



## **ANAPHYLAXIS POLICY**

This policy applies to the whole school including the EYFS

### **Introduction**

This policy has been written with the advice from the Department for Education and Employment, the Anaphylaxis Campaign and the School Health Service.

St Piran's School recognises that anaphylaxis, an extreme allergic reaction, can occur in school children and welcomes any child with anaphylaxis. St Piran's School encourages children with anaphylaxis to achieve their potential in all aspects of school life by having a clear policy that is understood by school staff and pupils. As such we endeavour to maintain a 'nut free' environment at the school.

### **Medication and control**

In the majority of cases, children with anaphylaxis go through the whole of their school lives without incident. The most common cause is food, in particular nuts, fish and dairy products but also wasp and bee stings. Medication includes antihistamine or adrenaline injection, depending on the severity of the reaction.

Immediate access to an adrenaline injection device (Epipen/Jext) is vital. These are allocated to the children to whom they are prescribed. Parents are asked to ensure that the school is provided with two labelled Epipen/Jext which must be in date. This will be kept in the medical room. Epipen/Jext for children in the Nursery and Reception are held in the Nursery and Reception Departments respectively. Whenever the child leaves the school for any sporting or educational purpose the nurse will ensure the Epipen/Jext is placed in the medical bag accompanying them.

### **Training**

Training or refresher usage of an Epipen/Jext usage can be given at any time by our school nurses. It will also be addressed annually from an appropriate health professional on an inset day.

### **Record Keeping**

When a child joins the School, the parents are asked to tell the School if their child suffers from anaphylaxis for inclusion in the School Medical Register. They will be required to complete an Individual Healthcare Plan & provide permission to administer prescribed medication in the event of a severe allergic reaction.

## **School Environment**

The school does all that it can to ensure that children with anaphylaxis do not come into contact with allergens and seeks to minimise the risks whenever possible. The school provides lists of all children known to suffer with severe allergic reactions. These can be found in the medical room & all areas where food is served or prepared.

St Piran's School has a nut free policy and requests that parents do not send packed lunches for trips containing any nut related foods.

## **Symptoms of Allergic Reaction**

Staff are made aware that one or more of the following symptoms and signs will usually appear within seconds or minutes after exposure to the allergens:

- **Mild reaction**
  - Urticaria (nettle rash) over face or whole body and itching
  
- **Severe reaction (anaphylaxis)**
  - A metallic taste or itching in the mouth
  - Swelling of lips, tongue, throat or face
  - Difficulty in swallowing
  - Flushed complexion
  - Abdominal cramps and nausea
  - A rise in heart rate
  - Wheezing or difficulty breathing
  - Collapse or unconsciousness

## **Procedures to be followed in the event of an allergic reaction**

1. Mild reaction: antihistamine and observation.
2. Severe reaction: administer an adrenaline injection as soon as possible per medication instructions on the packaging & call an ambulance immediately.

**Reviewed by:** School Nurses

**Date:** 21 April 2026

**Next Review Date:** April 2027