors to provide updates about the policy implementation
  - Health and Safety and Designated Safeguarding Leads to keep allergy safety as part of their roles
  - Outside agencies such as Health and Safety Executive (HSE) if a report under RIDDOR is needed
  - Caterer; the procedures in the kitchen and the procedures for ensuring that the students with allergies are provided with a safe meal
  - Parents/carers to enable them to input into IHPs (Individual Healthcare Plans) and to request allergy action plans when appropriate
  - Students to develop an understanding of allergy through information assemblies and workshops, participating in awareness days and weeks
- spare adrenaline devices and making sure these are checked and in date, with replacements being secured before the current ones expire
- that IHPs are created and communicated
- Training
  - ensuring that all staff annual training and that allergy is included in induction even for short term members of staff.
  - ensures that all staff have the opportunity to practice with trainer adrenaline devices at least annually but ideally a few times a year.

If the allergy lead is supported by a medical officer, lead first aider or school nurse, the above can be amended to reflect who is responsible for which aspects.

All Staff:
Responsible for:

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- understanding their role in implementing this policy, recognising signs of allergic reactions, and acting swiftly in an emergency
- supporting the creation of the students IHP
- implementing the students IHP
- Creating an inclusive curriculum
- Curriculum adaptation to minimise risks
- Completing risk assessments for, curriculum activities involving food, trips and visits including sporting events
- Building proactive relationships with parents/carers
- Reporting near misses and incidents

Parents:
Responsible for:

- Adhering to this policy
- Providing school with the information they need to create individual health care plans
- Updating school when reactions happen outside of school or any changes to the student's allergy and its management.
- Ensuring that the student always has in date medication with them at school

Identification of Individuals with Allergies

Admissions Data Collection: Nursteed Community Primary School collects detailed medical information from parents/carers regarding known allergies, dietary restrictions, and treatment histories prior to admission. Collecting on the administration forms in the summer term before entry.

Information Sharing: UK GDPR does not prevent the sharing of a student's health information (special category data). Relevant information is securely compiled and shared as necessary in a controlled way with teaching staff, support staff, supply cover, and catering teams while maintaining appropriate data privacy. This is done through: class medical files, kept in a physical sharing file handed to relevant persons on arrival into the classroom.

Transition: Allergy information and existing care plans are shared as part of a student's transition. Nursteed Community Primary School will request allergy information from the previous school or setting and will consider whether any of the arrangements are suitable to implement. Nursteed Commuity Primary School work with parents/carers and the student if appropriate to write a new IHP Staff will provide information about students for transition visits ahead of a formal move.

Staff: Pre-employment questionnaires will ask whether they have any allergies. If an allergy is declared, there will be a discussion and action plan created to ensure that the member of staff has a safe working environment. This will be attained through a medical questionnaire completed by candidates at interview.

Visitors and regular volunteers: will be asked about allergies ahead of their visit. If an allergy is declared, the Allergy Lead will be notified, and this information will be communicated as necessary to ensure that the visitor or regular volunteer has a safe working environment. The headteacher

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will seek this information when meeting regular visitors as part of their induction safeguarding meeting.

Student Individual Healthcare Plans (IHPs) and Allergy Action Plans

Allergy action plans

- These are clinical documents that are created by a GP / allergy nurse or allergy clinic. They detail the student's allergy and medication.
- These contain parent/carer contact details and must be signed by the parent/carer as this is the parental authority to administer mediation including the administration of spare adrenaline devices.
- These will only be updated by the medical professional following a review of the student's allergy management, this could be annually or 5 yearly. Parents/carers or school need to update the photo of the student annually so that the student is recognisable.

Allergy action plans are issued for students who have an IgE food allergy and often a venom allergy that could lead to anaphylaxis. They are not issued for all allergies. Students with non-IgE allergies don't experience anaphylaxis and so an allergy action plan is not issued.

Individual Healthcare Plans (IHPs)

Individual healthcare plans are an essential communication tool that provide clarity about the arrangements which need to be in place to ensure that a student is fully included in the life of the school. It will identify exact risk-mitigation measures that need to be followed.
Individual Healthcare Plans are school owned documents that are co-created by school, parents/carers and students.

They should include any advice received from health professionals. If there is no advice from health professionals, information and support can be requested of the school nurses if this is needed.
Where a child has an allergy action plan and or an asthma plan, this must be included with the IHP.

