

Allergy and Anaphylaxis Policy

1. Aims and Objectives

This policy outlines Emanuel School's approach to allergy management, including the school's approach to reduce the risk of an allergic reaction happening and the procedures in place to respond if one does occur. It also sets out how the school supports pupils with allergies to ensure their wellbeing and inclusion, as well as demonstrating the school's commitment to being an allergy aware school.

This policy applies to all staff, pupils, parents and visitors to the school and should be read alongside the following school policies:

- Anti-Bullying Policy
- Educational Visits Policy
- Equal Opportunities Policy (Pupils/Staff)
- Medical and First Aid Policy
- Mental Health and Wellbeing Policy
- Risk Assessment Policy
- Safeguarding and Child Protection Policy

The school holds due regard to the Allergy Code and follows advice provided by Anaphylaxis UK, the Department of Health and the Food Standards Agency.

2. Mental Health and Inclusion

Allergies can have a significant impact on mental health and wellbeing. Pupils may be coping with higher levels of anxiety and are more susceptible to bullying.

- No child with allergies will be excluded from taking part in a school activity, whether on the school premises or a school trip.
- The school is mindful that pupils with allergies may require additional pastoral support including regular check-ins from their form tutor or the school nurse.
- Affected pupils will be given consideration in advance of wider school discussions about allergy and school allergy awareness initiatives.
- Bullying related to allergy will be treated in line with the school's *Behaviour Policy* and *Anti-Bullying Policy*.

3. Definitions

Allergy: Allergy occurs when a person reacts to a substance that is usually considered harmless. It is an immune response and instead of ignoring the substance, the body produces histamine which triggers an allergic reaction. Whilst most allergic reactions are mild causing minor symptoms, some can be very serious and cause anaphylaxis which is a life-threatening medical emergency.

Serious allergic reactions are most commonly caused by food, insect venom (such as wasp or bee sting), latex and medication.

Anaphylaxis: Anaphylaxis is the most acute allergic reaction that can be life-threatening and must be treated as a time-critical medical emergency. It usually occurs within seconds or minutes of exposure to a certain food or substance, but on rare occasions may happen after a few hours.

Allergen: A normally harmless substance that, for some, triggers an allergic reaction. The most common allergens are food, medication, animal dander¹ and pollen.

Most severe allergic reactions to food are caused by just 9 foods. These are eggs, milk, peanuts, tree nuts (which includes nuts such as hazelnut, cashew nut, pistachio, almond, walnut, pecan, Brazil nut, macadamia), sesame, fish, shellfish, soya and wheat. The following 14 food allergens have been

¹ Animal dander are skin cells shed by animals with fur or feathers.

identified as public health concerns in the UK and are required by law to be highlighted on pre-packed food. These allergens are peanuts, tree nuts, fish, eggs, crustaceans, sesame seeds, milk, soya (sometimes known as soybeans), celery, mustard, lupin, added sulphur dioxide and sulphites, cereals containing gluten and molluscs. Please refer to appendix I for further details on these major allergens.

Adrenaline Auto-Injector (AAI): Single-use device which carries a pre-measured dose of adrenaline. Adrenaline auto-injectors are used to treat anaphylaxis by injecting adrenaline directly into the upper, outer thigh muscle. Adrenaline auto-injectors are commonly referred to as AAIs, adrenaline pens or by the brand name EpiPen. There are two brands licensed for use in the UK: EpiPen and Jext Pen.

Allergy Action Plan: This is a medical document filled out by a healthcare professional, detailing a person's allergy and their treatment plan. Pupils at risk of anaphylaxis should have an action plan. The plans are designed to function as Individual Healthcare Plans for children and young people at risk of anaphylaxis.

Individual Healthcare Plan: A detailed document outlining an individual pupil's condition, history, treatment, risks and action plan. This document should be created by the school in collaboration with parents, the pupil's GP and, where appropriate, pupils.

Spare Pens: These are spare adrenaline pens the school can hold as a back-up, in case a pupil's own adrenaline pen is not available. They can also be used to treat a person who experiences anaphylaxis but has not been prescribed their own adrenaline.

4. Roles and Responsibilities

Emanuel School takes a whole-school approach to allergy management.

