



Allergens Policy.

This policy is for Barleyhurst Park School and Barleyhurst Park Nursery.

Agreed by Governors: 10.11.2022

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Introduction:

Food allergies are a growing health concern in schools across the country. Today, more than 2 million school-aged children in this country suffer from food allergies. Medical experts agree that this number is increasing exponentially.

New statutory guidance was issued to schools in May 2014 by the Government following its landmark decision in 2013 to amend the Children and Families Act, so that from September 2014 schools in England would be legally required to provide high quality support to children with medical conditions or additional needs.

With the introduction of Universal Infant Free School Meals in September 2014 and changes to the Food Information Regulations 2013 in December 2014, it is necessary to outline our procedures for handling the service of special diets and the communication of allergen information.

Schools now need to provide information about 14 allergenic ingredients used in the foods that are provided within the school. Food allergens cannot be removed by cooking; that's why it is essential to check and ask for allergen information to make sure that the food your child eats is safe. If a child has a food allergy, the only way you can manage it is to avoid foods that make them ill.

The school recognises that a number of community members may suffer from potentially life threatening allergies to certain foods or toxins from insects. The school seeks parent, staff and pupil support towards maintaining a minimised risk environment whilst also concentrating on ensuring effective medical response to potential anaphylactic episodes.

The school position is not to guarantee a completely allergen free environment, rather to minimise the risk of exposure, encouraging self-responsibility, and plan for an effective response to possible emergencies.

The school will ensure arrangements are in place to support pupils with medical conditions and in doing so ensure that such pupils can access and enjoy the same opportunities at school as any other child. The school will focus on the individual pupil and how their medical condition impacts on their school life.



2. Allergens

Allergen information is available and easily accessible to all stakeholders for the following list of allergens:

- Celery
- Cereals containing gluten
- Crustaceans
- Eggs
- Fish
- Lupin
- Milk
- Molluscs
- Mustard
- Nuts
- Peanuts
- Sesame seeds
- Soya
- Sulphur dioxide

3. Special diets

Special diets are diets for pupils with a medically diagnosed requirement; not just a dislike of certain foods or food groups. It is our policy to provide a menu for those pupils with medically diagnosed food allergies, food intolerances or a medical condition which affects eating requirements. We understand that some people have particular sensitivities to certain foods that non-sufferers would find harmless. When someone has a food allergy, their immune system reacts to a particular food or food groups.

We recognise that severe allergies can cause life threatening reactions and that food intolerances do not involve the immune system and are not generally life threatening, but can make people feel poorly.

4. Roles and Responsibilities

Catering Service Management

- To provide alternative menus for:
 - Gluten intolerance;
 - Lactose intolerance;
 - Vegetarian;
 - Nut allergies.
- To collate and provide allergen information relating to recipes and planned menus and to communicate this to school.
- To agree any substitutions made to the school prior to delivery.
- To provide nutritional data if requested.
- To ensure ingredient specifications for all products included in menus are checked to ensure they meet the dietary requirements of the children.
- To monitor the provision of special diets, communication of allergens and compliance with this policy.
- To ensure the name of the child and the items that contain the allergen are recorded on the delivery sheet. Food is also labelled for the child.



- To communicate to serving staff and office staff all food items identified for pupils with special dietary requirements.

Parent/Carer

- To inform the school of their child's allergy or intolerance and provide supporting medical evidence relating to their child's condition. This can be provided as a letter from their GP or a consultant paediatrician, together with any information received from their dietician.
- To seek medical or dietary advice if they consider their child to have a medical condition that affects eating requirements.
- To provide as much information as possible to the child's school to assist in the provision of a suitable menu.
- To discuss the menu with their child and/or dietician to assist in making suitable choices.
- If necessary to meet with the school and catering supervisor to discuss the menu provision.

The School

- To make catering staff aware of any pupils who require a special diet or who have an allergy.
- To ensure catering staff are made aware of any relevant information that will assist in the provision of a suitable menu.
- To facilitate a meeting with the parent/carers, dietician and catering supervisor if necessary.
- To provide information regarding the pupil's dietary needs to any members of staff who will be supporting the pupil.
- To provide a suitable level of supervision for pupils when lunches are selected and served so that the welfare of the pupil is safeguarded.
- To communicate menu changes to parents/carers when these are issued by the catering provider.
- To inform the catering provider of any changes to a pupil's dietary requirements.

5. Awareness, Avoidance and Recognition

The school will promote food allergy information (including information on anaphylaxis) through PSHE, science and food technology lessons in particular with classes where a pupil has severe allergies.

Definitions

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

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

Allergic reaction - A reaction to an allergen. Common signs and symptoms include one or more of the following: hives, generalised flushing of the skin, tingling around the mouth, swelling of tissues of the throat and mouth, difficulty breathing, abdominal pains, nausea and /or vomiting, alterations in heart rate, sense of impending doom, sudden feeling of weakness, collapse and unconsciousness.



Anaphylaxis - Anaphylaxis, or anaphylactic shock, is normally a sudden, severe and potentially life threatening allergic reaction to food, stings, bites, or medicine, although a delayed reaction is possible in certain cases.

EpiPen - Brand name for syringe style device containing the drug adrenaline which is ready for immediate intramuscular administration.

Minimised Risk Environment - An environment where risk management practices have minimised the risk of allergen exposure to a reasonable level. Not an allergen free environment.

Management System - A record system managed by the person in charge which describes the individual student medical care plans and the particular members of staff who will need to be trained and informed of these plans.

Individual Health Care Plan (IHCP) - A comprehensive plan for the care of children with special health needs, including food allergies and action plan for the location of EpiPen

Nut Related Aspects

If the school is aware of a pupil who suffers a nut allergy, the school lunch caterer will be made aware of our policy and will be requested to eliminate nuts and food items with nuts as ingredients from meals as far as possible. This does not extend to those foods labelled "may contain traces of nuts". The catering at the school does not knowingly use any nut products in any of their menus.

Pupils are encouraged to self-manage their allergy as far as possible in preparation for life after school where nut-free environments are rare.

Dairy and Egg Related Aspects

Pupils with dairy product or egg allergies are managed by the school in consultation with the parents on a case by case basis.

Insect Related Aspects

Diligent management of wasp, bee and ant nests on school grounds and proximity. This must include the effective system for staff reporting to management, and a system of timely response to eradicating nests.

Latex Related Aspects

If a pupil is allergic to latex they should avoid contact with some everyday items including rubber gloves (unless latex free), balloons, pencil erasers, rubber bands, rubber balls and tubes and stoppers used for science experiments.

Recognition

- Impaired breathing: this may range from a tight chest to severe difficulty.
- There may be a wheeze or gasping for air.
- Signs of shock.
- Widespread blotchy skin eruption.
- Swelling of the tongue and throat.
- Puffiness around the eyes.
- Anxiety.