

Allergen Policy

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**Statement of intent**

Manchester Secondary PRU strives to ensure the safety and wellbeing of all members of the school community. For this reason, this policy is to be adhered to by all staff members, parents and pupils, with the intention of minimising the risk of anaphylaxis occurring whilst at school.

In order to effectively implement this policy and ensure the necessary control measures are in place, parents are responsible for working alongside the school in identifying allergens and potential risks, in order to ensure the health and safety of their children.

The school does not guarantee a completely allergen-free environment; however, this policy will be utilised to minimise the risk of exposure to allergens, encourage self-responsibility, and plan for an effective response to possible emergencies.

Manchester Secondary PRU are a Nut Aware School.

# Legal framework

This policy has due regard to all relevant legislation and guidance including, but not limited to, the following:

* Children and Families Act 2014
* The Human Medicines (Amendment) Regulations 2017
* The Food Information (Amendment) (England) Regulations 2019 (Natasha’s Law)
* Department of Health (2017) ‘Guidance on the use of adrenaline auto-injectors in schools’
* DfE (2015) ‘Supporting pupils at school with medical conditions’
* DfE (2021) ‘Allergy guidance for schools’

This policy will be implemented in conjunction with the following school policies and documents:

* Health and Safety Policy
* Administering Medication Policy
* Supporting Pupils with Medical Conditions Policy
* Educational Visits and School Trips Policy
* Allergen and Anaphylaxis Risk Assessment
* Register of AAIs
* AAI Record

# Definitions

For the purpose of this policy:

**Allergy** – is a condition in which the body has an exaggerated response to a substance. This is also known as hypersensitivity.

**Allergen** – is a normally harmless substance that triggers an allergic reaction for a susceptible person.

**Allergic reaction** – is the body’s reaction to an allergen and can be identified by, but not limited to, the following symptoms:

* Hives
* Generalised flushing of the skin
* Itching and tingling of the skin
* Tingling in and around the mouth
* Burning sensation in the mouth
* Swelling of the throat, mouth or face
* Feeling wheezy
* Abdominal pain
* Rising anxiety
* Nausea and vomiting
* Alterations in heart rate
* Feeling of weakness

**Anaphylaxis** – is also referred to as anaphylactic shock, which is a sudden, severe and potentially life-threatening allergic reaction. This kind of reaction may include the following symptoms:

* Difficulty breathing
* Feeling faint
* Reduced level of consciousness
* Lips turning blue
* Collapsing
* Becoming unresponsive

# Roles and responsibilities

The governing board is responsible for:

* Ensuring that arrangements are in place to support pupils with allergies and who are at risk of anaphylaxis and that these arrangements are sufficient to meet statutory responsibilities.
* Ensuring that policies, plans, systems and procedures are implemented to minimise the risks of pupils suffering allergic reactions or anaphylaxis at school.
* Ensuring that the school’s approach to allergies and anaphylaxis focusses on, and accounts for, the needs of each individual pupil.
* Ensuring that the school’s arrangements give parents and pupils confidence in the school’s ability to minimise susceptible pupils’ contact with allergens, and to effectively support pupils should an allergic reaction or anaphylaxis occur.
* Ensuring that staff are properly trained to provide the support that pupils need, and that they receive allergy and anaphylaxis training on Induction and at least annually.
* Monitoring the effectiveness of this policy and reviewing it on an annual basis, and after any incident where a pupil experiences an allergic reaction.

The headteacher is responsible for:

* The development, implementation and monitoring of the Allergen Policy.
* Ensuring that parents are informed of their responsibilities in relation to their child’s allergies.
* Ensuring that all relevant risk assessments, e.g., to do with food preparation, have been carried out and controls to mitigate risks are implemented.
* Ensuring that all designated first aiders are trained in the use of adrenaline auto-injectors (AAIs) and the management of anaphylaxis.
* Ensuring that all staff members are provided with information regarding anaphylaxis, as well as the necessary precautions and action to take.
* Ensuring that catering staff are aware of, and act in accordance with, the school’s policies regarding food and hygiene, including this policy.
* Ensuring that catering staff are aware of any pupils’ allergies which may affect the school meals provided.

