

Create Learning Trust

Allergy and Intolerance Policy



The Board of Create Learning Trust has adopted this policy (November 2019). It will be reviewed at Trustees. (Reviewed October 2022)

STATEMENT:

This policy is concerned with a whole school approach to the health care and management of those members of the school community suffering from specific allergies.

- Create Learning Trust (the 'Trust') is aware that staff and children who attend the school may suffer from food, bee/wasp sting, animal or nut allergies and believe that all allergies should be taken seriously and dealt with in a professional and appropriate way. The Trust also understands that some people may be intolerant/sensitive to different types of foods and that these need to be eaten with caution or avoided.
- The Trust does not guarantee a completely allergen-free environments in their schools, rather to minimise the risk of exposure, encourage self-responsibility and plan for effective response to possible emergencies.
- The Trust is committed to children not sharing food and drink.
- Parents are asked to provide details of allergies/intolerances on admission to our school. This information will be added to a healthcare plan.

AIM:

The intention of this policy is to minimise the risk of any child or member of staff suffering an allergic reaction whilst in school. Equally, it aims to minimise the risk to children or a member of staff from eating food that they are unable to tolerate and could cause them difficulties in digesting the food. An allergic reaction to nuts is the most common high-risk allergy and as such demands more rigorous controls throughout the policy.

The underlying principles of this policy include:

- The establishment of effective risk management practices to minimise the child, staff, parent and visitor exposure to known trigger foods and insects.
- Staff training and education to ensure effective emergency response to any allergic reaction situation.
- This policy applies to all members of the Trust community including: staff, parents, guardians, volunteers, supply staff, students.

Role of other parents:

- Snacks and lunches provided by parents should be peanut and nut free.
- The Trust will ensure that parents are regularly reminded of the importance of nut free lunchboxes and snacks.

DEFINITIONS:

Allergy	A condition in which the body has an exaggerated response to a substance (eg food or drug) also known as hypersensitivity.
Allergen	A normally harmless substance that triggers an allergic reaction in the immune system of a susceptible person. More details of what an allergic reaction looks like can be found in Appendix B. There are 14 major food allergens and these are seen in Appendix A
Intolerance	A food intolerance, or a food sensitivity occurs when a person has difficulty digesting a particular food. It can lead to symptoms such as intestinal gas, abdominal pain or diarrhoea. Examples of foods that people are intolerant to include milk, gluten, fructose.
Anaphylaxis	Anaphylaxis, or anaphylactic shock, is a sudden, severe and potentially life-threatening allergic reaction to food, stings, bites, or medicines.
Epipen	Brand name for syringe style device containing the drug Adrenalin, which is ready for immediate intramuscular administration.
Minimised Risk Environment	An environment where risk management practices (eg risk assessments) have minimised the risk of (allergen) exposure.
Health Care Plan	A detailed document outlining an individual child's condition, treatment and action plan.

ALLERGY MANAGEMENT:

Procedures and Responsibilities

- The involvement of parents and staff in establishing individual risk assessments/Health Care Plans.

- The establishment and maintenance of practices for effectively communicating a child's healthcare plans to all relevant staff.
- Staff training in anaphylaxis management, including awareness of triggers, and first aid procedures to be followed in the event of an emergency.
- Age appropriate education of the children with severe food allergies.

Medical Information

- Parents will initially highlight on a child's school admission form before starting school.
- For children with a food allergy, parents will then be asked to fill in a Health Care Plan. This will enable parents to explain the condition, define any allergy triggers and any required medication. Additionally, additional written or oral advice will be obtained from a doctor or allergy nurse. Where possible, the most up-to-date correspondence from allergy doctors/consultants should be provided to the school so that medical advice can be acted on.
- Where children are intolerant to food types, information is required from the parents giving advice of which food should be avoided. Allergen information is provided in the school meal menus.
- Any change in a child's medical condition during the year must be reported to the school.
- The Headteacher and Deputy Headteacher will ensure that, where needed, a Health Care Plan is established and updated for children with allergies.

Epipens

- Where Epipens (Adrenalin) are required in the Health Care Plan:
- Parents/guardians are responsible for the provision and timely replacement of the Epipens. Two Epipens will be required.
- Epipens are located in the staff room. These are out of reach of children but quickly accessible for staff.
- Epipen training will be refreshed for all staff when we have a child that requires an Epipen.

Parents' Role

- Parents are responsible for providing medical information about their child's allergy in writing in a Health Care Plan. The form includes:
 - 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.
- When a child has an allergy requiring an Epipen, a Health Care Plan must be completed and signed by the parents.
- It is the responsibility of the parent to provide the school with up to date medication/ equipment clearly labelled in the original container.
- In the case of life saving medication like Epipens 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 (eg cooking, food tasting, science experiments, etc)

School Staff Role

- Staff are responsible for familiarising themselves with the policy and to adhere to health & safety regulations regarding food and drink.
- If a child's admission form states that they have an allergy or intolerance, then the parents must fill out the Health Care Plan form before the child starts attending school. Any actions identified to be put in place.
- 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 child's needs.
- All staff who come into contact with the child will be made aware of what treatment/medication is required and where any medication is stored.
- All staff will promote hand washing before and after eating.
- Snack time food is monitored by staff and are peanut, nut free and other allergens depending on the children attending. All staff will know the procedures at snack and lunch time to ensure the safety of children with allergies. However, staff cannot guarantee that foods will not contain traces of nuts.
- All tables are cleaned with an approved solution.
- Children are not permitted to share food.
- As part of the staff first aid course, Epipen use and storage has been discussed.
- We may ask the parent for a list of food products and food derivatives the child must not come into contact with.

