



Allergen and Anaphylaxis Policy

LSA High School is committed to safeguarding and promoting the welfare of young people and expects all staff and volunteers to share this commitment.

Headteacher	Ben Corbett
Senior Appointed Person (Assistant Head Operations)	Jamie Howard
Pastoral Lead	Alex Cullen
Chair of Governors	Bev Harrison
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Contents:

Statement of intent

1. Legal framework
2. Definitions
3. Roles and responsibilities
4. Food allergies
5. Food allergen labelling
6. Seasonal allergies
7. Adrenaline auto-injectors (AAIs)
8. Access to spare AAIs
9. School trips
10. Medical attention and required support
11. Staff training
12. Mild to moderate allergic reactions
13. Managing anaphylaxis
14. Monitoring and review

Statement of intent

Lytham St Annes (LSA) High School 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 students, 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.

1. 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 'Guidance on the use of adrenaline auto-injectors in schools'
- DfE 'Supporting students at school with medical conditions'
- DfE 'Allergy guidance for schools' and Benedict's Law 2026

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

- Health and Safety Policy
- Medical Conditions and Administering Medication Policy
- Educational Visits Policy
- Allergen and Anaphylaxis Risk Assessment

2. 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:

- Persistent cough
- Throat tightness
- Change in voice, e.g. hoarse or croaky sounds
- Wheeze (whistling noise due to a narrowed airway)
- Difficulty swallowing/speaking
- Swollen tongue
- Difficult or noisy breathing
- Chest tightness
- Feeling dizzy or faint
- Suddenly becoming sleepy, unconscious or collapsing

3. Roles and responsibilities

The governing board is responsible for:

- Ensuring that policies, plans, and procedures are in place to support students with allergies and those who are at risk of anaphylaxis and that these arrangements are sufficient to meet statutory responsibilities and minimise risks.
- Ensuring that the school's approach to allergies and anaphylaxis focusses on, and accounts for, the needs of each individual student.
- Ensuring that staff are properly trained to provide the support that students need, and that they receive allergy and anaphylaxis training at least annually.
- Monitoring the effectiveness of this policy and reviewing it on an annual basis, and after any incident where a student experiences an allergic reaction.

The headteacher is responsible for:

- The development, implementation and monitoring of this policy and related policies.
- 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 allergic reactions and anaphylaxis, including the necessary precautions and how to respond.
- Ensuring that catering staff are aware of students' allergies and act in accordance with the school's policies regarding food and hygiene, including this policy.

The Assistant Head (Operations) is 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.
- Ensuring that any responsibilities delegated to them by the Headteacher in this regard are met.
- Co-ordinating staff training.

The Admissions and Welfare Lead is responsible for:

- Leading the school process for the safe storage and administration of medication for students.
- Maintaining and distributing the register of students with medical conditions.
- Co-ordinating the Individual Healthcare Plans process.

The Heads of Year are responsible for:

- Completing Individual Healthcare Plans (IHPs) and reviewing annually.

All staff members are responsible for:

- Attending relevant training regarding allergens and anaphylaxis.
- Being familiar with and implementing students' 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.
- Monitoring all food supplied to students by both the school and parents.
- Ensuring that students do not share food and drink in order to prevent accidental contact with an allergen.

The Catering Provider 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 labelling laws and that training is regularly reviewed and updated.
- Reporting incidents of non-conformity, either in allergen labelling, use of ingredients or safe staff practice, to the Catering Provider's Operations Team.
- Acting on any non-conformances.

The Catering Staff are responsible for:

- Ensuring they are fully aware of the rules surrounding allergens, the processes for food preparation in line with this policy, and the processes for identifying students 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.

- Ensuring that the required food labelling is complete, correct, clearly legible, and is either printed on the food packaging or attached via a secure label.
- Reporting to the Catering Manager if food labelling fails to comply with the law.

All parents are responsible for:

- Notifying the school of 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 (up to date health information) and emergency contact details.
- Providing written consent (this can be via an electronic form sent by School and/or the IHP) for the use of a spare AAI.
- Providing the school with written medical documentation (where this is available) and instructions for administering medication as directed by the child's doctor for inclusion in the student's Individual Healthcare Plan.
- Raising any concerns they may have about the management of their child's allergies with the Pastoral Lead.

All students are responsible for:

- Ensuring that they do not exchange food with other students.
- Avoiding food which they know they are allergic to, as well as any food with unknown ingredients.
- Notifying a member of staff immediately in the event they believe they are having an allergic reaction, even if the cause is unknown, or have come into contact with an allergen.
- Carrying any emergency medication that they should keep about their person.

