# Allergy and Anaphylaxis Policy

# Hampton College

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| **Policy last reviewed:** | **September 2026** |
| **Next review due:** | **September 2027** |
| **Date Ratified by Local Governing Body:** | **12 October 2026** |

This policy will be agreed by trustees as a model policy for school leaders to adapt to include the details of their school and staff. No other changes will be made to the policy at school level but must be directed back to the trust board. Areas which need to be completed by the school are highlighted.

The information in this policy applies to all students. There is additional information which applies to all children in the Early Years settings. This information is shown in italics.

The named staff members (at least 2) responsible for coordinating staff anaphylaxis training and the upkeep of the school's anaphylaxis policy are:

HR Team – Secondary Phase
Vicki Shipp – Secondary Phase

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## 1. Introduction

An allergy is a reaction of the body's immune system to substances that are usually harmless. The reaction can cause minor symptoms such as itching, sneezing or rashes but sometimes causes a much more severe reaction called anaphylaxis.

Anaphylaxis is a serious, life-threatening allergic reaction. The whole body is affected often within minutes of exposure to the allergen, but sometimes it can be hours later. Causes can include foods, insect stings, and drugs.

Most healthcare professionals consider an allergic reaction to be anaphylaxis when it involves difficulty breathing or affects the heart rhythm or blood pressure. Anaphylaxis symptoms are often referred to as the ABC symptoms (Airway, Breathing, Circulation).

It is possible to be allergic to anything which contains a protein, however most people will react to a fairly small group of potent allergens.

Common UK Allergens include (but are not limited to):-
Peanuts, Tree Nuts, Sesame, Milk, Egg, Fish, Latex, Insect venom, Pollen and Animal Dander.

This policy sets out how Hampton College Secondary School will support pupils with allergies, to ensure
they are safe and are not disadvantaged in any way whilst taking part in school life.

## 2. Role and responsibilities

**Parent Responsibilities**

- On entry to the school, it is the parent's responsibility to inform reception staff/First Aider of any allergies. This information should include all previous serious allergic reactions, history of anaphylaxis and details of all prescribed medication.
- Parents are to supply a copy of their child's Allergy Action Plan (BSACI plans preferred) to school. If they do not currently have an Allergy Action Plan this should be developed as soon as possible in collaboration with a healthcare professional
  e.g. School nurse/GP/allergy specialist.
- Parents are responsible for ensuring any required medication is supplied, in date and replaced as necessary.
- Parents are requested to keep the school up to date with any changes in allergy management. The Allergy Action Plan will be kept updated accordingly.

**Staff Responsibilities**

- All staff will complete anaphylaxis training. Training is provided for all staff on a yearly basis and on an ad-hoc basis for any new members of staff.
- Staff (regular or cover classes) must be aware of the pupils in their care who have known allergies as an allergic reaction could occur at any time and not just at mealtimes. Any food-related activities must be supervised with due caution.

- Staff leading school trips will ensure they carry all relevant emergency supplies. Trip leaders will check that all pupils with medical conditions, including allergies, carry their medication. Pupils unable to produce their required medication will not be able to attend the excursion.
- At Hampton College Secondary, the First Aider will ensure that the up-to-date Allergy Action Plan is kept with the pupil's medication and is uploaded on to Medical Tracker
- It is the parent's responsibility to ensure all medication in in date however the School First Aider will check medication kept at school on a termly basis and send a reminder to parents if medication is approaching expiry.
- At Hampton College Secondary, the First Aider keeps a register of pupils who have been prescribed an adrenaline auto-injector (AAI) and a record of use of any AAI(s) and emergency treatment given.
- At Hampton College Secondary, the Head of School ensures that any reaction or near misses are recorded on the Kitt Medical Portal and reported internally or in accordance with RIDDOR.

**Pupil Responsibilities**

- Pupils are encouraged to have a good awareness of their symptoms and to let an adult know as soon as they suspect they are having an allergic reaction.
- Pupils who are trained and confident to administer their own AAIs will be encouraged to take responsibility for carrying them on their person at all times.