It is good practice to review IHPs annually or when staff change however they must be reviewed if an incident or near miss occurs. They need to be brought to the attention of supply or cover staff and be passed on during transition to a new school.

Nursteed Community Primary School will ensure that:

- students with an allergy action plan and/or an asthma plan have an individual healthcare plan
- students without an allergy action plan or asthma plan but have an allergy that needs active management over and above what other students need will have an individual healthcare plan
- individual healthcare plans are created whilst students are waiting for a diagnosis
- IHPs are reviewed in the summer term with the teacher due to receive the child, with the child's parents/carers.

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School Trips and External Visits

Nursteed Community Primary School ensures that students with allergies are fully included in every trip, sporting event, or extracurricular activities. A risk assessment addressing allergen exposure in each activity, emergency medication, transport, and proximity to local emergency care will be undertaken with control measures identified. In order to ensure that the student is safe and included, alternative activities will be planned. This will include the safe storage adrenaline for the duration of the school trip.

Staff leading school trips will ensure they carry all relevant emergency supplies. Trip leaders will check that all students have their medication including adrenaline devices with them before departure. Students unable to produce their required medication will not be able to attend the excursion.

In conjunction with the Allergy Lead, the trip leader will review the risk assessment to determine whether the school's spare adrenaline devices should be taken on the trip. Nursteed Community Primary School will provide additional spare adrenaline devices should the risk assessment for the trip deem necessary to take them ensuring that students remaining in school still have access to spare adrenaline devices should the need arise.

Nursteed Community Primary School will notify the host school, when arranging a sporting fixture, that a member of the team has an allergy. When a sports tea is provided, the students' school will ensure the students' allergies are communicated and appropriate food is provided.

Serious Incidents and "Near Misses":

Nursteed Community Primary School approaches serious incidents and "near misses" in a "no blame" spirit, seeking to learn lessons and address any issues which the incident identified, so that students are better protected in the future.

Nursteed Community Primary School is aware, when an incident occurs that materials such as residues of food consumed or handled or samples of fluids may constitute evidence, which may need to be seized and retained.

Nursteed Community Primary School uses Kitt Medical Portal to record allergic reactions (incidents) and near misses (e.g. accidental exposure without reaction, or labelling errors) immediately. The incident or near miss will be reviewed and a report written.

Nursteed Community Primary School will share the report with the student's parents/carers, the student and the individual involved. They should be given the opportunity to discuss what happened and to contribute their views to the consequent lessons learned review. Nursteed Community Primary School will confirm what it has learned from the incident and outline any actions it is taking as a result. The student's IHP will be updated if necessary.

If unsafe food was supplied by the school operating as a food business, the incident must be reported to the local authority environmental health team.

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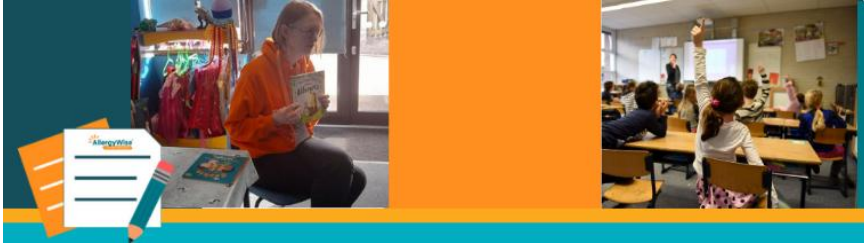

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Wellbeing and Support

At Nursteed Community Primary School allergy safety is a priority and actions to ensure that students are included and safe are embedded into the school's culture. Students with allergy become anxious as a result of the risk of exposure to allergens and the potential for anaphylaxis, which may be compounded by living with difficult-to-control asthma or eczema.

