



St Mary Redcliffe
and Temple School

Allergy Policy

Approved by	Full Governing Body	Date September 2026
Last reviewed	New	
Next review due	September 2027	

The abbreviation AAI (Adrenalin Auto-Injector) is used throughout this document.

1. Statement of Intent

This School is committed to promoting a whole school approach to health care, welfare and wellbeing and the safe management of those members of our school community who live with specific allergies. We believe that all allergies should be taken seriously and dealt with in a professional and appropriate way. By our actions we will work proactively to:

- Minimise the risk of exposure within the school setting
- Encourage self-responsibility
- Learn avoidance strategies
- Have robust plans for an effective response to possible emergencies
- Ensure inclusivity for all students

2. Equalities Statement

Our school is clear about the need to actively support students with medical conditions to participate in school life.

The school will consider what reasonable adjustments need to be made to enable these students to participate fully and safely in all aspects of school life.

Risk assessments will be carried out so that planning arrangements take account of any steps needed to ensure that students with medical conditions are included. In doing so, students, their parents and any relevant healthcare professionals will be consulted.

3. Context

Food allergies are increasing in both developed and developing countries, especially in children and the severity and complexity of food allergy is also increasing. Food allergy can be fatal, and an appropriate diagnosis is essential in parallel with the need for clear food labelling worldwide.

Around 5-8% of children in the UK live with a food allergy and most school classrooms will have at least one allergic student. These young people are at risk of anaphylaxis, a potentially life-threatening reaction which requires an immediate emergency response. 20% of severe allergic reactions to food happen whilst a child is at school, and these reactions can occur in children with no prior history of food allergy. It is essential that staff recognise the signs of an allergic reaction, symptoms and can manage it safely and effectively.

Schools have a legal duty to support students with medical conditions, including allergy.

4. Principles

- To comply with all relevant environmental legislation, regulations and requirements.
- To encourage proactive steps to keep student/students safe.

- To ensure students/students from diverse backgrounds, ethnicities or different cultural heritages are not disadvantaged when dealing with allergies and food labelling.
- To work with the catering provider/team to establish a robust process and documentation for menu planning, food labelling, storing, avoidance of cross-contamination, stock ordering of food/drink used at the school.
- To provide an effective staff awareness programme on food allergies and intolerances, possible symptoms (anaphylaxis) recognition and actions to take.
- To ensure staff are aware of other staff members' allergies especially in shared office environments.
- To develop a student awareness programme through VIP and other curriculum areas and communicate effectively with students about food allergies.

5. Allergy Management Checklist

- Does the child have an Individual Healthcare Plan?
- Has your school purchased spare pens?
- Does each child have a completed and signed Allergy Action Plan?
- Have ALL school staff been trained in allergy and anaphylaxis?
- Does the school allergy policy include where and how to store AAIs?
- Is there a schedule to check the expiry dates on spare AAIs and each child's AAI?
- Does the allergy policy cover cater for children with allergies?
- Does the allergy policy include student allergy awareness?
- Has the school completed an allergy risk assessment?
- Does the allergy policy include risk assessment of extra-curricular activities?
- Does the allergy policy cover safeguarding children with allergies, including bullying?

6. Practical steps (see also Appendices)

In order to put these principles into practice we will:

Governors

- Ensure the school has a strategic vision for the management of allergy risk assessment and emergency procedures.
- Delegate the day-to-day responsibility for the effective delivery of this Policy to the Headteacher.
- Ensure the school's arrangements to identify and safeguard the wellbeing of students, because of their own or someone else's allergy, are robust and effective.
- Ensure that the school provides appropriate training, information, instruction, induction and supervision on a regular basis to enable everyone to stay safe regarding allergies and their management. It is good practice to log all training and attendees.
- Ensure adequate resources for managing allergies are available.
- Ensure appropriate material is available on the school website for parent/carers highlighting how the school is managing students/students with allergies.
- Monitor the effectiveness of this Policy to ensure it remains fit for purpose.