The first aiders are responsible for:

* Ensuring that there are effective processes in place for medical information to be regularly updated and disseminated to relevant staff members, including supply and temporary staff.
* Seeking up-to-date medical information about each pupil via a medical form sent to parents on an annual basis, including information regarding any allergies.
* Contacting parents for required medical documentation regarding a child’s allergy.
* Ensuring that the necessary staff members are informed about pupils’ allergies.
* Understanding the action to take and processes to follow in the event of a pupil going into anaphylactic shock and ensuring that this information is passed onto staff members.

All staff members are responsible for:

* Acting in accordance with the school’s policies and procedures at all times.
* Attending relevant training regarding allergens and anaphylaxis.
* Being familiar with and implementing pupils’ individual healthcare plans (IHPs) as appropriate.
* Responding immediately and appropriately in the event of a medical emergency.
* Reinforcing effective hygiene practices, including those in relation to the management of food.
* Promoting hand washing before and after eating.
* Monitoring all food supplied to pupils by both the school and parents, including snacks, ensuring food containing known allergens are indicated clearly.
* Ensuring that guidance is supplied to children whilst pre-ordering their lunches - to prevent them ordering items containing allergenic ingredients that might not be safe for them to consume
* Ensuring that pupils do not share food and drink in order to prevent accidental contact with an allergen.
* Ensuring that any necessary medication are out of the reach of pupils but still easily accessible to staff members.
* Liaising with the first aider and pupils’ parents to ensure the necessary control measures are in place.

The Catering Manage / Cook is responsible for:

* Monitoring the food allergen log and allergen tracking information for completeness.
* Reporting any non-conforming food labelling to the supplier, where necessary.
* Ensuring the practices of kitchen staff comply with food allergen managing and labelling laws and that training is regularly reviewed and updated.
* Recording incidents of non-conformity, use of ingredients or safe staff practice, in an allergen incident log.
* Acting on entries to the allergen incident log and ensuring the risks of recurrence are minimised.

Kitchen staff are responsible for:

* Ensuring they are fully aware of the rules surrounding allergens, the processes for food preparation in line with [section 4](#_[Updated]_Food_allergies) and [section 5](#_[New]_Food_allergy) of this policy, and the processes for identifying pupils with specific dietary requirements.
* Ensuring they are fully aware of whether each item of food served contains any of the main 14 allergens, as is a legal obligation, and making sure this information is readily available for those who may need it.

All parents are responsible for:

* Notifying the school of the following information:
  + Their child’s allergens
  + The nature of the allergic reaction
  + What medication to administer
  + Specified control measures and what can be done to prevent the occurrence of an allergic reaction
* Keeping the school up-to-date with their child’s medical information.
* Providing written consent for the use of a spare AAI where applicable.
* Providing the school with up-to-date emergency contact information.
* Providing the school with written medical documentation, including instructions for administering medication as directed by the child’s doctor.
* Providing the school with any necessary medication, in line with the procedures outlined in the Supporting Pupils with Medical Conditions Policy.
* Communicating to the school any specific control measures which can be implemented in order to prevent the child from coming into contact with the allergen.
* Providing the school, in writing, any details regarding the child’s allergies.
* Working alongside the school to develop an IHP to accommodate the child’s needs, as well as undertaking the necessary risk assessments.
* Signing their child’s IHP, where required.
* Acting in accordance with any allergy-related requests made by the school, such as not providing nut-containing items in their child’s packed lunch.
* Ensuring their child is aware of allergy self-management, including being able to identify their allergy triggers and how to react.
* Raising any concerns they may have about the management of their child’s allergies with the classroom teacher.
* Ensuring that any food their child brings to school is safe for them to consume.

All pupils are responsible for:

* Ensuring that they do not exchange food with other pupils.
* Avoiding food which they know they are allergic to, as well as any food with unknown ingredients.
* Being proactive in the care and management of their allergies.
* Notifying a member of staff immediately in the event they believe they are having an allergic reaction, even if the cause is unknown.
* Notifying a member of staff when they believe they may have come into contact with something containing an allergen.
* Learning to recognise personal symptoms of an allergic reaction.
* Keeping necessary medications in an agreed location which members of staff are aware of.
* Developing greater independence in keeping themselves safe from allergens.
* Notifying a staff member if they are being bullied or harassed as a result of their allergies.

# Food allergies

Parents, during Induction, will provide the school with a written list of any foods that their child may have an adverse reaction to, as well as the necessary action to be taken in the event of an allergic reaction, such as any medication required.

