Holy Trinity EYFS
Allergy Policy
September 2026

Purpose:
This policy outlines our approach to identifying, managing, and responding to allergies to ensure the health and safety of all children in our care. We are committed to creating a safe environment where all dietary, medical, and environmental allergies are taken seriously and managed effectively.

'Allergy is the response of the body's immune system to normally harmless substances such as foods, pollen and house dust mites. Whilst these substances (allergens) may not cause any problems in most people, in allergic individuals their immune system identifies them as a 'threat' and produces an inappropriate response. This can be relatively minor, such as localised itching, but it can be much more severe causing anaphylaxis which can lead to upper respiratory obstruction and collapse. Common triggers are nuts and other foods, venom (bee and wasp stings), drugs, latex and hair dye. Symptoms often appear quickly and the 'first line' emergency treatment for anaphylaxis is adrenaline which is administered with an Adrenaline Auto-Injector (AAI)' (www.allergyuk.org).

Aim

At Holy Trinity EYFS we are aware that children and adults can have allergies which may cause allergic reactions. This policy has been created to ensure allergic reactions are prevented where possible and minimised. All staff will be made aware via Blossom/Ovivio and allergy posters which will be displayed at key places within the EYFS of any individual (child or staff member) with an allergy and how to support them if they have an allergic reaction. This Policy recognises that it is important that individuals are not stigmatised or discriminated against in any way at our setting due to their allergy. For example, they should not be separated at mealtimes or excluded from activities (unless this has been specified in an Individual Healthcare Plan). Drawing attention to the allergy in this way could result in allergy bullying from others, so inclusivity and overall awareness amongst individuals is vital.

Working in Partnership with Parents

- Information will be passed on by parents from the registration form regarding allergic reactions and allergies and must be shared with all staff at Holy Trinity EYFS
- Room Leaders in conjunction with a member of the Inclusion team must carry out a full Allergy Risk Assessment Procedure with the parent/carer prior to the child starting Holy Trinity EYFS. This information must then be shared with all relevant staff through 'Provision Map'.
- The Nursery staff, Aspin Caterers, kitchen staff and parents will work together to ensure a child with specific food allergies receives appropriate food at Holy Trinity EYFS . This may include designing an appropriate menu or substituting specific meals on the current menu.

- Parents must keep their child at home for 48 hours after receiving the first dose of any newly prescribed antibiotic. This enables parents/carers to monitor for any signs of an allergic reaction before the child returns to the setting.
- Parents will need to provide two labelled, in-date AAIs (Adrenaline Auto Injectors) and details of how this medication should be stored.
- It is the parents' responsibility to inform Holy Trinity EYFS of any medication expiry date, however staff will ensure they are aware of the expiry date, and this information will be on the allergy register
- Staff at Holy Trinity EYFS will return all expired allergy medication to parents for safe disposal
- A member of the management team will instruct the child's key worker to make themselves known to parents and in the event of staff absence a member of the team who knows the child will take over as key worker temporarily

Inclusion/EYFS management responsibilities

Nursery Manager and EYFS Lead: Mel Wright

EYFS Inclusion/SEND Lead: Cheryl Meddins

- An allergy register will be kept in the EYFS office and kitchen and updated accordingly, this information is stored on Blossom/Ovivio.
- An allergy/medical list (with photographs of the individual's so they can be identified) will be displayed in and outside of the kitchen or eating area
- Create and invite parents to contribute to a child's Individual Healthcare Plan. Discuss whether children can have ingredients such as "May Contain" and include this on the plan.
- Ensure children are supervised while eating with a member of staff facing children
- Liaise with staff on any updates or changes to an allergy communicated from parents, or the Individual Healthcare Plan
- Ensure staff are made aware of the signs and symptoms of a possible allergic reaction in case of an unknown or first reaction in a child or individual. These may include a rash or hives, nausea, stomach pain, diarrhoea, itchy skin, runny eyes, shortness of breath, chest pain, swelling of the mouth or tongue, swelling to the airways to the lungs, wheezing and anaphylaxis
- Ensure staff are aware of any associated conditions of the allergy, e.g. asthma
- Ensure staff are Paediatric First Aid trained and that there is always at least one PFA trained member of staff in each room. A list of PFA trained staff should be displayed.
- Ensure all staff complete Kitt Medical allergy awareness and Adrenaline Auto-Injector (AAI) training and complete refresher training as required.
- Keep a record of staff training in administering medication
- Communicate with staff on allergy responsibilities
- Communicate to staff on measures to reduce the risk of an allergic reaction (allergy avoidance)
- Ensure that the setting kitchen staff are in contact with food suppliers as ingredients may change
- Inform staff if a child has an allergy that will cause an allergic reaction, or require medication and that any medication required is labelled, stored correctly and in-date

Staff responsibilities

- Liaise with Nursery/ EYFS Inclusion lead on any updates or changes to an allergy communicated from parents