4.1 Staff Responsibilities

4.1.1 Designated Allergy Lead

The designated allergy lead at Emanuel School is the deputy head: pupils/designated safeguarding lead. They are responsible for:

- ensuring the safety, inclusion and wellbeing of pupils with allergy,
- taking decisions on allergy management across the school,
- championing and practising allergy awareness across the school,
- being overarching point of contact for staff, pupil and parents with concerns or questions about allergy management in general,
- ensuring allergy information is recorded, up-to-date and communicated to all staff,
- making sure all staff are appropriately trained, have good allergy awareness and realise their role in allergy management,
- overseeing the spare adrenaline pen management including ensuring staff know where spare adrenaline pens are,
- regularly reviewing and updating the *Allergy and Anaphylaxis Policy*.
- scheduling annual anaphylaxis drills.
- ensuring allergy awareness is weaved into classroom activities.

4.1.2 School Nurse

The school nurse is responsible for:

- coordinating the paperwork received from families including *Pupil Care Questionnaires*, medical letters, allergy care plans and any other related information ensuring secure filing whilst allowing access to information on a 'need-to-know' basis.
- reviewing allergy action plans received ensuring all information is included (e.g. emergency contact details).
- working with parents to complete an Individual Healthcare Plan (IHP) where required,

- sending the Sodexo *Allergy Request Form* to parents of new starters with known food allergies.
- keeping allergy information on the school management system (iSAMS) up to date.
- maintaining the school's allergy register and medical information display.
- ensuring that the catering team holds up-to-date information on individual pupil's allergies.
- being the first point of contact for day-to-day allergy related questions and concerns (e.g. allergy management for a specific pupil).
- supporting the designated allergy lead on how allergy information is disseminated to all school staff, including the catering team, occasional staff and staff running clubs as appropriate.
- ensuring the information from families is up-to-date and reviewed at least annually.
- coordinating medication with families. (*Whilst it is the parents' responsibility to ensure their child's medication is in date, the nursing team has systems in place to check this every 6 months and notify parents if medication is approaching expiry.*)
- keeping an adrenaline pen register prescribed to pupils and spare pens (including brand, dose and expiry date).
- management of spare adrenaline pens including signage, appropriate storage, termly spare pen kit checks.
- supporting anaphylaxis and adrenaline pen training as required.
- upon request, showing staff how to use adrenaline auto-injectors.

A nurse is on duty from 8am to 5pm Monday to Friday during term time. In the event of a nurse being unavailable during these times, the identity of a qualified first aider will be made clear outside the medical centre.

4.1.3 Responsibilities for admission staff:

- capturing allergy information or special dietary information of new starters at the earliest opportunity.
- requesting allergy information from parents of children attending entrance exams and/or taster days.
- informing parents that their child should not bring food on site when attending entrance exams and/or taster days and that their child should make catering staff aware of allergies and dietary requirements when choosing snacks or food.
- communicating allergy information to the relevant parties including the medical team and catering team as appropriate (e.g. if food is to be offered at taster days).

4.1.4 Responsibilities for all staff:

- championing and practising allergy awareness across the school.
- understanding and putting into practice the *Allergy and Anaphylaxis Policy* and related procedures and asking for support if needed.
- being aware of pupils (and staff, as appropriate) with allergies and what they are allergic to.
- considering the risk to pupils with allergies posed by any activities and assessing whether the use of any allergen in the activity is necessary and/or appropriate.
- ensuring pupils always have access to their medication.
- being able to recognise and respond to an allergic reaction, including anaphylaxis. Staff who have a concern about a pupil presenting even a minor reaction should send them, accompanied by an adult or another responsible pupil, to the medical room or summon the school nurse.
- taking part in training and anaphylaxis drills as required.
- implementing procedures in the workplace/department to mitigate risks presented by anaphylaxis (e.g. not eating nuts in the workplace).
- being aware of how to access adrenaline auto-injectors (AAI) including emergency AAls.
- considering the inclusion of generic paragraphs in newsletters and trip letters about being allergy aware and outlining any control measures as required.
- considering the safety, inclusion and wellbeing of pupils with allergies,

- preventing and responding to allergy-related bullying, in line with the school's *Anti-Bullying Policy*.

4.1.5 Catering manager responsibilities

The catering manager:

- holds up-to-date information on individual pupil's allergies.
- introduces pupils with food allergies to all catering staff.
- ensures all members of the catering staff and other staff preparing food receives relevant and appropriate allergen awareness training which includes knowing what to do if asked about allergens and what to do if someone has an allergic reaction.
- keeps a record of staff training.
- ensures that anyone preparing food will follow good hygiene practices, food safety and allergen management procedures,
- maintains records of allergens included in food made on site.
- ensures that food packaged will comply with PPDS legislation (Natasha's Law).
- keeps in contact with food suppliers as ingredients may change.
- ensures that signs are clearly displayed at all food outlets asking individuals with allergies to ask for advice if unsure about the contents of the food.
- manages *Allergy Request Forms* completed by parents of pupils known to have a food allergy.
- discusses menu choices with parents who have concerns or wish to discuss their child's needs.
- endeavours to provide varied meal options to pupils and staff with food allergies.

