



Allergy policy

Primary and Secondary Academies

September 2026

Due for review by September 2027

NSCTDoc / ALL / 0151 / 2609a

Introduction

An allergy is a medical condition in which the body reacts to normally harmless substances such as food, insect stings, contact allergens and airborne allergens. The reaction can cause minor symptoms such as itching, sneezing or rashes but sometimes causes a much more serious reaction called anaphylaxis. Anaphylaxis is a serious, life-threatening allergic reaction. It is the extreme end of the allergic spectrum. The whole body is affected often within minutes of exposure to the allergen but sometimes can be hours later.

Most allergic reactions do not affect the Airway/Breathing/Circulation (“ABC”) and can be treated with a non-drowsy oral antihistamine (typically available over-the counter for those aged over 6 years) or local treatments such as nose sprays or eye drops

This policy compliments our [Supporting pupils with medical conditions](#) policy available on our website.

Roles and responsibilities

Parents

- Parents must inform the school of any allergens at the earliest convenience. This information should include all previous serious allergic reactions and history of anaphylaxis details
- Parents are to supply a copy of their child’s Allergy Action Plan to the school
- Parents are responsible to ensuring any required medication is supplied, in date and replaced as necessary
- Where possible, parents to provide the school with 2 Auto injectors (AAI)
- Parents are to keep a log of expiry dates and to replace the Auto injectors a month before expiry date is reached. Pupils with expired medication will not be allowed in school
- Parents are requested to keep the school up to date with any changes in their child’s allergy management

Staff

- All school-based staff will complete anaphylaxis training (training is provided for all staff on a yearly basis)
- Staff must be aware of the pupils in their care who have known allergies.
- Staff leading on school trips will ensure they carry all relevant emergency supplies. Pupils who do not have required emergency medication will not be able to attend the trip

- It is the parents responsibility to ensure all medication is in date however, the medical officer/office team/ first aider will send reminders/call the parents approaching the medication expiry
- The school keep a list of pupils who have prescribed Adrenaline Auto Injectors (AAI) and will keep a log of and AAI's and emergency treatment given

Pupils

- Pupils age appropriate are encouraged to encouraged to have good awareness of their own symptoms and let an adult know as soon as they suspect they are having an allergic reaction
- Pupils (secondary) who are trained and confident to administer their own AAI will be encouraged to take responsibility for carrying them on them

Emergency school adrenaline auto-injector

The school has purchased spare AAI's for emergency use for pupils who are at risk of anaphylaxis for where their own device is not working, (such as if the pupils own cannot be administered correctly, is out of date, broken, empty or as directed by the emergency services.)

Supply, storage and care of medication

Medication should be stored in a suitable container and clearly labelled with the pupil's name. The pupil's medication storage container should contain:

- AAI i.e. EpiPen® or Jext® or Emerade®
- An up-to-date allergy action plan
- Antihistamine as tablets or syrup (if included on allergy action plan)
- Asthma inhaler (if included on allergy action plan)

Secondary pupils

- Depending on their level of understanding and competence, secondary school pupils will be encouraged to take responsibility for and always carry their own AAI's on them (in a suitable bag/container)
- Where possible, 2 AAI for the pupil will be available school
- Secondary pupils , whenever possible, responsibility for their emergency kit under the guidance of their parents. However, symptoms of anaphylaxis can come on very suddenly, so school staff need to be prepared to administer medication if the young person cannot

Primary pupils

- For younger children or those not ready to take responsibility for their own medication, there should be an anaphylaxis kit which is kept safely, not locked away and accessible to all staff.
- Primary pupils – one emergency kit their classroom, one emergency kit in the medical room

Additional school safety and raising awareness

- School lunch menus are available on the school's website
- Catering staff have a medical conditions and allergy list on the serving desk
- School and catering staff have a list of children with AAls
- Primary school children wear colour bands at lunchtimes to help staff identify their allergens
- Pupil care plans are shared with the appropriate school staff
- Where the need for additional staff training is identified this will be routinely organised