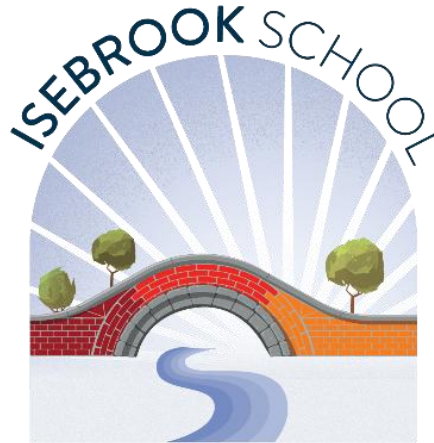


# Isebrook School

## Allergy Aware Policy 2026- 2027



### About this document:

Isebrook School is committed to providing a safe, inclusive, and supportive environment for all students, staff, and visitors, including those with food allergies. We recognise that individuals within our community may have additional vulnerabilities, sensory needs, or difficulties in understanding and managing risk, and we take these factors into account in our approach to safety and wellbeing.

<b>Complied by:</b> Operations Manager	<b>Date:</b> April 26
<b>Review Cycle:</b> Annually	<b>Review Date:</b> April 27

## 1. Policy Statement

Isebrook school is committed to providing a safe, inclusive, and supportive learning environment for all students, staff and visitors, including those with food allergies. We recognise that many individuals may have additional vulnerabilities, sensory needs, or difficulties understanding risk.

The school operates an allergy-aware policy, meaning:

- Foods that contain nuts are not permitted on site; however, the school cannot guarantee a completely nut free environment
- Foods labelled “may contain nuts” are permitted, with appropriate controls in place.
- The school recognises that individuals may have a wide range of food allergies, such as egg, milk, wheat/gluten, soya, or sesame. Unlike nuts, these allergens are not eliminated across the whole school.

This approach balances medical safety with practical considerations, student independence, and inclusivity.

The school recognises its duties under the Equality Act 2010 to make reasonable adjustments for pupils with medical conditions, including allergies, to ensure they are not placed at a substantial disadvantage.

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## 2. Scope

This policy applies to:

- All students
  - All staff (including temporary and supply staff)
  - Parents/carers
  - Visitors and contractors
  - Food brought from home
  - Food used in curriculum activities, therapy sessions, rewards, celebrations, and off-site visits
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## 3. Definition of Nuts

For the purpose of this policy, *nuts* include but are not limited to:

- Peanuts (groundnuts)
- Tree nuts (e.g. almonds, cashews, walnuts, hazelnuts, Brazil nuts, pistachios, pecans, macadamia nuts)

Foods that contain these ingredients are strictly prohibited.

Foods labelled “may contain nuts” or “made in a factory that handles nuts” are allowed.

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## 4. Responsibilities

### 4.1 School Leadership

- Ensure this policy is implemented and reviewed annually
- Ensure Individual Healthcare Plans (IHPs) are in place for students with allergies
- The school will support staff with allergies through appropriate risk assessments and reasonable adjustments where required
- Ensure staff receive appropriate allergy awareness training
- A designated member of staff is responsible for coordinating Individual Healthcare Plans and ensuring they are up to date. This currently sits under Lynn Johnston – SEN & Inclusion Lead

The Headteacher has overall responsibility for ensuring this policy is implemented effectively.

#### 4.2 Staff

- Do not bring or consume nut-containing foods on site
- Check food labels carefully before using food in activities
- Follow care plans and emergency procedures
- Promote good handwashing practices
- Remain vigilant during meal and snack times
- Inform the school immediately of any diagnosed or suspected allergies

#### 4.3 Parents and Carers

- Do not send food into school that contains nuts
- Read ingredient labels carefully
- Inform the school immediately of any diagnosed or suspected allergies
- Support students in understanding food safety where appropriate

#### 4.4 Students (as appropriate to ability)

- Supported to understand not sharing food
- Encouraged to wash hands after eating
- Supported to follow routines that promote safety

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### 5. Food Management

#### 5.1 Food Brought from Home

- Must not contain nuts
- May include items labelled “may contain nuts”
- Any food found to contain nuts will be removed and returned to parents/carers or disposed of if packaging opened

## 5.2 School-Provided Food

- Catering providers must not use nut-containing ingredients
- Ingredient lists must be available and checked
- Risk assessments completed for menus

## 5.3 Curriculum and Therapy Activities

- Nut-containing ingredients (e.g. peanut butter, nut oils, ground nuts) must not be used
- Alternatives must be provided
- Sensory food activities must follow individual risk assessments

## 5.4 Celebrations and Rewards

- No nut-containing foods
- Non-food rewards are encouraged
- Parents should consult staff before sending in treats

## 5.5 Off-site Visits

- Individual risk assessments are carried out for students with allergies
- Medication is taken on all visits and is accessible at all times
- At least one trained member of staff is present
- Staff are aware of emergency procedures and local emergency services

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## 6. Managing “May Contain Nuts” Foods

The school recognises that excluding all “may contain” products is impractical and may limit food choice unnecessarily.

