



Allergy & Allergen Management Policy for 2026

Policy Leader	Mrs C Jones
Last Updated	July 2026
Approved by the Governors	July 2027
Date to Review	July 2027



Mission Statement

“Love one another as I have loved you” (John, 15)

We believe that Jesus Christ and his Gospel Call – to love God and all people – are at the heart of what we do.

He inspires us, as children of God, to uphold the dignity of each individual.

We strive to develop a community in Christ which fully supports all in achieving their potential – spiritually, academically and personally.

1. Policy Statement

At Christ the King Catholic High School we are committed to providing a safe, inclusive and supportive environment for all students, staff and visitors with allergies. We recognise that allergies can be serious and, in some cases, life-threatening. We will take all reasonable steps to reduce risk, support those with allergies and ensure that staff are trained to respond effectively in an emergency.

This policy should be read alongside the school's:

- Health and Safety Policy
- Safeguarding and Child Protection Policy

2. Aims

The aims of this policy are to:

- Protect students and staff with known allergies.
- Reduce the risk of exposure to allergens.
- Ensure staff understand their responsibilities.
- Promote awareness of allergies across the school community.
- Ensure effective emergency procedures are in place.
- Support inclusion so that students with allergies can participate fully in school life.

3. Definitions

Allergy: A reaction by the body's immune system to a normally harmless substance.

Anaphylaxis: A severe and potentially life-threatening allergic reaction requiring immediate treatment.

Allergen: A substance capable of causing an allergic reaction.

Adrenaline Auto-Injector (AAI): Emergency medication used to treat anaphylaxis (e.g. EpiPen, Jext, Emerade).

4. Roles and Responsibilities

Headteacher

The Headteacher will:

- Ensure this policy is implemented effectively.
- Ensure staff receive appropriate training.
- Ensure Individual Healthcare Plans are in place where required.
- Ensure emergency procedures are understood by staff.

Governing Board

The Governing Board will:

- Monitor the effectiveness of the policy.
- Ensure adequate resources are available.

Staff

All staff will:

- Familiarise themselves with students' medical needs.
- Follow Individual Healthcare Plans.
- Attend allergy awareness training.
- Respond appropriately during an allergic emergency.

Parents and Carers

Parents/carers will:

- Inform the school of allergies and changes to medical needs.
- Provide up-to-date medication.
- Supply medical evidence and action plans where appropriate.
- Ensure medication is within expiry dates.

Students

Where age appropriate, students will:

- Avoid known allergens.
- Report concerns immediately.

- Carry their medication when agreed within their healthcare plan.

5. Identification of Students with Allergies

The school will:

- Collect medical information during admission.
- Maintain a register of students with allergies.
- Develop Individual Healthcare Plans where necessary.
- Review plans annually or following any significant change in medical need.

Healthcare plans will include:

- Known allergens.
- Signs and symptoms.
- Medication requirements.
- Emergency procedures.
- Key contact information.

6. Allergy-Aware Environment

The school is a "nut-free" site, with posters displayed around the site.

The school will:

- Encourage good handwashing practices.
- Promote cleaning of tables and eating areas.
- Discourage food sharing between students.
- Consider allergy risks when planning curriculum activities.
- Ensure staff are aware of students with severe allergies.

The school cannot guarantee that the environment will be completely free from allergens.

7. Catering and Food Management

The school and its catering provider will:

- Provide legally required allergen information.
- Maintain accurate ingredient information.
- Take reasonable steps to minimise cross-contamination.
- Ensure food service staff receive appropriate training.

Parents will be informed if food is provided during:

- School events.
- Educational visits.
- Celebrations and special activities.

Any food brought into school for sharing must comply with school procedures and be approved by the relevant member of staff.

8. Classroom Activities

Staff must consider allergy risks when planning activities involving:

- Food preparation.
- Baking.
- Science experiments.
- Sensory play.
- Crafts using food products.

Alternative resources will be provided where necessary.

9. Educational Visits and Off-Site Activities

Before any visit:

- Allergy risks will be assessed.
- Staff will review relevant healthcare plans.
- Emergency medication will accompany students.
- At least one trained member of staff will be present.

All reasonable adjustments will be made to enable students with allergies to participate fully.

10. Medication

The school will:

- Store the necessary student medication, provided by Parents/Carers, safely and accessibly.
- Ensure emergency medication can be accessed immediately.
- Monitor expiry dates, where reasonably practicable, however the school cannot take ultimate responsibility for this. This remains with the Parents/Carers.
- Maintain spare emergency medication, in the event Parents/Carers have not provided the school with one for their child and use accordingly, if as a school, we see necessary and appropriate.
- All student medication will be returned at the end of each academic year and it is the responsibility of the Parents/Carers to replace/provide new at the start of the term

Students may carry their own medication if agreed in their Individual Healthcare Plan.

11. Responding to an Allergic Reaction

All staff should be alert to signs of an allergic reaction, including:

- Swelling of lips, tongue or throat.
- Difficulty breathing.
- Wheezing.
- Persistent coughing.
- Dizziness or collapse.
- Rash or sudden flushing.

In the event of suspected anaphylaxis:

1. Administer the prescribed adrenaline auto-injector immediately.
2. Call 999 and request an ambulance.
3. State clearly: "Anaphylaxis."
4. Contact parents/carers.
5. Remain with the student until emergency services arrive.
6. Record the incident in accordance with school procedures.

When in doubt, staff should administer the AAI and seek emergency medical assistance.

12. Training

The school will provide:

- Annual allergy awareness training.
- Anaphylaxis training for relevant staff.
- Training on the use of adrenaline auto-injectors.
- Induction training for new staff.

Training records will be maintained.

13. Bullying and Inclusion

The school takes allergy-related bullying seriously.

Any behaviour involving:

- Threatening a student with an allergen.
- Deliberate exposure to allergens.
- Teasing about a medical condition.

will be managed under the Behaviour Policy and may be treated as a safeguarding concern.

14. Record Keeping

The school will maintain:

- A register of students with allergies.
- Healthcare Plans.
- Allergy Action Plans.
- Medication records.
- Training records.
- Incident logs.

15. Monitoring and Review

This policy will be reviewed annually or sooner if:

- Guidance changes.
- A serious allergy incident occurs.
- Significant changes in school practice require review.