All catering staff will:

- avoid using nuts or tree nuts as an ingredient to their cooking. However, the school cannot guarantee that some of the constituent ingredients used are wholly nut free because of the possibility of cross contamination in factories, etc.
- not serve bought-in products with nuts as a listed ingredient. However, the school cannot guarantee that some of the constituent ingredients used are wholly nut free because of the possibility of cross contamination in the production process.

4.2 Parent/Carer Responsibilities

4.2.1 Responsibilities for all parents (including parents of non-allergic children):

- being aware and understanding the school's *Allergy and Anaphylaxis Policy* and considering the safety and wellbeing of pupils with allergies.
- on entry, providing the school with sufficient and up-to-date information about their child's medical needs including dietary requirements and allergies, history of their allergy, any previous allergic reactions or anaphylaxis and details of all prescribed medication. They should also inform the school of any related conditions, for example asthma, hayfever, rhinitis or eczema.
- notifying the school if their child has developed an allergy following entry to the school.
- for providing up-to-date emergency contact information.
- considering and adhering to any food restrictions or guidance the school has in place when providing food, for example in packed lunches, as snacks or for fundraising events.

The school asks all parents and carers **NOT** to provide their children with school snacks which include nuts or seeds, including products which contain nut or seed-based oils, like hummus.

- refraining from telling the school their child has an allergy or intolerance if this is a preference or dietary choice.
- encouraging their child to be allergy aware.



4.2.2 Responsibilities for parents of pupils known to have allergies:

- to notify the school of the pupil's allergies on entry to the school and providing the school as appropriate with a completed allergy action plan signed by a healthcare professional.
- ensure that their child has two in date adrenaline auto-injectors in their possession **at all times** and provide the school nurse with an additional device . (*only applicable for pupils who are known to be at risk of anaphylaxis*)
- provide the school with any other medication (for example antihistamine, inhalers or creams), which are in date and clearly labelled with the pupil's name.
- informing the school of any changes to their child's condition and the allergy management as well as ensuring the relevant paperwork (e.g. allergy action plan) is updated.
- for ensuring any required medication required to take during the school day or in an emergency is supplied, in date and replaced as necessary.
- to complete the Sodexo *Allergy Request Form* if the child has a food allergy. The details of the allergy must be supported by either a doctor's letter or a letter from a nurse or a dietician regarding the required diet.
- to support their child to understand their allergy diagnosis and educate them in self-management of his/her allergy, including:
 - which foods are safe and unsafe,
 - the symptoms of allergic reaction,
 - how and when to tell adults about a reaction,
 - how to read food labels.
- to ensure their child carries their emergency medication (adrenalin auto-injector, inhaler), with them at all times during the school day, for all off-site sports fixtures and trips and after-school activities.
- to provide their child, if at all possible, with a medical talisman or allergy alert bracelet.

4.3 Pupil Responsibilities

4.3.1 Responsibilities for all pupils:

- be allergy aware,
- understand the risks allergens might pose to their peers,
- learn how they can support their peers and be alert to allergy-related bullying,
- follow the school's guidance and not bring any snacks into school/on trips which include nuts or seeds, including products which contain nut or seed-based oils (e.g. hummus, chocolate spread).
- not to swap or share food with other pupils.
- not to bring onto site any cakes, doughnuts or other food items for their birthday or other celebrations to share with their peers.

4.3.2 Responsibilities for pupils with allergies

The school encourages all pupils with allergies to be proactive in the care and management of their allergies and reaction; in particular:

- knowing what their allergies are, how to mitigate personal risk and where their medication is kept in the medical room.
- carrying two labelled adrenaline auto-injectors with them at all times including when travelling to and from school and if leaving the school site during free periods (*only applicable for pupils who are known to be at risk of anaphylaxis*).
- understanding how and when to use their adrenaline auto-injector and only using them for their intended purpose. (*only applicable for pupils who are known to be at risk of anaphylaxis*).
- making themselves known to the catering staff each day so they can be advised of any allergens that may be present in the food.