Nursteed Community Primary School:

- regularly communicate to students, parents and staff about allergies, ensuring ongoing awareness and appreciation of the severity of the potential risks
- includes allergy and anaphylaxis lessons during assembly, class assemblies or in PSHE
- plans school celebrations, rewards, and communal events inclusively from the outset to eliminate social isolation
- involves students and staff with allergies in developing and reviewing the policy and procedures for allergy management
- understands that allergy bullying is extremely serious and actively monitors, prevents, and addresses any stigmatisation or bullying directed at individuals due to their allergies or dietary constraints
- promotes "allergy champion" roles for staff and students (not just within the catering team) who act as a point of contact for students and staff with allergies, they can share feedback and support new joiners or anxious students
- invites new joiners with allergies to have a tour of the kitchen and canteen so they can meet staff and get used to the mealtime environment which may help to reduce anxiety and enable staff to identify students with allergies in the dining hall
- has proactive engagement with new joiners with known allergies, setting out the school's policies and the support available

Safeguarding:

Nursteed Community Primary School recognises that a safeguarding referral may be needed if an incident highlighted concern that the child or young person might be at an increased risk of being neglected, abused or exploited by persons inside or outside of their family unit because of their medical condition. This might occur where relevant information about a child or young person's medical condition is not provided to a school, college or setting, or where they are repeatedly sent without essential medication, thereby putting the individual at risk.

Unacceptable practice

Nursteed Community Primary School staff are clear about what constitutes unacceptable practice and are committed to ensuring that only good practice occurs. Should unacceptable practice occur the school will follow its own procedures to identify and address this using staff conduct policies.

Examples of unacceptable practice include (but are not limited to):

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- preventing children and young people from easily accessing and administering their medication in line with what is agreed in their Individual Healthcare Plan (for example prescribed adrenaline devices and asthma reliever inhalers) when and where necessary;
- assuming that every child with the same condition requires the same support;
- assuming that older children and young people do not require support related to their allergy, even if they are able to take increasing responsibility for its management;
- ignoring the views of the child or young person or their parents or carer;
- ignoring medical evidence or the opinion and advice of healthcare professionals;
- assuming that a child or young person does not have an allergy because they do not yet have a diagnosis, for example while medical investigation is under way;
- sending a child or young person who becomes unwell to a school office or medical room without suitable supervision. In the case of an emergency or suspected emergency (for example anaphylaxis) help should come to the child or young person;
- penalising children or young people for their attendance record if their absences are related to their medical condition, e.g. hospital appointments and health management. This includes excluding children and young people from rewards for 100% attendance where their non-attendance is the result of a medical condition. This should be reflected in attendance policies;
- requiring parents / carers (or otherwise making them feel obliged) to attend the school, college or setting to administer medication or provide medical support to their child; or
- preventing children and young people from participating or creating unnecessary barriers to them participating in any aspect of school, college or setting life, including external visits and trips, e.g. by requiring parents to accompany the child.

Policy Review and Publication

This policy is published openly on the school website and is reviewed at least annually, or more frequently in response to local incident trends or updated statutory guidelines.

Further reading:

Anaphylaxis UK: for teachers by teachers, the one stop shop for all school allergy needs: https://www.anaphylaxis.org.uk/education

Allergy UK: https://www.allergyuk.org/about-allergy/types-of-allergies

Allergy Safety in Schools July 2026: https://www.gov.uk/government/publications/allergy-safety-in-schools

Guidance on the use of adrenaline auto-injectors in schools

Spare Pens in School: https://www.sparepensinschools.uk

Benedict's law:

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https://benedictblythe.com/benedicts-law
https://www.anaphylaxis.org.uk/education/benedicts-law

Food:
Allergy Guidance for Schools:https://www.gov.uk/government/publications/school-food-standards-resources-for-schools/allergy-guidance-for-schools
Allergy Guidance for food businesses: https://www.gov.uk/government/publications/allergen-guidance-for-food-businesses

Statutory Duties:

The duties under Section 34 of the Children's Wellbeing and Schools Act 2026 place a requirement on LA-maintained schools, Academies and PRUs to have allergy safety policies, publish them and keep them under review.

The duty of care under section 3 of the Children Act 1989 for any person with the care of a child to do all that is reasonable for the purposes of safeguarding or promoting the welfare of the child;

The duties to safeguard and promote the welfare of pupils and students under sections 20 and 175 of the Education Act 2002, the Education (Independent School Standards) Regulations 2014 (and associated statutory guidance Keeping Children Safe in Education) and the Non-Maintained Special Schools (England) Regulations 2015;

The duty of the employer under section 2 of the Health and Safety at Work etc Act 1974 to take reasonable steps to ensure that employees are not exposed to risks to their health and safety;

The duties under the Equality Act 2010 to provide equality of opportunity for all, including those who are disabled.

The Special Educational Needs and Disability (SEND) SEND code of practice: 0 to 25 years.

The Early Years Foundation Stage (EYFS) statutory framework.

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