



ST. MARK'S CE SCHOOL
ONE SCHOOL - SERVING ALL - THROUGH EXCELLENCE

Food Allergies Policy

Policy Statement and Guidelines

Policy Date: Spring 2026
Review Date: Spring 2027

1. Statutory Framework

This policy is written in accordance with:

- Department for Education: Supporting Pupils at School with Medical Conditions (2014)
- Keeping Children Safe in Education
- Equality Act 2010
- Health and Safety at Work Act 1974
- Food Information Regulations 2014 (Natasha's Law where applicable)

The school recognises that food allergies can constitute a medical condition and, in some cases, a disability under the Equality Act 2010. The school will make reasonable adjustments to ensure pupils are safe and able to participate fully in school life.

2. Purpose

St Mark's C of E School is committed to pupil safety and therefore has created this policy to reduce the risk of staff and children experiencing allergy-related incidents. The school works in partnership with parents, healthcare professionals and catering providers to maintain a safe and inclusive environment for all pupils.

3. Aims

The school aims to:

1. Reduce the likelihood of allergic reactions in school
2. Ensure staff can recognise and respond to an allergic reaction
3. Promote understanding, empathy and inclusion among pupils
4. Provide clear procedures for prevention and emergency response
5. Comply with statutory guidance for supporting pupils with medical conditions

4. Identification and Information Sharing

On entry to the school parents must inform the school of any known allergies. Information is stored securely in accordance with data protection requirements and shared only with relevant staff.

Where a pupil requires an adrenaline auto-injector, an Individual Healthcare Plan (IHP) must be completed before attendance begins.

Parents must:

- Provide accurate medical information
- Supply in-date medication
- Update the school of any changes immediately
- Provide emergency contacts

Parents will receive an annual reminder to update medical information and equipment.

5. Training

All staff, including temporary and supply staff, receive allergy awareness training as part of induction and refresher training annually. First aid trained staff receive additional training in recognising anaphylaxis and administering adrenaline auto-injectors.

All members of staff are given the names of children who have specific food allergies

through SIMS. Photographs of pupils with severe food allergies are displayed in the canteen supervisor's office and also in a confidential file in the medical room. These will include details of action to be taken in the event of a reaction.

The school will provide training to enable staff to recognise the symptoms of an allergic reaction and to respond appropriately. All first aid trained staff have been trained in the use of the EPIPEN should a child with a known food allergy go into anaphylaxis.

6. Education and Prevention

Teachers will provide age-appropriate education about food allergies, emphasising respect, empathy and the importance of not sharing food. Allergy awareness is included in the personal development curriculum and assemblies.

The school operates a nut-aware environment and promotes safe eating practices including handwashing and supervised eating.

The school works with catering providers to ensure:

- allergen information is clearly available
- suitable alternative meals are provided
- safe food handling procedures are followed

7. Roles and Responsibilities

Executive Headteacher – overall implementation of the policy

Staff – follow procedures, supervise pupils, respond to incidents

Parents – provide accurate information and medication including:

- The allergen (the substance the child is allergic to)
- The nature of the allergic reaction (from rash, breathing problems to anaphylactic shock)
- What to do in case of allergic reaction, including any medication to be used and how it is to be used.
- Control measures – such as how the child can be prevented from getting into contact with the allergen.
- It is the responsibility of the Parent to provide the school with in date medication /equipment clearly labelled in a suitable container with their child's photo on. ● In the case of life saving medication like Epi Pens the child will not be allowed to attend without it.
- Parents are also required to provide up to date emergency contact information.
- Snacks and lunches brought into school are provided by each child's Parent.
- It is their responsibility to ensure that the contents are safe for the child to consume.
- Parents should liaise with staff about appropriateness of snacks and any food-related activities (e.g. cooking)
- It is the parents responsibility to liaise with the schools catering company to ensure a pre arranged menu is arranged

Pupils – follow safety guidance and avoid sharing food

Catering provider – follow allergen safety requirements

8. Storage and Accessibility of Medication

Emergency medication is stored in an accessible but secure location known to staff. Pupils may carry medication where agreed in the healthcare plan.

9. Responding to an Allergic Reaction

Staff must:

1. Stay calm and reassure the pupil
2. Administer medication as trained
3. Call 999 if symptoms are serious or worsen
4. Contact parents
5. Accompany the child to hospital if required

All incidents will be recorded.

10. Monitoring and Evaluation

The school records allergic reactions and medication administration. The safeguarding and health & safety leads review data to identify patterns and improvements.

11. Review

The Food Allergies Policy will be reviewed annually or sooner if there are significant changes in statutory guidance, pupil needs, or after a serious allergic incident.

● **Template A: individual healthcare plan**

Name of school/setting

Child's name

Group/class/form

Date of birth

Child's address

Medical diagnosis or condition Date

Review date

Family Contact Information

Name

Phone no. (work)

(home)

(mobile)

Name

Relationship to child

Phone no. (work)

(home)

(mobile)

Clinic/Hospital Contact

Name

Phone no.

G.P.

Name

Phone no.

Who is responsible for providing support in school

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Describe medical needs and give details of child's symptoms, triggers, signs, treatments, facilities, equipment or devices, environmental issues etc

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Name of medication, dose, method of administration, when to be taken, side effects, contra-indications, administered by/self-administered with/without supervision

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Daily care requirements

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Specific support for the pupil's educational, social and emotional needs

Arrangements for school visits/trips etc

Other information

Describe what constitutes an emergency, and the action to take if this occurs

Who is responsible in an emergency (*state if different for off-site activities*)

Plan developed with

Staff training needed/undertaken – who, what, when

Form copied to

Template B: parental agreement for setting to administer medicine

The school/setting will not give your child medicine unless you complete and sign this form, and the school or setting has a policy that the staff can administer medicine.

[agreed member of staff]

The above information is, to the best of my knowledge, accurate at the time of writing and I give consent to school/setting staff administering medicine in accordance with the school/setting policy. I will inform the school/setting immediately, in writing, if there is any change in dosage or frequency of the medication or if the medicine is stopped.

Signature(s) Date