Headteacher

- Provide, as far as practicable, a safe and healthy environment in which people at risk of allergic reaction and anaphylaxis can participate equally in all aspects of school life and are not subject to bullying because of their condition.
- Ensure all visitors, volunteers, work experience students, sub-contractors are made aware of the school's commitment to allergy management as part of Safeguarding.
- Ensure the curriculum contains age-appropriate content so all students/students can learn about allergies and how everyone can support those who have them.
- Create links at strategic level with healthcare professionals and catering providers and ensure at operational level that links are robust.
- Ensure that up-to-date allergy information for students/students is accessible to catering teams.
- Ensure there is a workable School Emergency Plan in place that is known by all staff.
- Ensure the school sends a copy of the medical details it holds for the child to parents/carers for review and update at the end of each school year. Seek updated medical information at the commencement of each calendar year and for any student/student joining in-year.
- Where the student/student has an Individual Healthcare Plan (IHP), ensure the involvement of healthcare and welfare professionals, teaching and catering staff, parents/carers and the student/ student in establishing IHPs.
- Encourage parents/carers to provide Allergy Action Plans (AAPs) completed and signed by a healthcare professional that can be kept with their medication with copies made available for all staff to access and help the school support the student/student.
- Ensure effective communication of individual student medical needs to all staff and that they know how and where to check for updated information.
- Ensure there are enough trained staff to meet the statutory requirements and assessed needs, allowing for staff absences away from the school premises.
- Ensure First Aid staff training includes anaphylaxis management, including awareness of triggers, anaphylaxis and first aid emergency procedures.
- Ensure an adequate risk assessment is undertaken prior to any school trips, excursions or offsite extracurricular activities for students/students who have allergies.
- Ensure records of students/students medically prescribed an AAI and its use are kept correctly.
- Ensure student/student documentation and in date medication is kept correctly and safely.
- Ensure best practice in the labelling of foodstuffs and their contents.
- Report to the Board of Governors regarding the management of allergies within the school.

Member(s) of Staff Responsible for Medical Needs

- Follow all legal requirements, recommended best practice and whole school procedures pertaining to allergies within the school context.
- Report to the Headteacher regarding students/student with allergies.

- Lead on the training of staff regarding allergy medical needs and their identification and management.
- Work closely with in-house and sub-contracted Catering Managers and Chef Managers in assisting in the support of students/students with known allergies (including meeting with parents/carers where requested) to discuss any special requirements.
- Communicate with staff/students about clear labelling of home baked items which are brought into school for an event or curriculum purposes.
- Liaise with parents/carers of students/students with known declared allergies to create an AAP for their child that includes sharing of information, allergy management, risk minimisation and emergency actions. This may be included in the IHP.
- Wherever possible use an AAP for students with recognised allergies and keep it with their medication. Ensure copies of the AAP are available for all staff to access.
- If an additional written IHP is not required, ensure that the AAP is viewed and treated with the same level of seriousness.
- Ensure all copies of the AAP/IHP located around the school and/or on IT systems are identical if an updated version is received.
- Where an AAP has not been received for a student with recognised allergies, or if the medication information is not clear, liaise with GP/school nursing team, to obtain an up-to-date copy and/ or clarification.
- Ensure medication is stored in a rigid box and clearly labelled with the students/student's name and a photograph (older students should carry their AAls and medication with them).
- Be trained in the use of an Adrenaline Auto-Injector (AAI) and be competent in performing any possible required prescribed medical treatment as outlined in the student/student's IHP and/or AAP.
- Ensure that any other staff involved with those students/students requiring the use of an AAI are also adequately trained and competent.
- Ensure all school trips, excursions or off-site extracurricular activities for students/students are pre-checked so that 'safe' food is provided or that an effective control is in place to minimise risk of exposure for students with allergies.
- Ensure the school has an audited spare supply of in date AAls that are kept in a safe space at room temperature that is accessible, secure but not locked away and all staff are aware of the location.
- Monitor the use of all AAls to ensure they are within the expiry date including those brought into the school by students/students or external sources and are of the correct dosage.
- Arrange for the correct disposal of out-of-date AAls.
- Where anaphylaxis is suspected in an undiagnosed individual, call the emergency services and state ANAPHYLAXIS is suspected, then follow their advice as to whether administration of a spare AAI is appropriate.
- Record all emergency uses of AAls or reports of suspected emergencies.
- Ensure that, if a student/student notifies school that they are no longer allergic to a food, this information is checked prior to updating records and the IHP (if applicable).

All Staff

- Follow as directed all the requirements of the school, including all legal requirements, recommended best practice and whole school procedures pertaining to allergies within the school context.
- Complete appropriate anaphylaxis training and be confident to respond to an allergy emergency.
- Raise awareness about allergies and anaphylaxis amongst their students/students in the classroom and around school, especially in dining areas.
- Encourage self-responsibility and learned avoidance strategies amongst students/students living with allergies.
- Help all students/students understand which foods are safe for those with allergies and how they can support other students/students with specific dietary needs to stay safe.
- Highlight the need for anti-bullying of students/students with the condition.
- Be aware of the students in their care (including regular cover classes) who have known allergies as an allergic reaction could occur at any time, not just at breaks or mealtimes.
- Any food-related activities must be supervised with due caution whilst following best practice for storing, preparing, cooking and serving food.
- Any staff leading on a school trip must check that all students/students with medical conditions, including allergies, are carrying their medication (those unable to produce their required medication would not be able to attend the excursion).
- Staff leading a school trip, excursion or off-site extracurricular activity must ensure they carry all relevant emergency supplies with them.
- If sharing an office with other members of staff, staff must make themselves aware of, and be considerate of, the allergy needs of others.