## 3. Allergy Action Plans and Individual Healthcare Plans (IHPs)

Every child with a known allergy should be given an Allergy Action Plan by a medical professional, which should then be shared with the school. British Society of Allergy and Clinical Immunology (BSACI) Allergy Action Plans are produced by a medical professional and should not be created by school. These are a national plan that has been agreed by the BSACI, Anaphylaxis UK and Allergy UK.

At Hampton College Secondary, the first aider will then attach the child's Allergy Action Plan to an Individual Healthcare Plans (IHP), which sets out the arrangements in place at Hampton College Secondary to support the child with their allergy. Each IHP should be developed in collaboration with the child and their parents. The IHP is not a clinical document; it is an essential communication tool which provides the child and their parents with clarity about the arrangements in place to support the child with their allergy. The child's IHP should always refer to the most recent clinical advice, noting when it was provided and by whom.

At Hampton College Secondary, each child's IHP is compliant with the 'Allergy Safety in schools' (July 2026) statutory guidance, as we are using the template IHP provided ( Allergy safety in schools - GOV.UK).

## 4. Emergency Treatment and Management of Anaphylaxis

**What to look for:**
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.

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.
- CIRCULATION - dizziness, feeling faint, sudden sleepiness, tiredness, confusion, pale clammy skin, loss of consciousness.

The term for this more severe reaction is anaphylaxis. In extreme cases there could be a dramatic fall in blood pressure. ***In younger children, anaphylaxis often causes skin reactions, such as rashes and swelling, however a skin reaction may not be present in all children. In addition to swelling of the face, lips, tongue and eyes, hands and feet may also swell. The child may also experience vomiting and diarrhoea and they may display sudden behaviour changes such as inconsolable crying, become clingy and refuse food***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.

If the student has been exposed to something they are known to be allergic to, then it is more likely to be an anaphylactic reaction.

Anaphylaxis can develop very rapidly, so a treatment is needed that works rapidly. **Adrenaline** is the mainstay of treatment, and it starts to work within seconds.

What does adrenaline do?

- It opens up the airways
- It stops swelling
- It raises the blood pressure

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

- Keep the child where they are, call for help and do not leave them unattended.
- **LIE CHILD 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 AUTO-INJECTOR WITHOUT DELAY** and note the time given. AAIs should be given into the muscle in the outer thigh. 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 AAI.
- If no signs of life commence CPR.
- Call parent/carer as soon as possible.

Whilst you are waiting for the ambulance, keep the child 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 students must go to hospital for observation after anaphylaxis even if they appear to have recovered as a reaction can reoccur after treatment.

**Record Keeping and reporting:**

Any treatment given for an allergic reaction, including the administration of an adrenaline auto-

injector should be documented on Medical Tracker, and the Head of School must be informed as soon as possible. The Head of School will also document this on Medical tracker.

It is also important that any 'near miss' incidents', for example a pupil accessing or being offered a known allergen, are also reported to the Head of School, who will record these 'near miss' incidents on Medical tracker. Following a 'near miss' incident, the Head of School; Safeguarding and Senior Leadership Team will review the incident and consider lessons learned, including where processes or procedures need to be adapted or changed to minimise the risk of future incidents occurring.

Any incidents or 'near misses' must also be reported to parents or carers, as soon as practicably possible. In addition, the Head of School will also need to inform the relevant authorities, following the outlined procedures in the statutory guidance.

## 5. Supply, storage and care of medication

Depending on their level of understanding and competence, pupils will be encouraged to take responsibility for and to carry their own **two** AAIs on them at all times in a suitable bag/container.

Older children and teenagers should, whenever possible, assume responsibility for their emergency kit under the guidance of their parents. However, symptoms of anaphylaxis can come on **very suddenly**, so school staff need to be prepared to administer medication if the young person cannot.

**Storage**
AAIs should be stored at room temperature, protected from direct sunlight and temperature extremes.

**Disposal**
AAIs are single use only and must be disposed of as sharps. Used AAIs can be given to ambulance paramedics on arrival or can be disposed of in a pre-ordered sharps bin. Sharps bins to be obtained from and disposed of by a clinical waste contractor**.** The sharps bin is kept in the First Aid room.

## 6. 'Spare' adrenaline auto-injectors in school

Hampton College School has purchased spare **AAIs for emergency use in children who are risk of anaphylaxis,** but their own devices are not available or not working (e.g. because they are out of date) or are experiencing anaphylaxis for the first time.

