

School's best practice guide to allergy management

2-5% of children in the UK live with a food allergy.

20% of severe allergic reactions to food happen whilst a child is at school.

32% of children surveyed reported having been bullied due to food allergy at least once.

From: [Model policy guidance](#)

Every school class is likely to have at least one student with allergies. The most serious allergic reaction (anaphylaxis) usually begins within minutes and is potentially life-threatening. Unfortunately, there have been cases of fatal anaphylaxis happening when a child is at school. Lessons learnt from these tragic cases emphasise the need for all school staff to be able to recognize the signs of an allergic reaction and have the confidence to manage this. We encourage a whole school allergy awareness approach as being the most effective way of enabling students to have a safe environment to learn in. Our best practice guide was developed by our Education and AllergyWise® Manager when she was working as a headteacher and volunteering as our Education Ambassador. It has been updated for 2024. The vast majority of resources that are referenced are available free of charge on our website: www.anaphylaxis.org.uk and we have a free helpline: 01252 542029.

	School's best practice guide	Date completed
1.	<p>Policy: Is there an allergy policy? Is it the model policy? Model policy guidance Editable model policy</p> <p>When was the policy last reviewed?</p> <p><u>If the model policy is not used ensure the following are included:</u></p> <ul style="list-style-type: none"> • Training • Awareness & education • Relationships with parents/carers/student • Where is the medication kept • How does everyone know that it is emergency medicine • Does the school have a 'spare' AAI • What to do in the event of emergency evacuation or lock down • How the student is fully included in school 	
2	<p>Safeguarding:</p> <ul style="list-style-type: none"> • Risk assess how the school will keep the student safe. Consider establishing a safe zone if needed rather than becoming a nut free school. • Meet Parent/carer of each student with allergy to complete individual risk assessment. Consider whether an individual health care plan is needed and complete if necessary. • Review individual risk assessment annually and in primary ensure the new class teacher is included in the review. 	

	<ul style="list-style-type: none"> Obtain letters from allergy specialist and Individual care plan from allergy clinic (or school nurse). Establish how many staff need adrenaline autoinjector training and organise. Check the school's spare adrenaline autoinjector is in date and replace if necessary. Purchase a spare adrenaline autoinjector using the template letter in the guidance. <p>Safeguarding policy:</p> <ul style="list-style-type: none"> Does the school's safeguarding policy link to the Allergy policy? Do staff understand their role in ensuring that children with allergic disease are safe at school? 	
3	<p>Training Arrange annual training or when a student with allergies joins the school for the first time. Training is available: AllergyWise®</p> <p>Obtain trainer AAIs for the brands held in school: EpiPen® Jext®</p> <p>Ensure staff have the opportunity to practice with a trainer pen at least annually.</p>	
	<p>Education</p> <ul style="list-style-type: none"> Deliver an assembly to raise awareness of allergies. Assembly available to download: Assembly PowerPoint Use lesson resources that are available with AllergyWise® Participate in allergy or anaphylaxis awareness week. Ensure that allergy is delivered as part of the RSE curriculum. Ensure that allergy forms part of 1st aid lessons for students. 	
	<p>Inclusion and Bullying:</p> <ul style="list-style-type: none"> How does the school ensure that the student with the allergy is fully included? What messages do the staff give out through their actions? i.e. do they make sure that the student is fully included, or do they model exclusion through providing 'different yet safe' food? Are allergies included in the anti-bullying policy? How are allergy bullying incidents responded to? 	
	<p>Parents and student</p> <p>Agree whether to inform class of student's allergy and how i.e. letter home</p> <p>Include generic paragraphs in newsletters and trip letters about being allergy aware and outline any control measures needed.</p>	
	<p>Food in school</p> <ul style="list-style-type: none"> Review use of food in the curriculum. Does this need to be used and if it does, how are all children included? Discourage cake and sweets for children as treats both for birthdays and school celebrations. 	

	<p><u>Lunch:</u></p> <ul style="list-style-type: none">• What systems are in place to ensure that the student eats safely? Do all the catering and lunchtime staff know who has allergies and how to ensure that they are safe. Do they know how to report near misses and what to do should a reaction occur?• Ensure up to date allergen information is available for each menu and that it is easily accessible, ideally on school website.• Make sure that any unexpected changes to the menu and allergens are communicated urgently to student/parent/guardian so that a different choice can be made.• Do all students know that they should not share food or touch the food of an allergic student as this could cause an allergic reaction?	
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