Visitors and Extra-Curricular Leaders

- We issue all visitors and extra-curricular leaders who work with our students an Allergy Statement. This sets out the information we provide regarding the students in the group and whether they have an AAI, and an overview of any actions that they might need to take.

Parents/Carers

- Notify the school of the student/student's allergies.
- Inform the school of any changes as soon as known.
- Talk with your child about allergy self-management, including what foods are safe and unsafe, how to read food labels, strategies for avoiding allergens, how to spot symptoms of allergy, how and when to tell an adult if experiencing an allergic reaction.
- Provide an AAP completed by a healthcare professional that can be kept with their medication and help the school support the student/student.
- Contribute to the provision of an IHP in partnership with the school, and relevant healthcare professional, where required.
- Provide any other written medical documentation, instructions and medications as directed by a health professional.

- If you require it, meet with the Catering Manager to discuss any specific requirements relating to your child's allergy (information from these meetings will be recorded by the Catering Manager).
- Be aware of the school Allergy Policy and any arrangements for managing children with allergies and at risk of anaphylaxis.
- Communicate regularly with the school to support our ability to keep our children safe and act immediately in the event of an allergic reaction.
- Provide appropriate in date medication (two AAls) of the correct dosage and register their AAls on the manufacturer's websites to receive text alerts for expiry dates.
- Providing appropriate foods to be consumed by the child if necessary.
- Replace medications after use or upon expiry.
- Review the Policy and procedures with the school's Headteacher and/or Member of Staff responsible for medical needs, the student/student's doctor and the student (if age appropriate) after a reaction has occurred.

Student/Students with allergies (as age appropriate)

- Have a good awareness of their allergy and support the knowledge of peers in helping keep them safe.
- Be proactive in the care and management of their food allergies and reactions and medication.
- Be sure not to exchange food with others and take care to avoid any foods which may cause an allergic reaction.
- Read food labelling but, if unsure, avoid the food.
- Avoid eating anything with unknown ingredients.
- Know where their medication is kept and (if age appropriate and confident enough to administer their own auto-injectors) take responsibility for always carrying AAls on their person.
- As soon as they suspect they are experiencing signs of allergic reaction, tell an adult.

6. Supply, Storage and Care of Medication

Depending on their level of understanding and competence, students will be encouraged to take responsibility for and to always carry their own two AAls on them (in a suitable bag/container).

For younger children or those not ready to take responsibility for their own medication, there should be an anaphylaxis kit which is kept safely, not locked away and accessible to all staff.

Medication should be stored in a suitable container and clearly labelled with the student's name. The student's medication storage container should contain:

- Two AAls i.e. EpiPen® or Jext®
- An up-to-date allergy action plan
- Antihistamine as tablets or syrup (if included on allergy action plan)
- Spoon if required

- Asthma inhaler (if included on allergy action plan).

It is the responsibility of the child's parents to ensure that the anaphylaxis kit is up-to-date and clearly labelled, however the SENCO/First Aider will check medication kept at school on a termly basis and send a reminder to parents if medication is approaching expiry.

Parents can subscribe to expiry alerts for the relevant AAls their child is prescribed, to make sure they can get replacement devices in good time.

7. Older children and medication

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.

8. Storage

AAls should be stored at room temperature, protected from direct sunlight and temperature extremes.

9. Disposal

AAls are single use only and must be disposed of as sharps. Used AAls 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/specialist collection service/ local authority (delete as appropriate).

The sharps bin is kept in the following room: Medical Room A Floor

10. Spare AAls

Schools can now legally purchase and store spare Adrenaline Auto-Injectors (AAls for children at risk of anaphylaxis). Immediate access to an AAI can be lifesaving. While it's vital that families have their own prescribed AAls for their child, having spare AAls at school adds an extra layer of reassurance for everyone involved. It's a step towards creating a safer and more inclusive environment for children managing severe allergies.

11. 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 menu is available for parents/carers to view termly with all ingredients listed and allergens highlighted on the school website at [St Mary Redcliffe and Temple School - School Dinners](#)

The First Aider will inform the Catering Manager of students with food allergies.

(Every school should have a system in place to ensure catering staff can identify students with allergies e.g. a list with photographs. At SMRT the electronic catering system links with the school MIS system to identifying student with allergies).

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

The school promotes the following Department of Health guidance recommendations:

- Bottles, other drinks and lunch boxes provided by parents/carers for students 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, parents/carers should check the appropriateness of foods by requesting to speak with the first aid lead and the catering manager.
- The student 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.
- Use of food in DT, 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.

12. Allergy Awareness and Nut Bans

The school supports the approach advocated by many allergy charities 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 students, 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, students and all other staff are aware of what allergies are, the importance of avoiding the students' allergens, the signs & symptoms, how to deal with allergic reactions and to ensure policies and procedures are in place to minimise risk.