4. Food allergies

Parents 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 students' food allergies will be collated, indicating whether they consume a school dinner or a packed lunch, and this will be shared with the School's Catering Provider (school information system linked to catering provider tills).

When making changes to menus or substituting food products, the school will ensure that students' special dietary needs continue to be met by ensuring the Catering Provider:

- Check any product changes with all food suppliers
- 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 Provider will have a full list of allergens and will avoid using them within the menu where possible.

The Catering Provider will ensure that there are always dairy- and gluten-free options available for students with allergies and intolerances.

School will share details of students with allergies with the Catering Provider (school information system is linked to the catering provider tills).

Anti-bacterial wipes/cleaning fluid will be used to clean dining tables.

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

Bread and food items containing wheat will be stored separately.

The chosen Catering Provider of the school is 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 students' IHPs, taking into account any known allergies of the students involved.

5. Food allergen labelling

The Catering Provider will adhere to allergen labelling rules for pre-packed food goods, in line with the Food Information (Amendment) (England) Regulations 2019, also known as Natasha's Law.

The Catering Provider will ensure that all food is labelled accurately, that food is never labelled as being 'free from' an ingredient unless staff are certain that there are no traces of that ingredient in the product, and that all labelling is checked before being offered for consumption.

The Catering Provider/relevant staff, e.g. catering staff, will be trained prior to storing, handling, preparing, cooking and/or serving food to ensure they are aware of their legal obligations. Training for staff employed by the Catering Provider is completed on induction and reviewed at basic food hygiene training sessions.

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

- Allergen information will be obtained from the supplier and recorded and stored on the food providers Saffron catering system.
- Allergen tracking will continue throughout the Catering Provider's handling of allergen-containing food goods, including during storage, preparation, handling, cooking and serving
- The food allergen log will be monitored for completeness on a regular basis by the Catering Manager.
- Incidents of incorrect practices are reported to the Catering Provider's Operations Team and incorrect and/or incomplete packaging will be isolated and returned to the supplier.

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

The above list will apply to foods prepared on site, e.g. sandwiches, salad pots and cakes, that have been pre-packed prior to them being offered for consumption.

Catering staff will be vigilant when ensuring that all PPDS foods have the correct labelling in a clearly legible format, and that this is either printed on the packaging itself or on an attached label. Food goods with incorrect or incomplete labelling will be removed from the product line, disposed of safely and no longer offered for consumption.

Any abnormalities in labelling will be reported to the Catering Manager immediately, who will then contact the relevant supplier where necessary.

The Catering Manager will be responsible for monitoring food ingredients, packaging and labelling on a weekly basis and will contact the supplier immediately in the event of any anomalies.

Changes to ingredients and food packaging

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

Following any changes to ingredients and/or food packaging the Catering Provider's Head Office will communicate this to the School Catering Team and the Catering Manager will then check the ingredient/allergen listing & packaging is correct prior to sale.

6. Seasonal allergies

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

Precautions regarding the prevention of seasonal allergies include ensuring that grass within the school premises is not mown whilst students are outside.

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

7. Adrenaline auto-injectors (AAIs)

Students 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 students who are at risk of anaphylaxis, but whose device is not available or is not working.

The school will maintain a spare AAI.

The school will purchase AAIs in accordance with age-based criteria, relevant to the age of students at risk of anaphylaxis, to ensure the correct dosage requirements are adhered to. These are as follows:

- For students aged 6-12: 0.3 milligrams of adrenaline
- For students aged 12+: 0.3 or 0.5 milligrams of adrenaline

A spare AAI is stored as part of an emergency anaphylaxis kit.

Students who have prescribed AAI devices are able to keep their device in their possession.

The spare AAI is not located more than five minutes away from where they may be required. The emergency anaphylaxis kit can be found at the following location:

- **Dining Room – A010 (near the entrance to the kitchen)**

A replacement AAI is obtained when expiry dates are approaching.

Any used or expired AAIs are disposed of after use in accordance with manufacturer's instructions.

Used AAIs may also be given to paramedics upon arrival, in the event of a severe allergic reaction, in accordance with this policy.

8. Access to spare AAIs

A spare AAI can be administered as a substitute for a student's own prescribed AAI, if this cannot be administered correctly, without delay.

Spare AAIs are only accessible to students for whom medical authorisation and written parental consent has been provided – this includes students at risk of anaphylaxis who have been provided with an IHP confirming their risk, but who have not been prescribed an AAI.

Consent will be obtained as part of the introduction or development of a student's IHP.

