



# Mandatory Requirements and 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. Following the most recent preventable death in school of Benedict Blythe, Benedict’s Law has been introduced alongside update statutory guidance.

Benedict’s Law applies to every institution in England that is covered by Children’s Wellbeing and Schools Act 2026 whilst the statutory guidance in England applies to schools and academies with independent schools, early years settings, and post 16 colleges being recommended to follow it.

Benedict’s Law and the statutory guidance provide an excellent model that we would recommend institutions in Wales, Scotland and Northern Ireland to follow as good practice.

It has long been recognised a whole school allergy awareness approach is the most effective way of enabling students to have a safe environment to learn in. The vast majority of resources that are referenced are available free of charge on our website within our [Education Programme](#) For individual help and support contact [allergywise@anaphylaxis.org.uk](mailto:allergywise@anaphylaxis.org.uk).

From September 2026, schools are expected to implement and maintain these requirements annually across all maintained and academy schools in England:		Date completed
<b>Benedict’s Law</b>		
1.	<p><b>Policy: Develop and publish whole-school allergy safety policy.</b>  <b>Note – an allergy safety policy is not a medical conditions policy, and it will need to be displayed on the school website.</b></p> <p><a href="#">Model policy guidance</a> <a href="#">Editable model policy</a> (to be replaced when the DfE template policy is released in July 2026)</p> <p>When was the policy last reviewed? This should be annually.</p> <p><u>If the model policy is not used ensure the following are included and the policy is cross checked with the statutory guidance:</u></p> <ul style="list-style-type: none"> <li>• Training</li> <li>• Awareness &amp; education</li> <li>• Relationships with parents/carers/student</li> <li>• Where is the medication kept</li> <li>• How does everyone know that it is emergency medicine</li> <li>• Does the school have a ‘spare’ AAI</li> <li>• What to do in the event of emergency evacuation or lock down</li> </ul>	



	<ul style="list-style-type: none"> <li>How the student is fully included in school</li> </ul>	
2	<p><b>Training</b></p> <ul style="list-style-type: none"> <li>Ensure comprehensive allergy awareness and emergency response training for all staff (including caretakers, mini-bus drivers, lunchtime supervisors, etc).</li> <li>Training needs to cover the details set out in the <a href="#">statutory guidance</a>.</li> <li>Training needs to be updated annually.</li> </ul> <p>Training is available: <a href="#">AllergyWise® for Schools</a></p> <ul style="list-style-type: none"> <li>Obtain trainer AAIs for the brands held in school:           <ul style="list-style-type: none"> <li><a href="#">EpiPen®</a></li> <li><a href="#">Jext®</a></li> </ul> </li> <li>Ensure staff can practice with a trainer pen at least annually.</li> </ul>	
3	<p><b>Emergency Medication</b></p> <ul style="list-style-type: none"> <li>Hold spare in-date adrenaline devices (AAIs) on site.           <ul style="list-style-type: none"> <li>Note – they are not a second set of devices prescribed for an individual child, they can be used on any child or adult experiencing anaphylaxis.</li> </ul> </li> <li>Purchase a spare adrenaline autoinjector using the <a href="#">template letter</a> in the guidance or <a href="#">download</a>.</li> </ul>	
4	<p><b>Individual Care Plans</b></p> <ul style="list-style-type: none"> <li>Implement individual healthcare and action plans for pupils with serious allergies (including food, animal and venom allergies).</li> <li><a href="#">Download</a> a template IHP</li> <li>IHPs are co-created between school and parents/carers</li> <li>IHPs are reviewed annually or if there is an incident</li> <li>IHPs should be passed onto new schools and updated in the new school.</li> </ul>	
<p><b>Statutory guidance: Supporting children and young people with medical conditions and allergies</b></p>		<p><b>Date completed</b></p>
1	<p><b>Allergy lead</b></p> <ul style="list-style-type: none"> <li>Appoint an allergy lead who is a member of the senior leadership team and is able to make strategic decisions regarding the allergy management within the school</li> </ul>	
2	<p><b>Named governor</b></p> <ul style="list-style-type: none"> <li>Appoint a named governor to oversee allergy management</li> </ul>	
3.	<p><b>Risk register, risk assessment</b></p> <ul style="list-style-type: none"> <li>Include allergy on the school’s risk register and include in critical incident planning</li> <li>Undertake a risk assessment for allergy focusing on minimising risk of exposure and ensure that all other risk assessments include allergy as a standard item; for example, cooking, trips, sport.</li> <li>Undertake an anaphylaxis emergency response practice at least annually and implement finding from this.</li> </ul>	
4.	<p><b>Recording and reporting</b></p> <ul style="list-style-type: none"> <li>Incidents and near misses are reported by staff and are reviewed by allergy lead. Procedures and re-training are implemented as a result of the review as required.</li> </ul>	