13. Risk Assessment

The school will ensure that an IHP is in place for all new joining students with allergies and any students newly diagnosed. Risk assessments should be undertaken when planning external visits and trips to manage the risks of exposure to allergens in individuals with an allergy.

14. Training

Allergy training should include a practical session (trainer AAls are available to order through the manufacturer's website.). Training should include a basic understanding of allergic disease and its risks which include:

- 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 AAls) in the event of anaphylaxis and 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
- Associated conditions e.g. asthma
- Managing Allergy Action Plans and ensuring these are up to date

15. Allergies and Bullying

By law, all state schools must have a behaviour policy in place that includes measures to prevent all forms of bullying among students, and this is a policy decided by the school. All teachers, students and parents must be told what it is, and allergy bullying should be treated seriously, like any other bullying. Schools must, under Section 100 of the Children and Families Act 2014, aim to ensure that all children with medical conditions, 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.

The Department for Education has provided statutory guidance for schools and colleges on keeping children safe in education. Please view the guidance [here](#).

Other useful websites include:

- NSPCC
- National Bullying Helpline
- Family Lives
- Kidscape
- Anti-Bullying Alliance
- Young Minds
- Childline
- Bully Busters

16. Equality Impact Assessment

This policy has been assessed for its impact on equality and does not unlawfully discriminate against individuals or groups on the basis of any protected characteristic as defined by the Equality Act 2010.

In developing and implementing this policy, the school has given due regard to the need to:

- Eliminate unlawful discrimination, harassment, victimisation and any other conduct prohibited by the Equality Act 2010.
- Advance equality of opportunity between people who share a protected characteristic and those who do not.
- Foster good relations between people who share a protected characteristic and those who do not.

The school is committed to ensuring that this policy is applied fairly and consistently to all members of the school community, taking account of individual needs and circumstances where appropriate.

The Governing Board and Headteacher will monitor the implementation and impact of this policy to ensure it remains compliant with equality legislation and supports the school's commitment to inclusion, diversity, and equal opportunity.

FIRST AID FOR ANAPHYLAXIS



Recognise the Signs of Anaphylaxis...

A Airways

- Persistent cough
- Hoarse voice
- Difficulty swallowing
- Swollen tongue

B Breathing

- Difficult or noisy breathing
- Wheeze or persistent cough

C Circulation

- Persistent dizziness
- Pale or floppy
- Suddenly sleepy
- Collapse/unconscious

An allergic reaction can escalate to anaphylaxis which is potentially life-threatening. Always consider anaphylaxis in a food-allergic person even if there are no signs of a rash, hives or swelling.

ANAPHYLAXIS: ACTIONS TO TAKE

If any one or more of the above ABC symptoms are present, take these steps.

1. Administer an Adrenaline Auto Injector (AAI) without delay

Inject the AAI into the top of the outer thigh. If you're in doubt that it is anaphylaxis but one or more ABC symptoms are present, give the AAI, it will not harm them.



2. Dial 999 and say anaphylaxis ('ana-fill-axis')

Stay with the person until the ambulance arrives. DO NOT let them stand up and walk around.



3. The person should lie down immediately

If the person is not already lying down, they should do so, with legs raised if possible. If breathing is difficult, allow them to sit. If they have vomited or feel sick, gently turn them on their side.



4. Inject a second AAI into the outer thigh if there are no signs of improvement after 5 minutes

If there is no sign of life, start CPR immediately until help arrives.

Please learn these steps. This is life-saving information. You never know when you will need to act in an anaphylaxis emergency.

ANAPHYLAXIS

HOW TO USE EPIPEN AAIS

If you think someone has an anaphylactic reaction, give the AAI without delay. It will not harm them.

Always consider anaphylaxis in a food-allergic person even if there are no signs of a rash, hives or swelling.

- 1. Remove the blue safety cap**
Grasp the EpiPen in your dominant hand and remove the blue safety cap by pulling straight up. Remember: **Blue to the Sky, Orange to the Thigh!**
- 2. Position the orange tip**
Hold the EpiPen at 90°, approximately 10cm away from the leg, with the orange tip pointing towards the outer thigh.
- 3. Administer the EpiPen AAI**
Jab the EpiPen firmly into the outer thigh at a right angle. Hold firmly for 3 seconds, before removing and safely discarding.
- 4. Once the EpiPen AAI has been administered call 999**
Ask for an ambulance and say "ana-fill-axis".
- 5. Lie the person down with legs raised immediately**
If the person is not already lying down, they should do so, with legs raised if possible. If breathing is difficult, allow them to sit. If they have vomited or feel sick, gently turn them on their side.
- 6. If there are no signs of improvement after 5 minutes, use a second EpiPen AAI**
The person should remain still and lying down until the ambulance arrives. Don't try to get up, even if you start to feel better.
- 7. Start CPR**
If there are no signs of life, start CPR immediately until help arrives.

