Arrow Valley First School
Allergy Policy

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Approved by:	LAGB
Signed:	
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1. Aims

Arrow Valley First School is committed to providing a safe environment for all pupils and staff with allergies and intolerances. The aims of this policy are to ensure that:

- Pupils and staff with allergies are protected and supported at all times;
- Staff understand their responsibilities regarding allergy management and emergency response;
- Appropriate preventative measures are in place to reduce the risk of allergic reactions;
- Emergency procedures are clear, effective and consistently followed;
- Catering and food service arrangements comply with legal requirements;
- Parents/carers, pupils and staff work collaboratively to support allergy safety; and
- The requirements of Benedict's Law and Natasha's Law are fully implemented.

2. Legislative Framework

This policy has been developed in accordance with:

- Children and Families Act 2014
- Food Information Regulations 2014
- Health and Safety at Work etc. Act 1974
- Food Safety Act 1990
- Supporting Pupils at School with Medical Conditions statutory guidance
- Food Information (Amendment) (England) Regulations 2019 (Natasha's Law)
- Benedict's Law statutory guidance (effective September 2026)
- Allergy safety in schools - GOV.UK

3. Benedict's Law

Benedict's Law is a landmark piece of UK legislation which is named after five-year-old Benedict Blythe, who tragically died in 2021 after a severe allergic reaction to milk at school. In March 2026, the government confirmed these protections would become mandatory, with statutory guidance coming into effect in September 2026.

Benedict's Law moves allergy safety from "optional advice" to a legal requirement for all schools in England.

Arrow Valley First School must have a clear, published policy for managing allergies and emergencies.

All staff, including teachers, support staff, temporary staff, supply staff, agency workers, regular volunteers, cleaning staff and catering staff who may work with or supervise pupils will receive appropriate allergy awareness and anaphylaxis training. Staff must be able to recognise the signs and symptoms of allergic reactions and anaphylaxis, understand the school's emergency procedures, and know how to locate and administer emergency medication, including adrenaline auto-injectors (AAIs).

Visitors and contractors with no pupil-facing role are not required to undertake allergy awareness training. However, they must comply with the school's health and safety arrangements, follow any site-specific allergy controls communicated to them and seek immediate assistance from a member of staff in the event of a suspected allergic reaction.

The school will maintain spare, in-date adrenaline auto-injectors (AAIs) on site in accordance with statutory requirements and relevant guidance. Spare AAIs must be readily accessible and capable of being administered within 5 minutes in an emergency.

Pupils and staff with allergies who require additional or different support arrangements will have a formal, documented Individual Healthcare Plan (IHP).

Where the school catering service is provided by an external contractor, the school will obtain and review the provider's Allergy Policy and seek appropriate assurance that effective arrangements are in place to support pupils and staff with allergies, including the safe provision of meals and appropriate allergen management.

Catering staff must have access to relevant Individual Healthcare Plans and where appropriate, photographs of pupils and staff with severe allergies, where this is necessary to support the safe provision of meals and in accordance with the school's data protection arrangements.

The school will comply fully with Benedict's Law by ensuring that:

- A published allergy management policy is maintained and reviewed annually;
- All staff receive allergy awareness and anaphylaxis response training;
- Spare adrenaline auto-injectors (AAIs) are kept on-site and readily accessible;
- Pupils requiring additional or different allergy support arrangements have an Individual Healthcare Plan (IHP);
- Food technology rooms, kitchens and serving areas operate strict allergen-control procedures;
- Where catering is externally provided, the catering provider's Allergy Policy and appropriate assurance documentation have been obtained and reviewed.
- Allergy incidents and "near misses" are formally recorded and reviewed on the Trust's designated incident reporting system; and
- Communication between school staff, catering teams and parents/carers is maintained effectively.

4. Natasha's Law

From 1st October 2021, the requirements for prepacked for direct sale have changed as a result of a new ruling passed in September 2019 known as "Natasha's Law". The Food Standards Agency say, "the new labelling requirements will help protect consumers by providing potentially life-saving allergen information on the packaging of the food". Prepacked for direct sale (PPDS) food can include the following:

- Sandwiches and bakery products which are packed on site before a consumer selects or orders them;
- Fast food packed before it is ordered, such as a burger under a hot lamp where the food cannot be altered without opening the packaging;
- Products which are pre-packaged on site ready for sale, such as pizzas, rotisserie chicken, salads and pasta pots;
- Burgers and sausages pre-packaged by a butcher on the premises ready for sale to consumers;
- Samples of cookies given to consumers for free which were packed on site;
- Foods packaged and then sold elsewhere by the same operator at a market stall or mobile site; and
- PPDS food provided in schools, care homes or hospitals and other similar settings will also require labelling.