- understanding that they are responsible for carrying their medication with them and to make sure they do so at all times.
- telling their peers of their allergies so they know, should an emergency arise.
- wearing their medical talisman or allergy alert bracelet, if they own one.
- notifying an adult immediately if they eat something they believe may contain the food they are allergic to.
- notifying an adult immediately if they are not feeling well and suspect they might be having an allergic reaction, even if the cause is unknown.
- talking to their form tutor, the school nurse or any other member of staff if they are concerned by any school processes or systems related to their allergy.
- raising concerns with a member of staff if they experience any inappropriate behaviour in relation to their allergy.

5. Information and Documentation

Parents know their child's allergies best and so it is vital for the school to work with parents to ensure they have the most up to date knowledge of the child's allergies and medication to keep the pupil safe whilst they are in school.

5.1 Pupil Care Questionnaire

At the time of registration, the school asks parents to complete the *Pupil Care Questionnaire* which includes information about allergies and anaphylaxis. This information will be kept securely in the pupil's medical record.

5.2 Allergy Action Plan

Allergy action plans are designed to function as individual healthcare plans for children with food allergies, providing medical and parental consent for schools to administer medicines in the event of an allergic reaction, including consent to administer a spare adrenaline autoinjector.

- Parents of pupils known to be of risk of anaphylaxis are required to provide the school with an allergy action plan signed by a medical professional.
- Parents of pupils known to have an allergy but who are not considered to be at risk of anaphylaxis are encouraged to provide the school with an allergy action plan signed by a medical professional.

The school recommends using the British Society of Allergy and Clinical Immunology (BSACI) Allergy Action Plans to ensure continuity. This is a national plan that has been agreed by the BSACI, Anaphylaxis UK and Allergy UK.

5.2 Allergy Register

The school has a register of pupils who have a diagnosed allergy. This includes children who have a history of anaphylaxis or have been prescribed adrenaline pens, as well as pupils with an allergy where no adrenaline pens have been prescribed.

Pupil allergies are highlighted on the school pupil management system and the allergy is identified by a medical alert icon.

The school shares allergy information of pupils with the catering team. This information includes photos of pupils who are at risk of anaphylaxis and carry and adrenaline pen.

5.3 Medical Information Display

Pupils known to be at risk of anaphylaxis are included in a medical information display in the staffroom which includes details regarding the child's allergy and the appropriate procedure to follow should they have an allergic reaction. A copy is also issued to the catering team.

5.4 Individual Healthcare Plans (IHP)

Allergy action plans completed by healthcare professionals are designed to function as Individual Healthcare Plans for the school².

Where a pupil has additional medical needs, the school will work with the pupil, their family and the pupil's GP as appropriate and decide whether an IHP is needed to manage the pupil's medical needs.

6. Risk Reduction, Management and Assessment

6.1 Assessing the Risk in Activity Planning

Staff (including visiting staff) must consider allergies in all activity planning and include it in their risk assessments. Examples include but are not limited to assessing risks:

- in classroom activities,
- in admission events,
- in activities or clubs where snacks or food 'treats' may be handed out,
- when planning special events, such as cultural days and other celebrations.

Inclusion of pupils with allergies must be considered to ensure safety and pupils with allergies should never be excluded. If required, activities need to be adapted.

6.2 Risk Reducing Measures: Food, including Mealtimes & Snacks

People with a food allergy should avoid their allergen. Even just a trace of the food they are allergic to, can cause an allergic reaction.

Emanuel School is an allergy aware school. The school has pupils with a wide range of allergies to different foods and encourages a considered approach to bringing in food.

6.2.1 Food Bans or Restrictions

Emanuel does not aim to be a nut-free school, but aims to be nut safe and allergen aware. The school encourages parent/carer support in the education of their child by helping them to be allergy aware and considerate when bringing food on site or to trips (e.g. by checking the food label/ingredients and refraining to bringing in snacks that contain nuts or seeds like packaged nuts, cereal bars or chocolate spreads).

Pupils must not bring onto site any cakes, doughnuts or other food items for their birthday or other celebrations to share with their peers.

6.2.2 School Food Sales

Occasionally the school will hold a charity food sale. All items sold as part of charity events will be provided by the school's catering team. Signs will be displayed to remind pupils with allergies to check ingredients.

6.2.3 Catering in School

The school is committed to providing safe meals for all pupils, staff and visitors, including those with food allergies.

² See [BSACI Paediatric Allergy Action Plans](#)

Catering is provided by [Sodexo UK](#) who follows strict policies and procedures with regard to allergen management. The school has robust procedures in place to identify pupils with food allergies and ensures that the catering team gets to know those pupils.