Information regarding all pupils’ food allergies will be collated, indicating whether they consume a school dinner or a packed lunch, and this will be passed on to the school’s catering service.

When making changes to menus or substituting food products, the school will ensure that pupils’ special dietary needs continue to be met by:

* Checking any product changes with all food suppliers
* Asking caterers to read labels and product information before use
* Using the Food Standards Agency’s allergen matrix to list the ingredients in all meals.
* Ensuring allergen ingredients remain identifiable.

The catering team will have a full list of allergens and will ensure that when producing allergen free meals for pupils, measures are in place to minimise the risk of allergen cross contamination

The school will ensure that there are appropriate allergen free options available for pupils with allergies and intolerances.

Where a pupil who attends the school has a nut allergy, the school will follow the processes outlined in the Nut-free Policy, including:

* Requesting that the school catering service eliminates nuts, and food items with nuts as ingredients, from meals as far as possible
* Ensuring that food items containing nuts will not be served at, or be brought onto, school premises.
* Maintaining an allergy log and ensuring staff know where it can be located.

All food tables will be disinfected before and after being used.

Anti-bacterial wipes and cleaning fluid will be used.

Boards and knives used for fruit and vegetables will be a different colour to the rest of the kitchen knives in order to remind kitchen staff to keep them separate.

Any sponges or cloths that are used for cleaning will be colour-coded according to the areas that they are used to clean, e.g. a red sponge for an area which has been used for raw meat, to prevent cross-contamination.

There will be a set of kitchen utensils that are only for use with the food and drink of the pupils at risk.

There will also be a set of kitchen utensils with a designated colour. These utensils will be used only for food items that contain bread and wheat related products.

Food items containing bread and wheat will be stored separately.

The Catering Manager and the Medlock Cooks/Caretakers of the school are responsible for ensuring that the school’s policies are adhered to at all times, including those in relation to the preparation of food, taking into account any allergens.

Learning activities which involve the use of food, such as food technology lessons, will be planned in accordance with pupils’ IHPs, taking into account any known allergies of the pupils involved.

# Food allergen labelling

From 1 October 2021, the school will adhere to new allergen labelling rules for pre-packed food goods, in line with the Food Information (Amendment) (England) Regulations 2019, also known as Natasha’s Law.

However, Manchester Secondary PRU meals are not pre-packed as pupils order all meals via a pre-ordering system they can be sure that they are being served the meal which they pre-ordered. This also includes packed lunches for consumption inside or outside of school. On the rare occasion that a packed lunch is not pre-ordered, the ingredients will be handwritten on the packed lunch bag.

The relevant staff, e.g. kitchen staff, will be trained prior to storing, handling, preparing, cooking and/or serving food to ensure they are aware of their legal obligations. Training will be reviewed on an annual basis, or as soon as there are any revisions to related guidance or legislation.

**Food labelling**

Food goods classed as ‘pre-packed for direct sale’ (PPDS) will clearly display the following information on the packaging:

* The name of the food
* The full ingredients list, with ingredients that are allergens emphasised, e.g. in bold, italics, or a different colour

The school will ensure that allergen traceability information is readily available. Allergens will be tracked using the following method:

**Declared allergens**

The following allergens will be declared and listed on all PPDS foods in a clearly legible format:

* Cereals containing gluten and wheat, e.g. spelt, rye and barley
* Crustaceans, e.g. crabs, prawns, lobsters
* Nuts, including almonds, hazelnuts, walnuts, cashews, pecan nuts, brazil nuts and pistachio nuts
* Celery
* Eggs
* Fish
* Peanuts
* Soybeans
* Milk
* Mustard
* Sesame seeds
* Sulphur dioxide and sulphites at concentrations of more than 10mg/kg or 10mg/L in terms of total sulphur dioxide
* Lupin
* Molluscs, e.g. mussels, oysters, squid, snails

**Changes to ingredients and food packaging**

The school will ensure that communication with suppliers is robust and any changes to ingredients and/or food packaging are clearly communicated to kitchen staff and other relevant members of staff.

Following any changes to ingredients and/or food packaging, all associated documentation will be reviewed and updated as soon as possible.

# Animal allergies

Pupils with known allergies to specific animals will have restricted access to those that may trigger a response.