- Emergency medication will be easily accessible, especially at times of high risk.
- Staff should liaise with parents about snacks and any food-related activities; parental consent should be sought.

Catering Staff are also responsible for:

- Using only authorised suppliers and being the controlling point and contact for all purchases of food stuffs for School catering.
- Ensuring suppliers of all foods and catering suppliers are aware of the school's food allergy policy and the requirements under the labelling law.
- Ensuring suppliers of food stuffs are nut free or labelled 'may contain nuts'.
- Being aware of pupils and staff who have such food allergies and updating this training every three years. All staff must be informed of this during their in-house induction training. Clear labelling of items of food stuffs that may contain nuts.
- During bookings for external events, it is important that guests are informed of the requirements for any known person with food allergies/intolerances. This should be undertaken during the booking process. This information should then be passed to the Catering Staff to allow them to plan appropriate menus and selections of food.

Actions

- In the event of a child suffering an allergic reaction:
- We will delegate someone to contact the child's parents.
- 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 as per training and in conjunction with the instructions.
- If parents or responsible adult have not arrived by the time ambulance arrives a member of staff will accompany the child to hospital.

Charity Events

If the School hosts any 'coffee mornings' or 'cake days' for charity it is important that no food poses a risk to the end user, however, this is difficult for the school to monitor. Where products are not made on site, but sold/given away by the Trust/school, appropriate signage should be in place. This will state the following:

'This item was not produced at [the school's name] School, therefore we cannot guarantee that it does not contain nuts or any other allergen'.


14 Allergens




The way allergens are labelled on prepacked foods has changed. The Food Information Regulation, which came into force in December 2014, introduced a requirement that food businesses must provide information about the allergenic ingredients used in any food they sell or provide.

There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food. Here are the allergens, and some examples of where they can be found:


1 Celery
This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.




2 Cereals containing gluten
Wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.




3 Crustaceans
Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.




4 Eggs
Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.




5 Fish
You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.




6 Lupin
Yes, lupin is a flower, but it's also found in flour! Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.




7 Milk
Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.




8 Molluscs
These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews




9 Mustard
Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.




10 Nuts
Not to be mistaken with peanuts (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.




11 Peanuts
Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.




12 Sesame seeds
These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, houmous, sesame oil and tahini. They are sometimes toasted and used in salads.



13 Soya
Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.



14 Sulphur dioxide (sometimes known as sulphites)
This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.



For more information, visit: food.gov.uk/allergy or nhs.uk/conditions/allergies

✉ Sign up to our allergy alerts on food.gov.uk/allergy-alerts, or follow #AllergyAlert on Twitter and

Facebook Let's keep connected at food.gov.uk/facebook

📺 Join our conversation @foodgov

📺 Watch us on food.gov.uk/youtube

Appendix B

Trust and School Management of severe allergies (ANAPHYLAXIS)

All staff must make themselves aware of the School First Aid Policy. This outlines Anaphylaxis and the recognition and treatment that should be followed.

Anaphylaxis is a severe and potentially life-threatening allergic reaction at the extreme end of the allergic spectrum. Anaphylaxis may occur within minutes of exposure to the allergen, although sometimes it can take hours. It can be life-threatening if not treated quickly with adrenaline.

Any allergic reaction, including anaphylaxis, occurs because the body's immune system reacts inappropriately in response to the presence of a substance that it perceives as a threat. Anaphylaxis can be accompanied by shock (known as anaphylactic shock): this is the most extreme form of an allergic reaction.

Common triggers of anaphylaxis include:

- Peanuts and tree nuts – peanut allergy and tree nut allergy frequently cause severe reactions and for that reason have received widespread publicity
- Other foods (e.g. dairy products, egg, fish, shellfish and soya)
- Insect stings (bees, wasps, hornets)
- Latex (gloves and PPE)
- Drugs (illegal and prescription)

Anaphylaxis has a whole range of symptoms. Any of the following may be present, although most people with anaphylaxis would not necessarily experience all of these:

- Generalised flushing of the skin anywhere on the body
- Nettle rash (hives) anywhere on the body
- Difficulty in swallowing or speaking
- Swelling of tongue/throat and mouth
- Alterations in heart rate
- Severe asthma symptoms
- Abdominal pain, nausea and vomiting
- Sense of impending doom
- Sudden feeling of weakness (due to a drop in blood pressure)
- Collapse and unconsciousness



When symptoms are those of anaphylactic shock the position of the pupil is very important because anaphylactic shock involves a fall in blood pressure.

If the patient is feeling faint or weak, looking pale, or beginning to go floppy, lay them down with their legs raised. They should not stand up.

If there are also signs of vomiting, lay them on their side to avoid choking (recovery position).

If they are having difficulty breathing caused by asthma symptoms and/or by swelling of the airways, they are likely to feel more comfortable sitting up.

Action to take:

(Ask other staff to assist, particularly with making phone calls, one person must take charge and ensure that the following is undertaken)

- Ring (9) 999 immediately to get the ambulance on the way.
- Use the person's adrenaline device
- Ensure that the office staff are aware that an ambulance is coming onto site – a member of staff should stand at the side of the road to direct the ambulance.
- Ensure that accident forms are filled out if applicable.