5	<p><b>Food provision:</b></p> <ul style="list-style-type: none"> <li>• Work with the catering company to understand their allergy management processes, ensure that allergen matrix are available, that food provided to children and young people is safe and should aim to serve food that is appropriate and inclusive.</li> <li>• Ensure that there are at least two robust methods of identifying students with known allergies at mealtimes</li> <li>• Schools are expected to make reasonable adjustments for students who are eligible for benefits-based FSM to access their meal entitlement</li> </ul>	
6.	<p><b>Well-being:</b></p> <ul style="list-style-type: none"> <li>• The wellbeing of students with allergies is promoted through positive, inclusive and safe allergy management.</li> <li>• Student and parental voice show that students are safe and included</li> </ul>	
<b>In addition to the above mandatory requirements, we recommend the following as best practice:</b>		<b>Date completed</b>
1.	<p><b>Safeguarding:</b></p> <ul style="list-style-type: none"> <li>• Risk assess how the school will keep the student safe. Consider establishing a safe zone if needed rather than becoming a <a href="#">nut free school</a>.</li> <li>• 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.</li> <li>• Review individual risk assessment annually and in primary ensure the new class teacher is included in the review.</li> <li>• Obtain letters from allergy specialist and Individual care plan from allergy clinic (or school nurse).</li> <li>• Check the school's spare adrenaline autoinjector is in date and replace if necessary.</li> </ul> <p><b>Safeguarding policy:</b></p> <ul style="list-style-type: none"> <li>• Does the school's safeguarding policy link to the Allergy policy?</li> <li>• Do staff understand their role in ensuring that children with allergic disease are safe at school?</li> </ul>	
2.	<p><b>Education</b></p> <ul style="list-style-type: none"> <li>• Deliver an assembly to raise awareness of allergies.</li> <li>• Assembly available to download: <a href="#">Assembly PowerPoint</a></li> <li>• Use lesson resources that are available with AllergyWise®</li> <li>• Participate in allergy or anaphylaxis awareness week.</li> <li>• Ensure that allergy is delivered as part of the RSE curriculum.</li> <li>• Ensure that allergy forms part of 1<sup>st</sup> aid lessons for students.</li> </ul>	



3.	<p><b>Inclusion and Bullying:</b></p> <ul style="list-style-type: none"> <li>• How does the school ensure that the student with the allergy is fully included?</li> <li>• 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?</li> <li>• Are allergies included in the anti-bullying policy?</li> <li>• How are allergy bullying incidents responded to?</li> </ul>	
4	<p><b>Parents and student</b></p> <ul style="list-style-type: none"> <li>• Agree whether to inform class of student's allergy and how i.e. letter home</li> <li>• Include generic paragraphs in newsletters and trip letters about being allergy aware and outline any control measures needed.</li> </ul>	
5	<p><b>Food in school</b></p> <ul style="list-style-type: none"> <li>• Review use of food in the curriculum. Does this need to be used and if it does, how are all children included?</li> <li>• Discourage cake and sweets for children as treats both for birthdays and school celebrations.</li> </ul> <p><u>Lunch:</u></p> <ul style="list-style-type: none"> <li>• 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?</li> <li>• Ensure up to date allergen information is available for each menu and that it is easily accessible, ideally on school website.</li> <li>• 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.</li> <li>• 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?</li> </ul>	
6.	<p><b>Events &amp; PTA:</b></p> <ul style="list-style-type: none"> <li>• Ensure risk assessments have been completed with a focus on how the event can be inclusive and safe for students with allergies.</li> <li>• Use our <a href="#">Bake Sale pack</a> and <a href="#">guidance sheets</a> to support risk assessments.</li> <li>• Ensure there are people who are trained in allergy management including the recognition of an allergy reaction and how to respond in an emergency.</li> </ul>	

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