In the event of an animal on the school site, staff members will be made aware of any pupils to whom this may pose a risk and will be responsible for ensuring that the pupil does not come into contact with the specified allergen.

The school will ensure that any pupil or staff member who comes into contact with the animal washes their hands thoroughly to minimise the risk of the allergen spreading.

# Seasonal allergies

The term ‘seasonal allergies’ refers to common outdoor allergies, including hay fever and insect bites.

Pupils will be encouraged to wash their hands after playing outside.

Pupils with known seasonal allergies are encouraged to bring an additional set of clothing to school to change in to after playing outside, with the aim of reducing contact with outdoor allergens, such as pollen.

Staff members will be diligent in the management of wasp, bee and ant nests on school grounds and in the school’s nearby proximity, reporting any concerns to the site manager.

The site manager is responsible for ensuring the appropriate removal of wasp, bee and ant nests on and around the school premises.

Where a pupil with a known allergy is stung or bitten by an insect, medical attention will be given immediately.

# Adrenaline auto-injectors (AAIs)

Pupils who suffer from severe allergic reactions may be prescribed an AAI for use in the event of an emergency.

Under The Human Medicines (Amendment) Regulations 2017 the school is able to purchase AAI devices without a prescription, for emergency use on pupils who are at risk of anaphylaxis, but whose device is not available or is not working.

At the time of reviewing this policy, Manchester Secondary PRU does not deem it necessary to purchase spare AAI’s but should this change, then the policy will be revised and updated on how to purchase, store and manage the use of spare AAI’s.

# Medical attention and required support

Once a pupil’s allergies have been identified, a meeting will be set up between the pupil’s parents, the relevant classroom teacher, the first aider and any other relevant staff members, in which the pupil’s allergies will be discussed and a plan of appropriate action/support will be developed.

All medical attention, including that in relation to administering medication, will be conducted in accordance with the Administering Medication Policy and the Supporting Pupils with Medical Conditions Policy.

Parents will provide the school with any necessary medication, ensuring that this is clearly labelled with the pupil’s name, class, expiration date and instructions for administering it.

Pupils will not be able to attend school or educational visits without any life-saving medication that they may have, such as AAIs.

All members of staff involved with a pupil with a known allergy are aware of the location of emergency medication and the necessary action to take in the event of an allergic reaction.

Any specified support which the pupil may require is outlined in their IHP.

All staff members providing support to a pupil with a known medical condition, including those in relation to allergens, will be familiar with the pupil’s IHP.

Maxine Benson, Deputy Head Teacher, is responsible for working alongside relevant staff members and parents in order to develop IHPs for pupils with allergies, ensuring that any necessary support is provided and the required documentation is completed, including risk assessments being undertaken.

The Head Teacher has overall responsibility for ensuring that IHPs are implemented, monitored and communicated to the relevant members of the school community.

# Staff training

Designated staff members will be trained in how to administer an AAI, and the sequence of events to follow when doing so.

Staff members will receive appropriate training and support relevant to their level of responsibility, in order to assist pupils with managing their allergies.

The school will arrange specialist training on a termly basis where a pupil in the school has been diagnosed as being at risk of anaphylaxis.

The relevant staff, e.g. kitchen staff, will be trained on how to identify and monitor the correct food labelling and how to manage the removal and disposal of PPDS foods that do not meet the requirements set out in Natasha’s Law.

The relevant members of staff will be trained on how to consistently and accurately trace allergen-containing food routes through the school, from supplier delivery to consumption.

Designated staff members will be taught to:

* Recognise the range of signs and symptoms of severe allergic reactions.
* Respond appropriately to a request for help from another member of staff.
* Recognise when emergency action is necessary.
* Administer AAIs according to the manufacturer’s instructions.
* Make appropriate records of allergic reactions.

All staff members will:

* Be trained to recognise the range of signs and symptoms of an allergic reaction.
* Understand how quickly anaphylaxis can progress to a life-threatening reaction, and that anaphylaxis can occur with prior mild-moderate symptoms.
* Understand that AAIs should be administered without delay as soon as anaphylaxis occurs.
* Understand how to check if a pupil is on the Register of AAIs.
* Understand how to access AAIs.
* Understand who the designated members of staff are, and how to access their help.
* Understand that it may be necessary for staff members other than designated staff members to administer AAIs, e.g. in the event of a delay in response from the designated staff members, or a life-threatening situation.
* Be aware of how to administer an AAI should it be necessary.
* Be aware of the provisions of this policy.