The school and the catering service will ensure that PPDS food will be labelled with the name of the food and a full ingredients list, including allergenic ingredients emphasised within the list. This will also apply to foods that are packaged before they are ordered or selected. It can also include food that students select themselves, as well as pre-wrapped food items that are kept behind a counter and some hot foods.

5. Allergy Management Procedures

The school and the catering service recognise that allergic reactions can be life-threatening and therefore takes all allergy concerns seriously. They will:

- Maintain an up-to-date register of pupils and staff with allergies;
- Ensure allergy information is accessible to staff and pupils;
- Implement allergen awareness measures in classrooms, kitchens, food preparation areas and dining areas;
- Minimise cross-contamination risks in food technology rooms, kitchens and food preparation areas;
- Clearly label allergens in all food provided; and
- Promote a culture of allergy awareness throughout the school community.

The following 14 allergens will be identified where present in food products:

- Eggs;
- Milk;
- Fish;
- Crustaceans;
- Molluscs;
- Peanuts;
- Tree nuts;
- Sesame;
- Cereals containing gluten;
- Soya;
- Celery;
- Mustard;
- Lupin; and
- Sulphur dioxide/sulphites.

Non-food allergens include:

- Grass, tree, and weed pollens;
- Dust Mites;
- Mold Spores;
- Pet Dander;
- Latex;
- Cosmetics/Skin Care;
- Nickel;
- Insect Bites/Stings;
- Penicillin and related drugs;
- Non-steroidal anti-inflammatory drugs (NSAIDs) like ibuprofen or aspirin;
- Pet Food (this may contain allergens like soy, wheat, or fish); and
- Craft Materials such as wheat-based play dough or nut-shell-stuffed toys.

6. Individual Healthcare Plans (IHPs)

Pupils and staff with allergies who require additional or different support arrangements will have an Individual Healthcare Plan (IHP). The IHP will include:

- Details of the allergy;
- Known triggers;
- Signs and symptoms of allergic reactions;
- Medication requirements;
- Emergency procedures;
- Consent arrangements; and
- Contact details for parents/carers and medical professionals.

IHPs will be reviewed annually or sooner if medical needs change. All IHPs will be made available to all staff and any other relevant persons in order to ensure the safety of all pupils and staff with allergies and medical conditions. This will be done by Christine Yorke and kept with First Aid information folder.

7. Emergency Response Procedures

All staff must treat suspected anaphylaxis as a medical emergency. In the event of a severe allergic reaction:

1. Emergency services will be contacted immediately;
2. An adrenaline auto-injector will be administered without delay;
3. Parents/carers will be informed as soon as possible; and
4. The incident will be formally recorded and reviewed.
5. No pupil experiencing anaphylaxis will be left unattended.

8. Spare Adrenaline Auto-Injectors (AAIs)

The school and the catering service will maintain spare AAIs in accordance with Department for Education guidance. Spare AAIs will:

- Be stored securely whilst remaining readily accessible;
- Be located so they can be brought to a person experiencing anaphylaxis and administered within 5 minutes in an emergency;
- Be stored in pairs to ensure a second dose is available if required;
- Be checked regularly to ensure they are within expiry dates;
- Be clearly labelled; and
- Be accessible during school trips and off-site activities where required.

The spare autoinjectors are stored in the cleaners cupboard in the hall– include Trip and Grab Bags where designated by the EVC.

9. Staff Training Requirements

All staff, including teachers, support staff, temporary staff, supply staff, agency workers, regular volunteers, cleaning staff and catering staff who may work with or supervise pupils will receive appropriate allergy awareness and anaphylaxis training. Training will include:

- Recognising signs of allergic reactions and anaphylaxis;
- Use of adrenaline auto-injectors;
- Emergency procedures;
- Allergen awareness;
- Cross-contamination prevention; and
- Responsibilities under Benedict's Law.

Training will be refreshed regularly and recorded centrally on the Trust designated database.

10. Catering and Food Safety Requirements

The school's catering service is responsible for maintaining appropriate allergen management arrangements in accordance with relevant legal requirements and food safety standards. Where catering services are provided by an external contractor, the contractor is responsible for maintaining appropriate allergen management arrangements in accordance with relevant legal requirements and contractual obligations.