- Parents of children with food allergies have the opportunity to discuss menu choices if they have concerns or wish to discuss their child's needs.
- The school does accept that products will be prepared, served and brought on site that have advisory labelling stating 'May contain nuts' or 'May contain traces of nuts' or similar.
- The catering department provides pumpkin and sunflower seeds which can be added to soups and salads. The catering department knows where they have been produced and so these particular seeds are unlikely to cause an allergic reaction. This may not be the case of seeds bought by the general public.

Please also refer to 'Catering Manager Responsibilities' (see 3.1.4).

6.3 Risk Reducing Measures: Out-of-School Activities (School Trips and Sports Fixtures)

Pupils with allergies should have every opportunity to take part in sport activities in school and in out-of-school activities such as educational visits and sport events hosted by other schools.

Measures the school has put in place include:

- Beside allergy information being highlighted on the school pupil management system (medical alert icon), allergy information is also included in the trips management system.
- Staff leading an out-of-school activity hold a register of pupils with allergies and medication details.
- All activities on school trips will be risk assessed to see if they pose a threat to allergic pupils and alternative activities planned as required to ensure inclusion.
- Allergies will be considered in risk assessments.
- Dietary requirements will be considered for catered packed lunches.
- As appropriate (e.g. when attending a tea after a sports fixture), sports staff will notify the school to be visited that a member of the team has an allergy when arranging the fixture.
- Prior to out-of-school activities, staff will remind pupils with medical conditions, including those with allergies, to take their medication. Pupils who forget their medication will not be able to take part in the out-of-school activity.
- Parents of a child with an allergy will be consulted as required if an educational visit requires an overnight stay.
- Staff accompanying trips will be trained to recognise and respond to an allergic reaction.
- Prior to commencement of a trip or sports activity pupils are advised to inform sports staff of the location of their adrenaline auto-injector.

6.4 Risk Reducing Measures: Insect Stings

Allergic reactions to insect stings (incl. bee and wasp) cause a lot of anxiety and requires careful management.

- The school's estates team monitors the grounds for wasp or bee nests.
- Outdoor bins are covered.
- School trips and outdoor activities where there is a risk of insect bites/stings will be risk assessed.

Please refer to Anaphylaxis UK's [bee/wasp campaign](#) which promotes measures to avoid being stung.

6.5 Risk Reducing Measures: Pollen

Children who suffer from hay fever are usually able to manage their symptoms with over-the-counter antihistamines.

On days of high pollen count, doors and windows should be kept closed to avoid the potential for exposure to pollen.

6.6 Staff Training

The school is committed to training staff annually to give them a good understanding of allergens and anaphylaxis. Training may include:

- understanding what an allergy is,
- how to reduce the risk of an allergic reaction occurring,
- how to recognise and treat an allergic reaction, including anaphylaxis,
- the school's approach to allergy management,
- where adrenaline pens are kept (both prescribed pens and spare pens) and how to access them,
- the importance of inclusion of pupils with allergies, the impact of allergy on mental health and wellbeing and the risk of allergy related bullying,
- taking part in anaphylaxis drills.

Staff have the opportunity to be shown the use adrenaline auto-injectors by a member of the medical team.

7 Adrenaline Pens

7.1 Storage of Adrenaline Pens

Pupils prescribed with adrenaline pens must have access to two, in-date and clearly labelled pens at all times. Pupils are required to carry their adrenaline pen with them at all times ensuring appropriate storage. A third adrenaline pen is centrally stored in the medical room and access is ensured at all times by keeping in an unlocked and clearly marked cupboard.

- Spot checks will be made to ensure adrenaline pens are where they should be and in date.
- Adrenaline pens will be stored at moderate temperature, not in direct sunlight or above a heat source (e.g. radiators).
- Used or out of date pens will be disposed of as sharps.

7.2 Spare Pens

The school has spare adrenaline pens to be used in accordance with Department of Health's [Guidance on the Use of Adrenaline Auto-Injectors in Schools](#). These are stored:

- in the medical room,
- in the gatehouse,
- in the Sixth Form centre,
- in the dining hall and
- at the off-site sports ground (Blagdons),
- offsite at the boathouse.

The designated allergy lead and the lead school nurse are responsible for:

- deciding how many spare pens are required,
- what dosage is required, based on the Resuscitation Council UK's age-based guidance,
- which brand to buy,
- distribution around the site and clear signage.

