

## St. Andrews International School Samakee

Document Information			
<b>Policy Number:</b>	PO-H&S-3	<b>Created by:</b>	Headteacher
<b>Reviewed by:</b>	SLT	<b>Responsibility:</b>	All Staff
<b>Last Review:</b>	11/2023	<b>Next Review:</b>	11/2026
<b>Review Cycle:</b>	Triennial	<b>Ratified by:</b>	SLT

## Allergy Policy

### Introduction

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

### Rationale

Samakee’s position is not to guarantee a completely allergen-free environment, rather: to minimise the risk of exposure, encourage self-responsibility, and plan for an effective response to possible emergencies. The intent of this policy is to minimise the risk of any child suffering allergy-induced anaphylaxis whilst at school or attending any school-related activity.

The common causes of allergies relevant to this policy are nuts (in particular peanuts), dairy products, gluten, wheat products, eggs and seafood. 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 an effective emergency response to any allergic reaction situation. This policy applies to all members of the St Andrews Samakee School community:

- School Staff
- Parents / Guardians
- Volunteers
- Supply staff
- Children
- Visitors.

### We are a Nut Free School

St Andrews Samakee School aims to be a Nut-Free school. We aim to protect children who have allergies to nuts yet also help them, as they grow up, to take responsibility for what foods they can eat and to be aware of what may put them at risk. We do not allow nuts or nut products in our school.

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Our “Nut-Free Policy” means that children, staff, parents and visitors must not bring the following items into school:

- Packs of nuts
- Peanut butter or Nutella sandwiches
- Fruit and cereal bars that contain nuts
- Chocolate bars or sweets that contain nuts
- Sesame seed rolls (children allergic to nuts may also have a severe reaction to sesame)
- Cakes made or decorated with nuts
- Any cooked meals or Thai food for staff lunches made from nuts - eg Som Tum

We do not use nuts in any of the food prepared on-site at our school. Our suppliers provide us with nut-free products. However, we cannot guarantee freedom from nut traces; therefore, we cannot give any sweets brought in from home as birthday treats.

### What types of food are nuts?

- Almonds
- Brazil nuts
- Cashew nuts
- Hazelnut
- Nut oils
- Peanuts
- Pistachio
- Walnuts

Parents and carers must notify staff if their child has any known or suspected allergy to nuts and provide the necessary medical information. We will add this information to your child’s care plan.

The school requests that parents and carers observe the nut-free policy and, therefore, do not include nuts or any traces of nuts in food or snacks brought into school.

## Definitions

**Allergy:** A condition in which the body has an exaggerated response to a substance (e.g. food or drug). Also known as hypersensitivity.

**Allergen:** normally harmless substance that triggers an allergic reaction in the immune system of a susceptible person.

**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 inter-muscular administration.

**Minimized Risk Environment:** An environment where risk management practices (e.g. Risk assessment forms) have minimised the risk of (allergen) exposure.

**Health Care Plan:** A detailed document outlining an individual child’s condition treatment, and action plan for location of Epipen.

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### Key Strategies

#### General

- The involvement of parents, staff and the child in establishing individual Health Care Plans.
- The establishment and maintenance of practices for effectively communicating individual child medical plans to all relevant staff.
- The incorporation of allergy management strategies into the risk assessments for all school events, excursions and sporting activities.
- 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 children with severe food allergies. Parents / Guardians are requested to carefully consider eliminating allergenic foodstuffs from their child's lunch boxes and celebratory events. Nut related
- Classroom teachers promote hand washing before and after eating.
- Samakee is committed to no food and drink sharing.
- There is Age-appropriate education of the children with severe nut allergies – peanut, Dairy and Egg related
- Children with a dairy product or egg allergies are managed by the school in consultation with the parents/guardians on a case by case basis. There is Age-appropriate education of children with severe dairy/egg allergies.

#### Other allergies

- Children with allergies are managed by the school in consultation with the parents/guardians on a case-by-case basis.
- There is Age-appropriate education of children with allergies.

### Procedures and Responsibilities for Allergy Management

#### Medical Information:

Parents are responsible for providing, in writing, ongoing, accurate and current medical information to the school. The school will seek updated information via a medical form at the commencement of each calendar year.

Furthermore, any change in a child's medical condition during the year must be reported to the school.

For children with an allergic condition, the School requires parents/guardians to provide written advice from a doctor (GP), which explains the condition, defines the allergy triggers and any required medication.

Phase Leaders and Office Manager, in liaison with the School Nurse Team, will ensure that a Health care Plan (Action Plan) is established and updated for each child with a known allergy.

Teachers and teacher assistants of those children and key staff are required to review and

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familiarise themselves with the medical information.

Action Plans with a recent photograph for any child with allergies will be posted in relevant rooms with parental permission.

Where children with known allergies are participating in school excursions, the risk assessments must include this information.

Relevant sports coaches are provided with medical information for any child with a known allergy prior to undertaking the activity.

The wearing of a medic-alert bracelet is allowed by the School.

### **Medical Information (EpiPens):**

Where EpiPens (Adrenalin) is required in the Health Care Plan:

- Parents/ guardians are responsible for the provision and timely replacement of the EpiPens, in all sections of the school.
- The EpiPens are located securely in relevant locations approved by the Headteacher.