# In the event of a mild-moderate allergic reaction

Mild-moderate symptoms of an allergic reaction include the following:

* Swollen lips, face or eyes
* Itchy/tingling mouth
* Hives or itchy skin rash
* Abdominal pain or vomiting
* Sudden change in behaviour

If any of the above symptoms occur in a pupil, the nearest adult will stay with the pupil and call for help from the designated staff members able to administer AAIs.

The pupil’s prescribed AAI will be administered by the designated staff member. Where there is any delay in contacting designated staff members, or where delay could cause a fatality, the nearest staff member will administer the AAI.

A copy of the Register of AAIs will be held in each classroom for easy access in the event of an allergic reaction.

If necessary, other staff members may assist the designated staff members with administering AAIs.

The pupil’s parents will be contacted immediately if a pupil suffers a mild-moderate allergic reaction, and if an AAI has been administered.

In the event that a pupil without a prescribed AAI, or who has not been medically diagnosed as being at risk of anaphylaxis, suffers an allergic reaction, a designated staff member will contact the emergency services and seek advice. For mild-moderate allergy symptoms, the AAI will usually be sufficient for the reaction; however, the pupil will be monitored closely to ensure the reaction does not progress into anaphylaxis.

Should the reaction progress into anaphylaxis, the school will act in accordance with [section 13](#_In_the_event_1) of this policy.

The school will refer any pupil who has been administered an AAI to the hospital for further monitoring.

The headteacher will ensure that any designated staff member required to administer an AAI has appropriate cover in place, e.g. if they were teaching a class at the time of the reaction.

# In the event of anaphylaxis

Anaphylaxis symptoms include the following:

* Persistent cough
* Hoarse voice
* Difficulty swallowing, or swollen tongue
* Difficult or noisy breathing
* Persistent dizziness
* Becoming pale or floppy
* Suddenly becoming sleepy, unconscious or collapsing

In the event of anaphylaxis, the nearest adult will lay the pupil flat on the floor with their legs raised, and will call for help from a designated staff member.

The designated staff member will administer an AAI to the pupil. Where there is any delay in contacting designated staff members, the nearest staff member will administer the AAI.

If necessary, other staff members may assist the designated staff members with administering AAIs.

The emergency services will be contacted immediately.

A member of staff will stay with the pupil until the emergency services arrive – the pupil will remain lay flat and still.

The headteacher will be contacted immediately, as well as a suitably trained individual, such as a first aider.

If the pupil stops breathing, a suitably trained member of staff will administer CPR.

If there is no improvement after five minutes, a further dose of adrenaline will be administered using another AAI, if available.

In the event that a pupil without a prescribed AAI, or who has not been medically diagnosed as being at risk of anaphylaxis, suffers an allergic reaction, a designated staff member will contact the emergency services and seek advice. A designated staff member will contact the pupil’s parents as soon as is possible.

Upon arrival of the emergency services, the following information will be provided:

* Any known allergens the pupil has
* The possible causes of the reaction, e.g. certain food
* The time the AAI was administered – including the time of the second dose, if this was administered

Any used AAIs will be given to paramedics.

Staff members will ensure that the pupil is given plenty of space, moving other pupils to a different room where necessary.

Staff members will remain calm, ensuring that the pupil feels comfortable and is appropriately supported.

A member of staff will accompany the pupil to hospital in the absence of their parents.

If a pupil is taken to hospital by car, two members of staff will accompany them.

Following the occurrence of an allergic reaction, the SLT, in conjunction with the school nurse, will review the adequacy of the school’s response and will consider the need for any additional support, training or other corrective action.

# Monitoring and review

The headteacher is responsible for reviewing this policy annually.

The effectiveness of this policy will be monitored and evaluated by all members of staff. Any concerns will be reported to the headteacher immediately.

Following each occurrence of an allergic reaction, this policy and pupils’ IHPs will be updated and amended as necessary.

The school will monitor the number of pupils with allergies and should the number increase will review whether the need to purchase spare AAI’s is required on a centre by centre basis. The policy will then have the necessary additions made and parent permission will be sought for consent to administer AAI’s in the event of an emergency, with the relevant form added as an Appendix.