Risk mitigation includes:

- Clear communication with families
- Supervised eating times
- Handwashing before and after eating
- Cleaning of tables and shared equipment
- Individual risk assessments for students with severe allergies

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## 7. Management of Other Food Allergies (e.g. Egg, Milk, Wheat)

The school recognises that individuals may have a wide range of food allergies, such as egg, milk, wheat/gluten, soya, or sesame. Unlike nuts, these allergens are not eliminated across the whole school.

Instead, the school manages these allergies through careful planning, checking, and supervision, ensuring individuals are only given foods that are safe for them.

This includes:

- Checking each student's Individual Healthcare Plan (IHP) before offering food
- Ensuring staff are aware of which students can and cannot consume specific foods
- Providing suitable alternatives where required
- Avoiding cross-contamination through cleaning, handwashing, and safe food handling

For example:

- Egg-containing foods may be used in school, but only students who can safely consume egg will be given them
- Students with egg allergies will be provided with an alternative or excluded from the activity where necessary

Whole-school bans are not routinely applied to these allergens, as risks can be effectively managed on an individual basis with appropriate controls in place.

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## 8. Individual Healthcare Plans (IHPs)

Students with diagnosed allergies will have an Individual Healthcare Plan that includes:

- Allergy details and severity
- Symptoms of reaction
- Medication required (e.g. adrenaline auto-injector)
- Emergency procedures
- Staff responsibilities
- Students may carry and administer their own medication where this is agreed as part of their Individual Healthcare Plan and deemed appropriate by the Operations Manager

IHPs will be reviewed at least annually within the Annual Review.

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## 9. Emergency Procedures

Medication, including adrenaline auto-injectors, is stored in clearly identified, accessible locations and is always available. Staff are informed of these locations. Emergency medication is never locked away as this would delay access.

The school hold spare adrenaline auto-injectors in line with guidance from the Department for Education, which are stored in the First Aid Room, Main Building. These are intended for use in an emergency where a student, staff member or visitor has been prescribed an adrenaline auto-injectors, but their own device is not immediately available, or where a second dose is required.

In exceptional circumstances, a spare adrenaline auto-injectors may also be administered to an individual not previously known to have an allergy if they are displaying clear symptoms of anaphylaxis and no prescribed adrenaline auto-injectors is available. This decision will be made by trained staff based on recognised symptoms and in line with emergency protocols.

In the event of a student's allergic reaction:

1. Follow the student's Individual Healthcare Plan
2. Administer medication as trained
3. Call emergency services if required
4. Inform school leadership and parents/carers
5. Record the incident and review procedures

In the event of a staff member's allergic reaction:

1. Follow the protocol in place, as pinned on Arbor
2. Administer medication as trained
3. Call emergency services if required
4. Inform school leadership and next of kin
5. Record the incident and review procedures

In the event of a person with no known allergies has an allergic reaction:

1. Recognise symptoms of anaphylaxis
  - Difficulty breathing / wheezing
  - Swelling (lips, tongue, throat)
  - Collapse, dizziness
  - Severe rash with other symptoms
2. Call 999 immediately
  - Tell them suspected anaphylaxis and we have a spare adrenaline auto-injector
3. Administer spare adrenaline auto-injectors without delay if advised to do so by Emergency Services
4. Remain with the individual
5. If next of kin known, contact them to update. If visiting from a company, contact them to update.

6. Record the incident and review procedures

All staff will be trained to recognise signs of an allergic reaction.

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10. Training, awareness and communication

- All staff receive regular allergy awareness training
- Specific training provided for staff supporting students with severe allergies
- Allergy information is shared with all relevant staff to ensure safety
- Relevant staff (including teaching staff and support staff) are informed of students with allergies and know how to respond
- Systems are in place to ensure staff can quickly identify students at risk (allergies pinned on Arbor)