These spare pens are kept safely, not locked away and **accessible and known to all staff.**

Hampton College Secondary holds 8 spare pens (4x 150 micrograms and 4x 300micrograms) which are in the following locations:

Two Kitt Medical boxes; each is clearly labelled in a white and orange case mounted to the wall in the first aid room and in the canteen next to the sixth form drinks fridge.

The First Aider is responsible for checking the spare medication is in date on a monthly basis and to replace as needed.

Written parental permission for use of the spare AAIs is included in the pupil's allergy action plan.

## 7. Staff Training

The named staff members (at least 2) responsible for coordinating staff anaphylaxis training and the upkeep of the school's anaphylaxis policy are:-

HR Team
Vicki Shipp – Training Lead

All staff will complete allergy and anaphylaxis training annually, and on an ad-hoc basis during induction of new staff.

Training includes:

- Knowing the common allergens and triggers of allergy
- Spotting the signs and symptoms of an allergic reaction and anaphylaxis. Early recognition of symptoms is key, including knowing when to call for emergency services
- Administering emergency treatment (including AAIs) in the event of anaphylaxis – knowing how and when to administer the medication/device
- Measures to reduce the risk of a child having an allergic reaction e.g. allergen avoidance, knowing who is responsible for what
- Managing allergy action plans and ensuring these are up to date

Hampton College Secondary strongly encourage staff to undertake a practical session using trainer devices. These are kept in the Head of School's office. (These can be obtained from the manufacturers' websites: www.epipen.co.uk and www.jext.co.uk)

## 8. Inclusion and safeguarding

Hampton College Secondary is committed to ensuring that all children with medical conditions, including allergies, in terms of both physical and mental health, are properly supported in school so that they can play a full and active role in school life, remain healthy and achieve their academic potential.

## 9. Catering

All food businesses (including school caterers) must follow the Food Information Regulations 2014 which states that allergen information relating to the 'Top 14' allergens must be available for all food products.

The school's menu is available for parents to view termly in advance with all ingredients listed and allergens highlighted on the organisation website at School Meals | Hampton College - Peterborough.

The PA to the Head of School will inform the Catering Manager of pupils with food allergies.

Hampton College has a system in place to ensure catering staff can identify children with allergies e.g. a list with photographs– list with photographs, students are introduced to catering staff by their SSO.

Parents/carers are encouraged to meet with the Catering Manager to discuss their child's needs.

The school adheres to the following Department of Health guidance recommendations:

- Bottles, other drinks and lunch boxes provided by parents for pupils with food allergies should be clearly labelled with the name of the child for whom they are intended.
- If food is purchased from the school canteen/tuck shop, parents should check the appropriateness of foods by speaking directly to the catering manager.
- The pupil should be taught to also check with catering staff, before purchasing food or selecting their lunch choice.
- Where food is provided by the school, staff should be educated about how to read labels for food allergens and instructed about measures to prevent cross contamination during the handling, preparation and serving of food. Examples include: preparing food for children with food allergies first; careful cleaning (using warm soapy water) of food preparation areas and utensils. For further information, parents/carers are encouraged to liaise with the Catering Manager.
- Food should not be given to primary school age food-allergic children without parental engagement and permission (e.g. birthday parties, food treats).
- Use of food in crafts, cooking classes, science experiments and special events (e.g. fetes, assemblies, cultural events) needs to be considered and may need to be restricted/risk assessed depending on the allergies of particular children and their age.

## 10. School trips

Staff leading school trips will ensure they carry all relevant emergency supplies. Trip leaders will check that all pupils with medical conditions, including allergies, carry their medication. Pupils with known allergies **must** have their prescribed emergency allergy medication with them, in order to attend a school trip.

All the activities on the school trip will be risk assessed to see if they pose a threat to allergic pupils and alternative activities planned to ensure inclusion.

Overnight school trips should be possible with careful planning and a meeting for parents with the lead member of staff planning the trip should be arranged. Staff at the venue for an overnight school trip should be briefed early on that an allergic child is attending and will need appropriate food (if provided by the venue).