The school's catering service will:

- Operate effective allergen-control procedures;
- Implement appropriate measures to prevent cross-contamination;
- Maintain allergen information for all meals;
- Ensure catering staff receive appropriate training; and
- Support the safe provision of meals for pupils and staff with known allergies.

Relevant allergy information, and where appropriate photographs, for pupils and staff with severe allergies will be shared securely with authorised catering personnel to support the safe provision of meals and in accordance with the school's data protection arrangements.

11. Communication with Parents/Carers and Pupils

The school will work closely with parents/carers and pupils to support allergy management. Parents/carers are responsible for:

- Informing the school of any allergies or medical conditions; that may require support, reasonable adjustments or emergency arrangements to be put in place;
- Providing prescribed medication where required;
- Updating the school regarding any changes to medical needs; and
- Participating in reviews of Individual Healthcare Plans.

The school will communicate allergy procedures clearly to staff, pupils and parents/carers.

12. Educational Visits and School Trips

Appropriate allergy arrangements will be implemented for all educational visits and off-site activities. Risk assessments for school trips will consider:

- Access to emergency medication;
- Food provision arrangements;
- Staff trained in anaphylaxis response; and
- Emergency communication procedures.

13. Record Keeping and Reporting

The school will maintain records using the Trust Designated Incident Reporting System of:

- Diagnosed allergies;
- Individual Healthcare Plans;
- Staff training; (Using the Trust Designated Database)
- Allergy incidents;
- Administration of AAIs; and
- Near misses.

Records will be stored securely and managed in accordance with data protection legislation.

Near Miss Reporting

All allergy-related near misses, including incidents involving incorrect food provision or potential allergen exposure, must be reported immediately so that it can be inputted onto the designated Trust incident reporting system. The school will review all reports to identify:

- Procedural failures;
- Training needs;
- Risks within catering arrangements; and
- Preventative actions required.

14. Health and Safety Requirements

This policy should be read alongside the school's:

- First Aid Policy;
- Supporting Pupils with Medical Conditions Policy;

- CRST Health and Safety Policy; and
- Educational Visits Policy.

All staff must comply with health and safety procedures relating to allergy management.

15. Equal Opportunities

The school will ensure that pupils and staff with allergies are supported fairly and without discrimination. Reasonable adjustments will be made where required to ensure pupils and staff can participate fully in school life.

16. Responsibilities

Local Academy Governing Board

The Local Academy Governing Board is responsible for:

- Approving and reviewing this policy;
- Seeking assurance that appropriate arrangements are in place to safeguard pupils with allergies;
- Receiving information regarding significant allergy-related incidents where appropriate;
- Monitoring compliance with Benedict's Law and the effectiveness of the school's allergy management arrangements through the school's existing governance and assurance processes; and
- Ensuring adequate resources and training are available.

Principal

The Principal is responsible for:

- Implementing this policy;
- Ensuring staff training takes place;
- Maintaining appropriate allergy procedures;
- Reporting to Governors; and
- Coordinating emergency planning arrangements.

Health and Safety Manager / Allergy Lead

The First Aid Lead is responsible for:

- Maintaining allergy records and IHPs;
- Monitoring compliance with procedures;
- Coordinating staff training;
- Managing emergency medication arrangements;
- Conducting risk assessments; and
- Investigating incidents and near misses.

Catering Staff and Contractors

Catering staff and contractors must:

- Follow allergen-control procedures;
- Prevent cross-contamination;
- Ensure food is correctly labelled;
- Participate in training; and
- Report incidents or concerns immediately.

Staff

All staff are responsible for:

- Informing the school of any allergies or medical conditions that may require support, reasonable adjustments or emergency arrangements to be put in place;
- Following this policy;
- Attending required training;
- Responding appropriately to emergencies; and
- Reporting concerns promptly.

17. Monitoring and Review

The Principal, in conjunction with the Executive Team, will review this policy annually, or sooner where there has been a serious allergy-related incident or a relevant change in legislation or statutory guidance. The policy will be approved by the Local Academy Governing Board. They will be responsible for adopting the policy and ensuring any school-specific contextual arrangements are appropriately reflected and implemented.

The effectiveness of this policy will be monitored through:

- Incident reviews;
- Staff training records;
- Catering audits;
- Risk assessments; and
- Feedback from pupils, parents/carers and staff.