



FOOD ALLERGY AND INTOLERANCES POLICY

This policy has been approved by the Board of Trustees with reference to the academy's Equality Policy. The aims of the Equality Policy are to ensure that Plume Academy meets the needs of all, taking account of gender identity, ethnicity, culture, religion, language, sexual orientation, age, ability, disability, and social circumstances. It is important that in this academy we meet the diverse needs of students to ensure inclusion for all and that all students are prepared for full participation in a multi-ethnic society

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Approved by the Executive Senior Leadership Team who have delegated authority by the Board of Trustees		Approved: May 2025

Introduction:

This policy is a whole academy approach to the health care and management of those members of Plume Academy suffering from specific allergies.

Children who attend the academy may suffer from food, bee/wasp sting, animal or nut allergies and we believe that all allergies should be taken seriously and dealt with in a professional and appropriate way.

The academy's position is not to guarantee a completely allergen free environment, rather: to minimise the risk of exposure, encourage self-responsibility, and plan for effective response to possible emergencies.

The Statutory Framework states that the provider must obtain information about any dietary requirements/allergies. As such parents are asked to provide details of allergies in the child's Enrolment Form, which is submitted before starting at the academy.

AIM:

The intent of this policy is to minimize the risk of any child suffering allergy-induced anaphylaxis whilst at the academy.

The underlying principles of this policy include:

- The establishment of effective risk management practices to minimise the student, staff, parent and visitor exposure to known trigger foods and insects.
- Staff training and education to ensure effective emergency response to any allergic reaction situation. This policy applies to all members of Plume academy:
- School Staff
- Parents / Carers
- Visitors
- Students

DEFINITIONS

Allergy – A condition in which the body has an exaggerated response to a substance also known as hypersensitivity.

Allergen – A 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.

PROCEDURES AND RESPONSIBILITIES FOR ALLERGY MANAGEMENT General

- The involvement of parents and staff in establishing individual Health Care Plans.
- The establishment and maintenance of practices for effectively communicating a child's healthcare plans to all relevant staff.
- 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 the children with severe food allergies. Medical Information
- The academy will seek updated information via medical form at the commencement of each academic year. Any change in a child's medical condition during the year must be reported to the academy by parents/ carers.
- For students with an allergic condition, the academy requires parents / carers to provide written advice from a doctor (GP), which explains the condition, defining the allergy triggers and any required medication.
- The SENCO will ensure that a Health Care Plan is established and updated for each child with a known allergy.
- Staff are required to review and familiarise themselves with the medical information.
- Where students with known allergies are participating in academy excursions, the risk assessments must include this information.
- The catering database will be updated with students and staff allergies. MEDICAL INFORMATION (EPIPENS) Where Epipens (Adrenalin) are required in the Health Care Plan:
- Parents/ guardians are responsible for the provision and timely replacement of the Epipens.
- The Epipens are located securely in relevant locations approved by the Headteacher

The Catering Staff are also responsible for:

- Using only authorised suppliers and being the controlling point and contact for all purchases of food stuffs for School catering.
- Ensuring suppliers of all foods and catering suppliers are aware of the academy's food allergy policy and the requirements under the labelling law.
- Ensuring suppliers of food stuffs are nut free or labelled 'may contain nuts'.
- Being aware of pupils and staff who have such food allergies and updating this training every three years. All staff must be informed of this during their in-house induction training. Clear labelling of items of food stuffs that may contain nuts.

The Food Technology Department does not provide nuts or nut oils as ingredients for practical work and avoids foods containing nuts when taste testing. When alerted to students with other food allergies/intolerances, careful consideration will be given to the viability of the foods in question.

Food Technology and all dining outlets aim to accommodate students with allergies/intolerances other than those concerning nuts.

PARENTS ROLE

Parents are responsible for providing, in writing, ongoing accurate and current medical information to the academy.

Parents to send a letter confirming and detailing the nature of the allergy, including:

- The allergen (the substance the child is allergic to)
- The nature of the allergic reaction (from rash, breathing problems to anaphylactic shock)
- What to do in case of allergic reaction, including any medication to be used and how it is to be used.
- Control measures – such as how the child can be prevented from getting into contact with the allergen. If a child has an allergy requiring an EpiPen, or the risk assessment deems it necessary, a "healthcare plan" must be completed and signed by the parents.

It is the responsibility of the Parent to provide the school with up-to-date medication/equipment clearly labelled in a suitable container. In the case of life saving medication like EpiPens the student will not be allowed to attend school without it.

Parents are also required to provide up to date emergency contact information. Parents should liaise with academy about appropriateness of any food-related activities (e.g. cooking)

STAFF ROLE

Staff are responsible for familiarising themselves with the policy and to adhere to health & safety regulations regarding food and drink. If a student's Enrolment Form states that they have an allergy, then a "healthcare plan" if appropriate is needed. It must be in place before the student starts attending school.

A risk assessment should be carried, and any actions identified to be put in place. The Assessment should be stored with the student's healthcare plan. All Staff who come into contact with the student will be made aware of what treatment/ medication is required by the SENCO and where any medication is stored.

Natasha's Law:

Natasha's Law is to help anyone with a food allergy or intolerance make safe food choices. This is following the death of teenager Natasha Ednan-Laperouse, who had an allergic reaction to an undeclared ingredient in a baguette that was pre-packed on-site.

Plume Academy will uphold its duty to list ingredients on food that is 'pre-packed for direct sale' (PPDS) from all catering outlets at all academy premises. This covers food that is:

- Packaged at the academy in the absence of the purchaser, **and**
- In packaging before it's selected or ordered by pupils or staff

This is outlined in the Food Information (Amendment) (England) Regulations 2019.

Examples of common food that falls into this category include:

- Pots of fruit or breakfast pots
- Packaged sandwiches or salad boxes
- Pre-packaged burgers/ wraps etc
- Boxes of chips or chicken nuggets placed under a hot lamp in anticipation of a lunchtime rush
- Packed lunches provided for trips and visits etc

The package, or label attached to the package, must include:

- Name of the food
- List of ingredients
- The 14 allergens required to be declared by law, emphasised within it

Advice from parents/carers regarding the specific needs of their child is seen as invaluable

In the case of a student with multiple or unusual allergies, Plume Academy may require the parent/carers to provide lunches and snacks to ensure the student's safety.

Plume Academy will continually attempt to avoid serving food with nuts but cannot guarantee that products with nuts will never be present. Likewise, Plume Academy cannot monitor products sold at events attended by students off campus or served on trips. Therefore, students with severe food allergies must carefully monitor their food in these situations.

Further information is available at www.anaphylaxis.org.uk

Policy & Procedure Guidance for Supporting Students with Medical Conditions

Parents/carers should refer to the above policy for advice. In particular, the policy states:

- *The level of support needed, (some children will be able to take responsibility for their own health needs), including in emergencies. If a student is self-managing their own medication, this should be clearly stated with appropriate arrangements for monitoring. **NB:** Students are not allowed to carry their medication on them unless it is an EpiPen/jext or asthma inhaler.*
- *It is the responsibility of parents/carers to ensure that medication is in date. When medicines are out of date, parents/carers are informed to collect/replace this. Parents/carers will be informed by phone if an EPI pen/asthma pump is out of date, as these may need to be replaced more urgently.*