7.3 Adrenaline Pens on School Trips and Match Days

- No child with a prescribed adrenaline pen will be able to go on a school trip or match day without two of their own adrenaline pens. It is the trip leader's responsibility to check that they have them.
- Adrenaline pens will be kept close to the pupils at all times (e.g. not stored in the hold of the coach when travelling or left in changing rooms).
- Accompanying staff will be aware of pupils with allergies and be trained to recognise and respond to an allergic reaction.

8 Responding to Allergic Reactions/Anaphylaxis

Reactions are not always linear. They do not always progress from mild to moderate to more serious; sometimes they can be life-threatening within minutes.

- Pupil's own prescribed medication will be used to treat allergic reactions if immediately available. This will usually be administered by the pupil themselves or by a trained member of staff. In an emergency **anyone** can administer adrenaline.
- If anaphylaxis is suspected, adrenaline will be administered without delay, lying the pupil down with their legs raised (if breathing is difficult, allow child to sit) as described in the graphic in Appendix 2.
- If the pupil's own adrenaline pen is not available or misfires, then a spare adrenaline pen will be used (where available).
- In exceptional circumstances, when a pupil appears to be having a severe allergic reaction (anaphylaxis) but does not have a prescribed adrenaline pen, a spare adrenaline pen can be administered for the purposes of saving a life.

The guidance from the Department of Health's [Guidance on the Use of Adrenaline Auto-Injectors in Schools](#) should be followed. Please also refer to [Be Allergy Aware and Safe a Life](#) (Anaphylaxis UK).

Anyone who has suspected anaphylaxis and received adrenaline must go to hospital, even if they appear to have recovered. A member of staff must accompany the pupil in an ambulance and stay until a parent arrives.







9. Policy Review & Approval

Policy Owner	Deputy Head: Pupils/Designated Safeguarding Lead
Date of last review	Summer 2024
Approved by	Cabinet: 11 September 2024 Pastoral Committee: tbc 2024/25
Responsible Committee	Pastoral
Date of next review	Summer 2025

Appendix I: List of Major Allergens (Food Standards Agency)

14 Allergens



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.
	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.
	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.
	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.
	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.
	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.
	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.
	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.	

Source: [Food Standards Agency – Top Allergy Types](#)

Appendix 2: Responding to Allergic Reactions/Anaphylaxis

Mild-moderate allergic reaction:

- Swollen lips, face or eyes
- Itchy/tingling mouth
- Hives or itchy skin rash
- Abdominal pain or vomiting
- Sudden change in behaviour

ACTION:




- Stay with the child, call for help if necessary
- Locate adrenaline autoinjector(s)
- Give antihistamine according to the child's allergy treatment plan
- Phone parent/emergency contact



Watch for signs of ANAPHYLAXIS (life-threatening allergic reaction):

AIRWAY:	Persistent cough Hoarse voice Difficulty swallowing, swollen tongue
BREATHING:	Difficult or noisy breathing Wheeze or persistent cough
CONSCIOUSNESS:	Persistent dizziness Becoming pale or floppy Suddenly sleepy, collapse, unconscious

IF ANY ONE (or more) of these signs are present:

1. Lie child flat with legs raised:
(if breathing is difficult, allow child to sit)   
2. Use Adrenaline autoinjector* **without delay**
3. Dial 999 to request ambulance and say ANAPHYLAXIS

***** IF IN DOUBT, GIVE ADRENALINE *****

After giving Adrenaline:

1. Stay with child until ambulance arrives, do NOT stand child up
2. Commence CPR if there are no signs of life
3. Phone parent/emergency contact
4. If no improvement **after 5 minutes, give a further dose** of adrenaline using another autoinjector device, if available.

Anaphylaxis may occur without initial mild signs: **ALWAYS use adrenaline autoinjector FIRST in someone with known food allergy who has SUDDEN BREATHING DIFFICULTY** (persistent cough, hoarse voice, wheeze) – even if no skin symptoms are present.

Source: Department of Health's [Guidance on the Use of Adrenaline Auto-Injectors in Schools](#)

Appendix 3: Useful Resources



- Allergy UK | [Schools and Early Years \(Tools and Tips\)](#)
- Anaphylaxis UK | [Be Allergy Aware and Safe a Life](#)
- Anaphylaxis UK | [Resources for Education](#)
- Department of Health | [Guidance on the Use of Adrenaline Auto-Injectors in Schools](#)
- Spare Pens in Schools | [Anaphylaxis E-Training](#)
- The Allergy Team | [Me and My Allergy](#)
- The [Allergy Team | Schools](#)