



# St John's Beaumont Preparatory School

## Allergies Policy

### Introduction

Pupils at SJB have a variety of allergies, ranging from mild hay fever to those leading to an anaphylactic reaction. St John's Beaumont is an allergen-aware school.

### Identifying Pupils with Known Allergies

Prior to starting at SJB, pupils are required to submit a medical form. This includes a section to record known allergies, symptoms and usual treatment. Parents are asked to keep the school nurse informed of any changes.

### The School Environment

Parents are often worried about their child being exposed to an allergen at school and if staff are able to respond appropriately. St John's Beaumont is an allergen-aware school and aims to provide a nut-free environment; all on-site catering (including packed snacks/lunches) is free from whole nuts, peanuts or nut-derived ingredients. The Catering Manager and her team can cater for a wide range of food allergies and dietary requirements.

Parents are encouraged to contact the nurses or Catering Manager to discuss their worries so these can be addressed, with the aim of parents and guardians feeling reassured that all steps possible are taken to ensure their child's safety.

### Food Brought onto School Premises

It is not necessary for pupils to bring food from home for consumption during the school day (unless this has been medically approved). If parents are required to provide a snack for consumption at school, it must be free from nuts, peanuts and nut-derived ingredients. Parents must instruct their child not to share their food with other pupils. Staff who have requested snacks to be brought in will supervise the pupils during eating wherever practical.

Full boarders may bring tuck for consumption at the weekend as outlined in the Boarding Handbook. Any food containing nuts will be removed.

Food brought into school for events, such as cake sales and baking competitions must be accompanied by a clear list of ingredients. Such food **MUST NOT** contain nuts, peanuts or nut-derived ingredients. This also applies to food brought to school by staff with the intention of sharing with colleagues.

### Birthday Cakes / Treats

Celebrating your child's birthday is an important part of their journey through the school. Parents wishing to provide a birthday cake or similar treats for their child to share with their class are welcome to congregate briefly by the front field near the tennis courts for this. The parents of the intended recipients can check with the providing parent that the cake is suitable for their own child. In School, pupils' birthdays are celebrated with their class by singing Happy Birthday in their class, at lunchtime or during break time depending on their year group. School staff will not hand out cakes and treats sent into school.

With the advent of parent / class groups on various platforms, such as WhatsApp, this is often the most efficient way for parents to check if classmates have known allergies and provide a suitable alternative if they wish.

Boarding pupils will have a cake provided by the catering team.

### **School Trips / Activities / Fixtures**

In the majority of cases, snacks and packed lunches are provided by the school and are in line with this policy. Food for pupils with other known allergies, e.g. dairy, will be provided in clearly named bags. If pupils are required to provide their own food and drink for trips, it must be free from whole nuts, peanuts or nut-derived ingredients. Pupils should not share their food with others.

If the venue is providing food for pupils or the activity involves handling food, such as on residential trips or a visit to a pizzeria to make pizzas, the trip leader will contact the venue (and tour operator if applicable) in good time to inform them of known dietary allergies and requirements.

A risk assessment is completed for school trips and activities. This will identify pupils with known allergies, those who require adrenaline auto-injectors (AAI) and highlight whether the activity is suitable. Pupils without their prescribed AAI may not attend trips or off-site fixtures. Staff will be alert to unexpected exposure to allergens during the trip or activity and respond proactively.

### **Sharing Information with Staff**

By signing the admission medical form, parents / guardians agree to information concerning their child's health being shared with other staff and health care professionals if it is necessary to maintain health or for reasons of safety.

Declared allergies and alerts are applied to individual pupil records on SchoolBase and accessible to all staff. Dietary requirements and food allergies are sent to the Catering Manager and often discussed for clarity. Parents / guardians may contact the Catering Manager directly as she is best placed to discuss dietary allergies.

### **Pupils with Prescribed Adrenaline Auto-Injectors**

The parents / guardian of pupils identified as having a prescribed AAI are contacted by the nursing team and asked to complete an Allergy Action Plan. This plan is displayed on the noticeboard in the staff Common Room and all staff are made aware via email. Parents / guardians are asked for written consent to administer a generic AAI according to criteria set out in the Infirmary Medication Management Policy.

### **Treatment of Allergic Reactions**

Allergic reactions are treated with hydrocortisone 1% cream (for localised skin reactions, such as insect bites) or an oral antihistamine.

Boarding pupils with known mild ongoing reactions, such as hay fever, will receive regular antihistamine medication (seasonally). Day pupils may provide antihistamine medicine to be given when accompanied by written parental instructions. It is advised that parents seek advice from a pharmacist or GP and obtain a once-a-day or twice-a-day antihistamine that can be administered before and after school.

### **Staff Training**

In addition to First Aid training organised by the Bursar for some staff, practical awareness sessions, including the administration of AAIs and inhalers, are delivered throughout the academic year by the nursing team (following appropriate training). Emphasis is placed upon pupils not being exposed to allergens in the first place, staff being aware of pupils with allergies and assisting pupils to carry AAIs around school and when off site (such as trips and fixtures).

<b>Policy Owner:</b> L Walsh Lead School Nurse	<b>Circulation:</b>	<b>Review Date:</b> September 2023  Updated February 2024 by L Walsh	<b>Approved by</b> <b>SLT/ Governing</b> <b>Council:</b>	<b>Date of next</b> <b>review:</b> September 2024
---	---------------------	--	--	---