**Sporting Excursions**

Children with allergies should have every opportunity to attend sports trips to other schools. The school will ensure that the P.E. teacher/s are fully aware of the situation. The school being visited will be notified that a member of the team has an allergy when arranging the fixture. A member of staff trained in administering adrenaline will accompany the team. If another school feels that they are not equipped to cater for any food-allergic child, the school will arrange for the child to take alternative/their own food.

Most parents are keen that their children should be included in the full life of the school where possible, and the school will need their co-operation with any special arrangements required.

## 11. Allergy awareness and nut bans

Hampton College Secondary supports the approach advocated by Anaphylaxis UK towards nut bans/nut free schools. They would not necessarily support a blanket ban on any particular allergen in any establishment, including in schools. This is because nuts are only one of many allergens that

could affect pupils, and no school could guarantee a truly allergen free environment for a child living with food allergy. They advocate instead for schools to adopt a culture of allergy awareness and education.

A 'whole school awareness of allergies' is a much better approach, as it ensures teachers, pupils and all other staff are aware of what allergies are, the importance of avoiding the pupils' allergens, the signs & symptoms, how to deal with allergic reactions and to ensure policies and procedures are in place to minimise risk.

## 12. Risk Assessment

Hampton College School will conduct a detailed individual risk assessment for all new joining pupils with allergies and any pupils newly diagnosed, to help identify any gaps in our systems and processes for keeping allergic children safe.

School and individual risk assessments can be downloaded for free from: https://www.anaphylaxis.org.uk/downloads-form/safer-schools-download/.

## 13. Arrangements for staff and visitors with allergies

Staff members at Hampton College Secondary are responsible for informing the Head of School, Safeguarding, PA to the Head of School and first aid, of any potential or diagnosed allergy that may require adjustments or emergency treatment while at work. Where appropriate, and with the staff member's consent, the school will agree a confidential individual risk assessment and emergency plan with the staff member, including arrangements for reducing exposure to known allergens, storing and accessing their own prescribed medication, and identifying colleagues who need to know how to respond. Staff must ensure that their own prescribed medication is available, in date and stored securely but accessibly.

Visitors, volunteers, contractors and other adults attending the school are responsible for managing their own allergies and carrying any prescribed emergency medication. Where a visitor will be on site for an extended period, attending a catered event or taking part in an activity that may involve allergen exposure, they should notify their school contact in advance so that reasonable precautions can be considered and the relevant action taken to minimise risk to the individual.

In an emergency, staff will call 999, state that anaphylaxis is suspected, follow the person's own emergency instructions where available, and provide appropriate assistance, including first aid. The school's spare adrenaline auto-injectors are supplied primarily for use in pupils, in accordance with the relevant statutory arrangements, and therefore must not be relied upon as emergency medication for staff or visitors. However, in a life-threatening emergency the spare adrenaline auto-injectors can be used for staff or visitors if their own adrenaline auto-injectors are unavailable or unusable.

## 14. Useful Links

Anaphylaxis UK - https://www.anaphylaxis.org.uk/

- Safer Schools Programme - https://www.anaphylaxis.org.uk/education/safer-

schools-programme/

- AllergyWise for Schools online training - https://www.allergywise.org.uk/p/allergywise-for-schools1

Allergy UK - https://www.allergyuk.org

- Whole school allergy and awareness management - https://www.allergyuk.org/schools/whole-school-allergy-awareness-andmanagement

BSACI Allergy Action Plans - https://www.bsaci.org/professional-resources/resources/paediatric-allergy-action-plans/

Spare Pens in Schools - http://www.sparepensinschools.uk

Department for Education Supporting pupils at school with medical conditions - https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/803956/supporting-pupils-at-school-with-medical-conditions.pdf

Department of Health Guidance on the use of adrenaline auto-injectors in schools - https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/645476/Adrenaline_auto_injectors_in_schools.pdf

Food allergy quality standards (The National Institute for Health and Care Excellence, March 2016) https://www.nice.org.uk/guidance/qs118

Anaphylaxis: assessment and referral after emergency treatment (The National Institute for Health and Care Excellence, 2020) https://www.nice.org.uk/guidance/cg134?unlid=22904150420167115834

Department for Education Allergy Safety in Schools