For more information
on EpiPen AAIs >>



Sign up to the free expiry alert service
and receive reminders by text or email when
your EpiPen is about to expire >>



ANAPHYLAXIS

HOW TO USE JEXT AAIS

If you think someone has an anaphylactic reaction, give the AAI without delay. It will not harm them.

Always consider anaphylaxis in a food-allergic person even if there are no signs of a rash, hives or swelling.

1. Hold the Jext AAI in the hand you write with

Hold with your thumb closest to the yellow cap. Pull off the yellow cap with your other hand.



2. Place the black injector tip against the outer thigh

Hold the injector at a right angle (approx. 90°) to the thigh.



3. Push the black tip as hard as you can into the outer thigh

Wait until you hear a 'click' confirming the injection has started, then keep it pushed in. Hold the injector firmly in place against the thigh for 10 seconds (a slow count to 10) then remove. The black tip will extend automatically and hide the needle.



4. Massage the injection area for 10 seconds

5. Once the Jext AAI has been administered call 999

Ask for an ambulance and say "ana-fill-axis".



6. Lie the person down with legs raised immediately

If the person is not already lying down, they should do so, with legs raised if possible.

If breathing is difficult, allow them to sit. If they have vomited or feel sick, gently turn them on their side.



7. If there are no signs of improvement after 5 minutes, use a second Jext AAI

The person should remain still and lying down until the ambulance arrives. Don't try to get up, even if you start to feel better.

8. Start CPR

If there are no signs of life, start CPR immediately until help arrives.



For more information on Jext AAIs >>



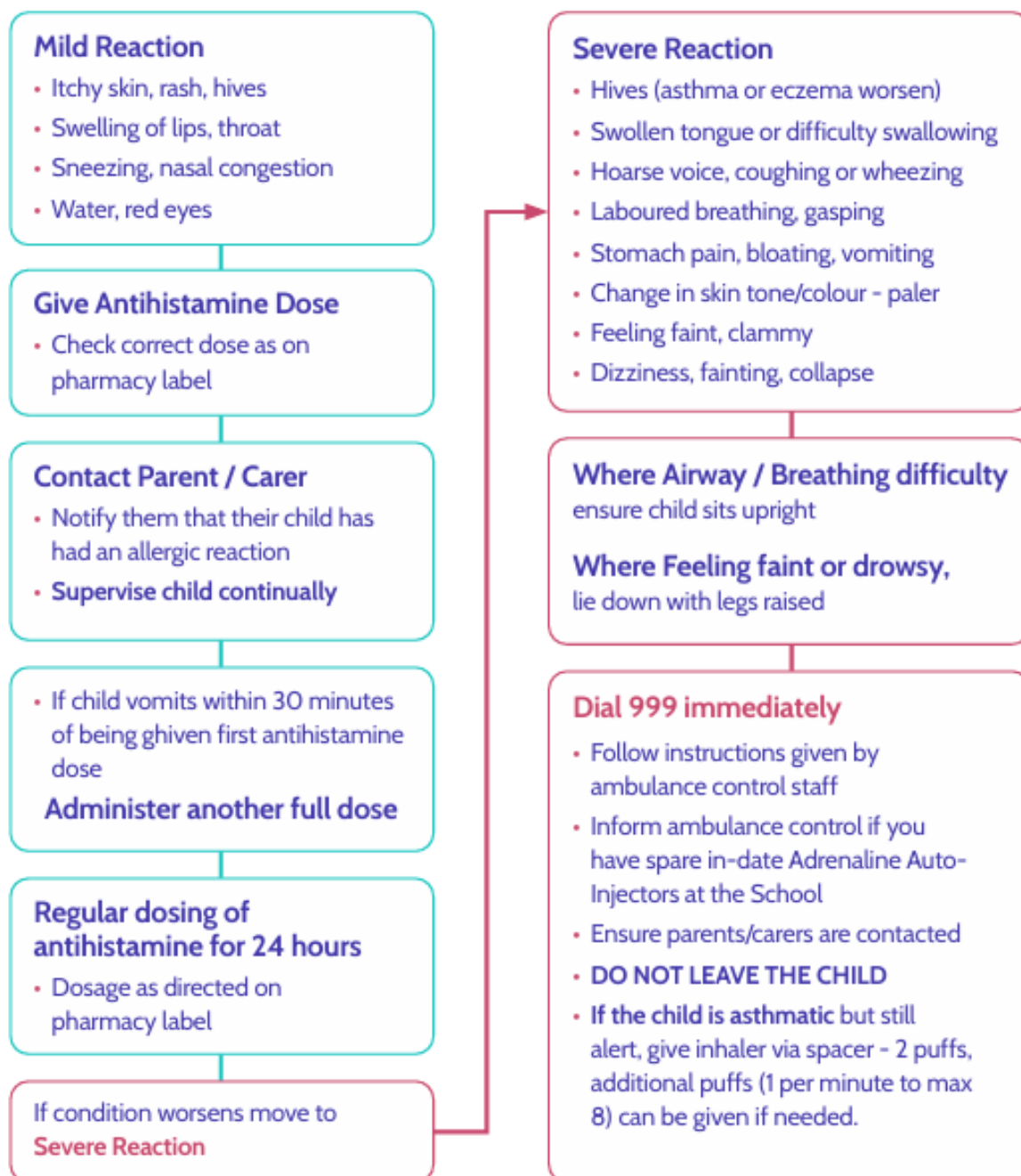
Sign up to the free expiry alert service and receive reminders by text or email when your Jext AAI is about to expire >>