If consent has been given to administer a spare AAI to a student, this will be recorded in their IHP.

The school uses a register of students (Register of users of AAIs) to whom spare AAIs can be administered – this includes the following:

- Name of student

- Class
- Known allergens for which an AAI is prescribed
- Risk factors for anaphylaxis
- Whether medical authorisation has been received to use the spare AAI
- Whether written parental consent has been received to use the spare AAI
- Dosage requirements

Parents can withdraw their consent at any time. To do so, they must **write** to the Headteacher.

9. School Visits/Trips

The Headteacher will ensure a risk assessment is conducted for each school trip to address students with known allergies attending. All activities on the school trip will be risk assessed to see if they pose a threat to any students with allergies and alternative activities will be planned where necessary to ensure the students are included.

The school will speak to the parents of students with allergies where appropriate to ensure their co-operation with any special arrangements required for the trip.

A designated adult will be available to support the student at all times during a school trip.

If the student has been prescribed an AAI, at least one adult trained in administering the device will attend the trip. The student's medication will be taken on the trip and stored securely – if the student does not bring their medication, they will not be allowed to attend the trip.

Two AAIs will be taken on the trip (**both provided by parents/carers** – one to be held by the student at all times and one by a designated member of staff) and will be easily accessible at all times.

Where the venue or site being visited cannot assure appropriate food can be provided to cater for students' allergies, the student will take their own food or the school will provide a suitable packed lunch.

10. Medical attention and required support

Once a student's allergies have been identified, a meeting will be set up between the student's parents, the Head of Year, (sometimes the school nurse) and any other relevant staff members, in which the student'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 Medical Conditions and Administering Medication Policy.

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

Students 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 student 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 student may require will be outlined in their IHP.

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

11. Staff training

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

The school will arrange anaphylaxis training on an annual basis.

The Catering Provider (and their 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 Catering Provider will be trained on how to consistently and accurately trace allergen-containing food from supplier delivery to consumption.

Designated staff members (First Aiders) 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 AAI's 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 to moderate symptoms.
- Understand that AAI's should be administered without delay as soon as anaphylaxis occurs.
- Understand how to check if a student is on the Register of AAI's.
- Understand how to access AAI's.
- Understand who the designated members of staff (First Aiders) are, and how to access their help.
- Understand that it may be necessary for staff members other than designated staff members to administer AAI's, 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.

12. Mild to moderate allergic reaction

Mild to 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 student, the nearest adult will stay with the student and refer to their IHP to determine appropriate next steps.

The student's parents will be contacted immediately if a student suffers a mild to moderate allergic reaction, and if any medication has been administered.

In the event that a student 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 as to whether an AAI should be administered. An AAI will not be administered in these situations without contacting the emergency services.

For mild to moderate allergy symptoms, the student's IHP will be followed and the student 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 this policy. Where the student is required to go to the hospital, an ambulance will be called.

13. Managing anaphylaxis

In the event of anaphylaxis, the nearest adult will lay the student flat on the floor and try to ensure the student suffering an allergic reaction remains as still as possible; if the student is feeling weak, dizzy, appears pale and is sweating their legs will be raised. A designated staff member (First Aider) will be called for help and the emergency services contacted immediately. The designated staff member will administer an AAI to the student. Spare AAIs will only be administered if appropriate consent has been received.

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.

A member of staff will stay with the student until the emergency services arrive – the student will remain lying flat and still. If the student's condition deteriorates after initially contacting the emergency services, a second call will be made to ensure an ambulance has been dispatched.

The headteacher will be contacted immediately.

If the student 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 student 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 as to whether an AAI should be administered. An AAI will not be administered in these situations without contacting the emergency services.

A designated staff member will contact the student's parents as soon as is possible.

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

- Any known allergens the student 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.

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

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

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

14. 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, the students' IHP will be updated and amended as necessary as required.

Student allergy declaration form

Name of student			
Date of birth		Year group	
Name of GP			
Address of GP			

Nature of allergy	
Severity of allergy	
Symptoms of an adverse reaction	

Details of required medical attention	
Instructions for administering medication	
Control measures to avoid an adverse reaction	

Spare AAls

I understand that the school may purchase spare AAls to be used in the event of an emergency allergic reaction. I also understand that, in the event of my child's prescribed AAI not working, it may be necessary for the school to administer a spare AAI, but this is only possible with medical authorisation and my written consent. In light of the above, I provide consent for the school to administer a spare AAI to my child.

Yes	☐	No	☐
Name of parent			
Relationship to child			
Contact details of parent			
Parental signature			