



# Food Allergies Policy

THE  
**COMPASS**  
PARTNERSHIP OF SCHOOLS

Policy adopted:	Autumn Term 2024
Other related policies:	Supporting Children with Medical Needs Inclusion Policy
Next Review:	Autumn Term 2026



Schools within the Compass Partnership are committed to pupil safety and therefore have created this policy to reduce the risk of staff and children having allergy related difficulties.

## **Aims**

- To reduce the likelihood of a pupil or member of staff with a known food allergy experiencing a severe reaction to a specific food while in school.
- To foster an understanding of and sense of responsibility for the specific needs of the individual members of the school community.
- To create an awareness of the action to take should someone with a severe food allergy display its symptoms.

To ensure the school complies with the statutory guidance for supporting pupils with medical conditions.

## **School role**

School leaders will ensure:

- Staff familiarise themselves with this policy and adhere to health and safety regulations regarding food and drink.
- Ensure Staff are able to recognise the signs of severe allergic reactions and anaphylaxis
- Appropriate allergy / response training is accessed as required
- Staff are aware of specific pupils with allergies in their care
- All staff Carefully consider the use of food or other potential allergens in lesson and activity planning
- All staff ensure the wellbeing and inclusion of pupils with allergies

- Staff Promote and maintaining allergy awareness among pupils
- All staff working directly with children will have training on EpiPen use and storage.
- Emergency medication is stored in a safe, accessible place.
- Staff familiarise themselves with the medical handbook and class lists, and know where medication is stored.
- Supply teachers are made aware of the medical needs information as part of their induction.
- All tables are cleaned with an approved solution.
- Children are taught not to share packed lunches.
- Staff liaise with parents about snacks and any food - related activities e.g. cooking.
- Staff adhere to the same no nut policy and not bring foods that are known to contain nuts onto our premises.
- Awareness of the signs of allergic reactions in other members of staff.

An allergens risk assessment is completed to ensure all possible control measures to avoid contact with allergens are put into place. This will be reviewed annually or earlier if required.

### **School Procedure**

On entry to the school, parents are required to inform the school of any known food allergies that their child has. This information is entered on the school's data base from the enrolment form.

If a child has an allergy requiring an EpiPen, their details will be recorded in the school's medical alert handbook as per set out in their individual health care plans.

Upon determining that a child attending school has a severe allergy, a team meeting will be set up as soon as possible, where all staff concerned attend to update knowledge and awareness of the child's needs.

Parents must update this information if an allergy is diagnosed at any stage in their child's education.

Parents will be given a yearly reminder to update allergy information.

All information related to food allergies will be shared with our catering provider/school catering teams.

Our catering provider (Chartwells) has their own policies and procedures in relation to food allergen and intolerance. Parents who wish their child to have school lunch will need to follow the procedures as set out by Chartwells.

All members of staff are given the names of children who have specific food allergies through the confidential information sheets issued at the beginning of each school year and as part of the induction procedure for in-year admissions. Photographs of pupils with severe food allergies are displayed in the staff room and the school kitchen. These will include details of action to be taken in the event of a reaction.

The school provides training to enable staff to recognise the symptoms of an allergic reaction and to respond appropriately. All staff who work directly children have been trained in the use of the EPIPEN should a child with a known allergy go into anaphylaxis.

All parents are advised to ensure that their child does not bring nuts, or foods that may contain nuts, into school.

We believe that claiming to be a completely 'nut free' environment can be problematic and serve as a false sense of security. Instead, we take on a duty of care to educate our pupils and staff on how to handle and manage their food allergies safely in the school environment.

## **Catering**

The school is committed to providing safe food options to meet the dietary needs of pupils with allergies.

- Catering staff receive appropriate training and are able to identify pupils with allergies
- School menus are available for parents to view
- Where changes are made to school menus, we will make sure these continue to meet any special dietary needs of pupils
- Catering staff follow hygiene and allergy procedures when preparing food to avoid cross-contamination

Our caterers will not use products containing nuts as an ingredient within our school ordering but will, on occasion, use products with a 'may contain nuts' declaration – providing there are no nuts present in the ingredients list.

### **Parent/Carer role**

Parents/ Carers are responsible for:

- Providing the school with up-to-date details of their child's medical needs, dietary requirements, and any history of allergies, reactions and anaphylaxis in writing. This should detail:
  - 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.
- If required, providing their child with 2 in-date adrenaline auto-injectors and any other medication, including inhalers, antihistamine etc., and making sure these are replaced in a timely manner
- Carefully considering the food they provide to their children as packed lunches and snacks, and trying to limit the number of allergens included

- Provide up to date emergency contact information.
- Work with the school to develop their child's risk assessments for school trips.

## **Food restrictions**

We acknowledge that it is impractical to enforce an allergen-free school. However, we would like to encourage pupils and staff to avoid certain high-risk foods to reduce the chances of someone experiencing a reaction. These foods include:

- Packaged nuts
- Cereal, granola or chocolate bars containing nuts
- Peanut butter or chocolate spreads containing nuts
- Peanut-based sauces, such as satay
- Sesame seeds and foods containing sesame seeds

If a pupil brings these foods into school, they may be asked to eat them away from others to minimise the risk, or the food may be confiscated.

All members of the school community are reminded to carefully consider the food they provide to their children / bring in to school, and trying to limit the number of allergens included

Any birthday treats provided for classes by parents should be in their original packaging with ingredients easily visible and should not be known to contain nuts. These will be handed out at the end of the day for parents to decide if their child is allowed to eat them.

School clubs will not provide snacks that are known to contain nuts.

## **School Response to an allergic reaction**

In the event of a child suffering an allergic reaction:

- We will delegate someone to contact the child's parents
- If the allergic reaction is mild (e.g. skin rash, itching or sneezing), the pupil will be monitored and the parents informed
- If a child becomes distressed or symptoms become more serious telephone 999
- Keep calm, make the child feel comfortable and give the child space
- If medication is available, it will be administered by trained staff
- If parents have not arrived by the time ambulance arrives, a member of staff will accompany the child to hospital



### **Events and school trips**

- For events, including ones that take place outside of the school, and school trips, no pupils with allergies will be excluded from taking part
- The school will plan accordingly for all events and school trips and arrange for the staff members involved to be aware of pupils' allergies and to have received adequate training
- Appropriate measures will be taken in line with the schools medications policy and procedures as and where Epi pens are required to be transported off site

### **Monitoring, evaluation and review**

The Board of Trustees will assess the implementation and effectiveness of this policy. The policy will be promoted and implemented throughout all Trust Schools.

This Policy will be reviewed by the Board of Trustees on a two-yearly cycle.

Adherence to the policy will be monitored by the Local School Committee.