Appendix 3

Flowchart for Allergic Reaction without use of Adrenaline Auto-Injector.

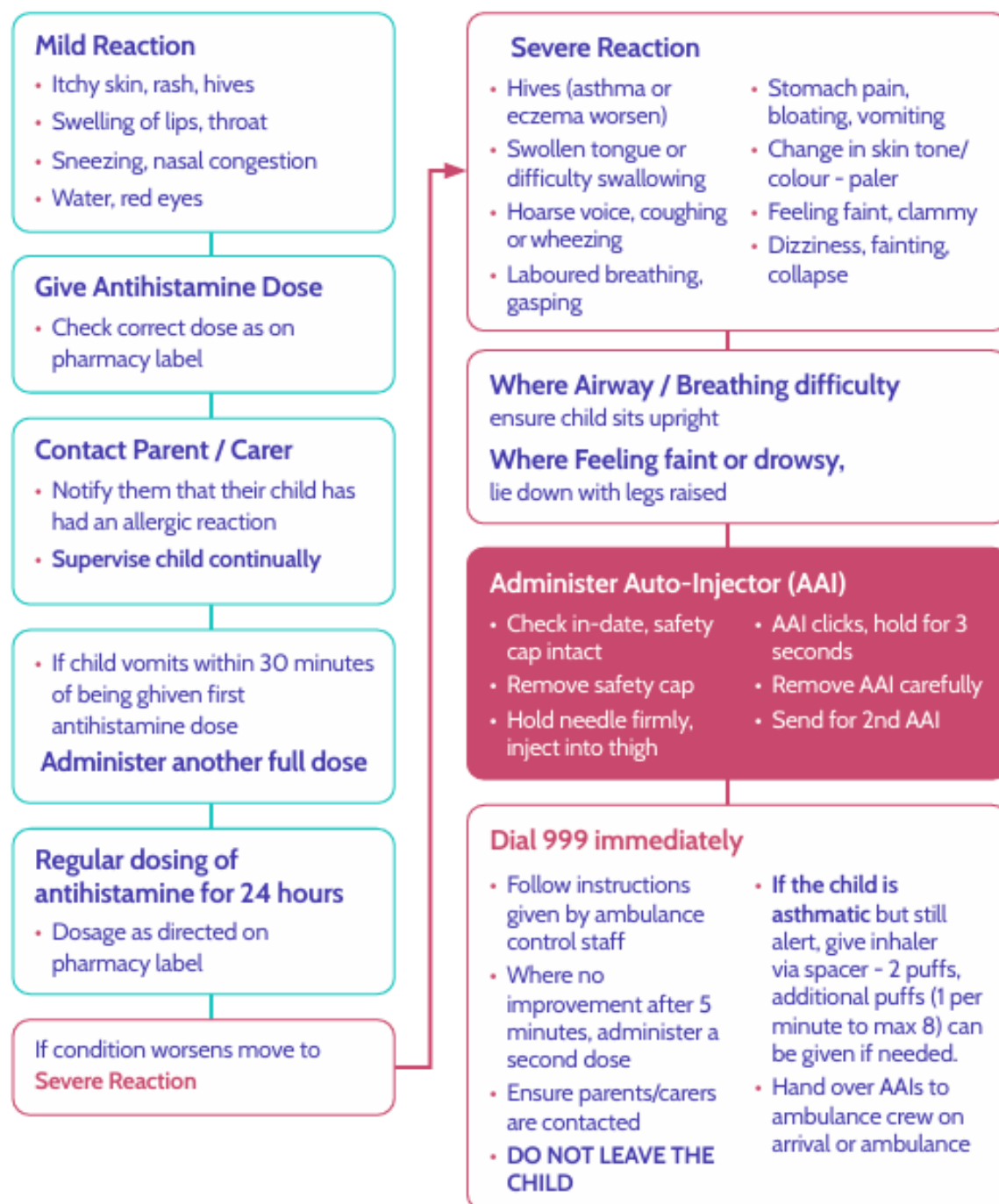
Refer to the child's BSACI Allergy Action Plan if they have one and call for other staff help if needed



Appendix 4

Flowchart for Allergic Reaction with use of Adrenaline Auto-Injector.

Refer to the child's BSACI Allergy Action Plan if they have one and call for other staff help if needed



Appendix 5

Information on allergies

The most common causes of food allergies relevant to this Policy are the fourteen food allergens:

- Cereals containing Gluten
- Celery
- Crustaceans
- Eggs
- Fish
- Soya
- Milk
- Nuts
- Peanuts
- Mustard
- Sesame Seeds
- Sulphur dioxide/Sulphites
- Lupin
- Molluscs

However, it is possible that any food has the potential to cause an allergic reaction. Contact with any food or materials containing a child's allergen has the potential to cause an allergic reaction for that child.

Latex, chemicals, medicines, grasses, pollen, weeds, trees, pets, insect venom and animal dander (shedded flakes of skin) can also cause allergic reactions.

Symptoms

Mild to moderate symptoms include:

- Swelling of the eyes, face and lips
- Runny or congested nose
- Raised itchy rash (hives), eczema flare, skin flushing
- Itchy mouth
- Stomach cramps, nausea, vomiting, diarrhoea

Severe symptoms include:

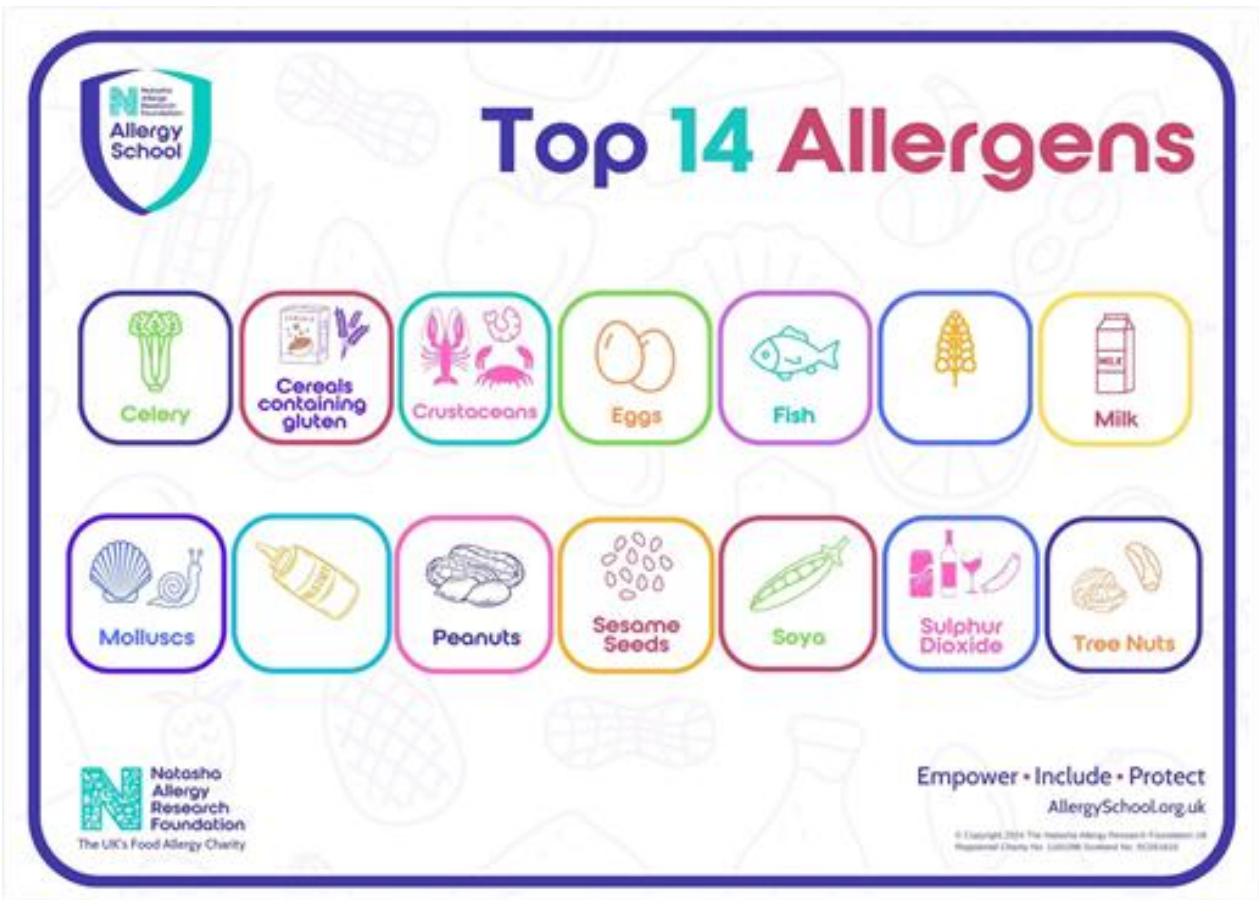
- Swollen tongue, hoarse voice or cry, difficulty swallowing and talking
- Chest tightness
- Breathing difficulties, persistent cough, wheeze
- Low blood pressure, feeling faint, collapse
- Pale and floppy (babies and small children)

Appendix 6

Other support and resources

- Allergy Guidance for Schools - <https://www.gov.uk/government/publications/school-food-standards-resources-for-schools/allergy-guidance-for-schools>
 - Allergy UK Helpline: providing support, advice and information for those living with allergic disease tel. weekdays 9am-5pm 01322 619898 - www.allergyuk.org
 - Early Years Foundation Stage Statutory Guidance, Section 3 Safeguarding and Welfare Requirements - Food and Drink - [Statutory framework for the early years foundation stage \(publishing.service.gov.uk\)](https://www.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/645476/Early_Years_Foundation_Stage_Statutory_Guidance_Section_3_Safeguarding_and_Welfare_Requirements_Food_and_Drink.pdf)
 - Example menus for early years settings in England - Part I Guidance - [Example menus for early years settings in England: part 1 \(publishing.service.gov.uk\)](https://www.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/645476/Example_menus_for_early_years_settings_in_England_part_1.pdf) - Managing food allergies, intolerances and meeting cultural needs; Providing food allergen information; Reading food labels; Allergen information
 - Food Standards Agency food allergy and intolerance online training - <https://allergytraining.food.gov.uk/>
 - For pupils / students with Medical Conditions at School - [Supporting pupils with medical conditions at school - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/publications/supporting-pupils-with-medical-conditions-at-school)
- Wales: <https://www.gov.wales/sites/default/files/publications/2018-12/supporting-learners-with-healthcare-needs.pdf>
- Scotland: <https://www.gov.scot/publications/supporting-children-young-people-healthcare-needs-schools/>
- Northern Ireland: <https://www.education-ni.gov.uk/publications/supporting-pupils-medication-needs>
- FSA reporting tool for allergies - <https://www.gov.uk/government/news/fsa-launches-allergy-and-intolerance-reporting-tool>
 - Guidance on the use of adrenaline auto-injectors in schools (Department of Health, 2017) https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/645476/Adrenaline_auto_injectors_in_schools.pdf
 - Training for Schools - <https://www.anaphylaxis.org.uk/information-training/allergywise-training/for-schools/>
 - Transitioning to Secondary School - <https://www.anaphylaxis.org.uk/living-with-serious-allergies/serious-allergy-guidance-for-parents/preparing-for-and-managing-the-transition-to-secondary-school/>
 - Whole school allergy and awareness management - <https://www.allergyuk.org/schools/whole-school-allergy-awareness-andmanagement>

Appendix 7 – Top 14 Allergens poster



Appendix 8 – Allergic Reactions on Different Skin Tones

Lighter Skin Tones

On lighter skin, allergic reactions and hives (urticaria) typically present with classic, distinct pink or red patches, often raised and defined against the surrounding skin.



Redness and raised hives on light skin. Source: NHS

Allergic Reactions on Brown and Darker Skin Tones

On darker skin tones, redness may be subtle or completely absent. Staff should look beyond colour:

- **Colour shifts:** Rashes often appear **purplish, dark brown, greyish, or hyperpigmented** rather than bright red.
- **Texture & Raised Areas:** Hives appear as raised welts or swollen bumps that may match the natural skin colour or appear slightly lighter/darker.
- **Tactile Signs:** Swelling, heat, or firmness felt by touch can be more noticeable than visual discoloration.



Raised welts on darker skin tone. Source: Healthline / Hives on Black Skin: Appearance, Symptoms, and Pictures



Textured rash on brown skin tone. Source: Healthline / Hives on Black Skin: Appearance, Symptoms, and Pictures.

- **Assess Beyond Colour (Physical Examination):** Do not rely solely on visible redness, as inflammation can present as purple, brown, grey, or subtle darkening on darker skin tones. Gently feel the affected area for localized heat, swelling, firmness, or raised surface textures (such as hives or goosebump-like bumps).
- **Act on Student-Reported Symptoms:** Take student reports of discomfort seriously, even if no visible rash is immediately apparent. Pay direct attention to self-reported feelings of sudden itching, burning, tingling, or skin tightness.
- **Prioritise Emergency Anaphylaxis Signs:** Treat systemic symptoms as immediate medical emergencies regardless of skin appearance. If a student displays difficulty breathing, throat tightness, hoarseness, swelling of the lips, tongue, or face, or sudden dizziness/confusion, administer emergency protocols immediately without waiting for a rash to develop or spread.