- Catering staff and Academy Staff will endeavour to prepare food for a child with a specific allergy in an area which avoids cross contamination and is served on equipment that has not been in contact with this specific food type
- Adults supervising activities must ensure that suitable medication, including AAIs, is always on hand for the management of anaphylaxis. This includes activities at Holy Trinity EYFS sporting events, trips and excursions outside of the Academy. If the child has been prescribed AAIs, at least one person trained in administering the device must accompany the setting party.
- Insect sting allergy causes a lot of anxiety and needs careful management. Children need to take special care outdoors and making sure any food or drink is covered where appropriate
- Inform staff and setting manager if you have an allergy that will cause an allergic reaction, or require medication and that any medication you require is labelled, stored correctly and in-date

Procedure in the event of an allergic reaction (child)

- • If a child has an allergic reaction to food, a bee sting, plant etc., a trained member of staff will act promptly and administer the appropriate treatment. Parents must be informed and the incident recorded.
- If emergency adrenaline is required, a trained member of staff will administer the child's prescribed AAI or, where appropriate, the emergency AAI supplied through Kitt Medical in accordance with training and if applicable the child's Individual Healthcare Plan.

A member of staff will summon an ambulance immediately. (An ambulance should always be called if an EpiPen, or similar has been administered) and parents contacted.

Procedure in the event of an allergic reaction (adult)

If an adult has an allergic reaction they must inform the nearest colleague where their medication is and administer it themselves where necessary. An ambulance will need to be called and next of kin informed. All other staff must remain calm and offer reassurance (Contact details of next of kin kept in the SLT office)

Links with other Policies

- Medicine and Illness Policy
- Child protection and Safeguarding Policy
- Working with Parents Policy
- Health and Safety Policy

Please see below for further information:
www.gov.uk/government/publications/supporting-pupils-at-school-with-medical-conditions--3
www.allergyuk.org

Review date: Sept 2027, or in response to statutory changes.

POLICY AMENDMENTS – 2026

Benedict's Law: Holy Trinity EYFS is committed to implementing the principles of Benedict's Law by maintaining robust allergy management procedures, ensuring all staff receive appropriate allergy awareness and emergency response training, promoting early identification of allergies, maintaining accurate Individual Healthcare Plans, and ensuring children with allergies can participate safely and fully in nursery life.

Kitt Medical: Holy Trinity EYFS is enrolled with Kitt Medical, who provide emergency Adrenaline Auto-Injectors (AAIs) for the setting. All emergency AAIs will be readily accessible. All staff will receive allergy awareness and AAI training through Kitt Medical. Where children have been prescribed their own AAI, parents must continue to provide their child's prescribed medication unless otherwise agreed in their Individual Healthcare Plan.

Additional Inclusion Team Responsibilities:

• Ensure allergy information is reviewed regularly and after any allergic reaction.

• Ensure Individual Healthcare Plans are reviewed at least annually or sooner if medical advice changes.

• Ensure emergency medication is readily accessible at all times.

• Promote an allergy-aware environment while avoiding unnecessary exclusion.

Appendix A – Ladybirds (Baby Room)

• Introduce new foods in partnership with parents.

• Closely supervise babies during meals and snacks.

• Follow safe weaning guidance and minimise cross-contamination.

• Recognise age-appropriate signs of allergic reaction including flushing, swelling, vomiting, coughing, wheezing or becoming pale/floppy.

• See parental consent form for administration of emergency AAI in a life saving situation

Emergency Adrenaline Auto-Injector (AAI) Consent Form – Ladybirds Baby Room

Dear Parent/Carer,

The safety and wellbeing of every child in our care is our highest priority.

Ladybirds Baby Room operates under a **separate Ofsted registration** from the main academy. As a result, the provisions of **Benedict's Law**, which allow schools to hold spare emergency Adrenaline Auto-Injectors (AAIs), do not apply directly to the baby room.

However, Ladybirds is an integral part of our academy provision, with close operational links to the main school. The academy holds a supply of emergency Adrenaline Auto-Injectors under Benedict's Law for use within the school. In the event of a life-threatening allergic emergency occurring in the baby room, and where it is considered clinically appropriate, these emergency AAIs may be accessed by appropriately trained staff.

As the spare AAIs are held under the academy's arrangements rather than specifically for Ladybirds, we are seeking your explicit written consent for their emergency use should such an exceptional circumstance ever arise. The academy currently holds:

Two 150 microgram (150 mcg) Adrenaline Auto-Injectors.

These devices would **only ever be used in a genuine medical emergency where a child is believed to be experiencing anaphylaxis (a severe allergic reaction) and immediate treatment is required to preserve life while emergency medical services are on their way.** Staff will immediately call 999 and follow the academy's emergency procedures. Every effort is made to identify children with known allergies, ensure appropriate care plans are in place and that any prescribed medication is available. The use of a spare emergency AAI would only be considered in exceptional circumstances where trained staff believe it is necessary to protect a child's life.

Parent/Carer Consent

I confirm that:

- I give permission for appropriately trained members of staff to administer one of the academy's spare emergency AAIs to my child **if they believe my child is experiencing a life-threatening anaphylactic reaction and immediate treatment is required in the best interests of my child.**
- I understand that emergency services (999) will be called immediately following the administration of an AAI and that I will be informed as soon as possible.
- I understand that any decision to administer an emergency AAI will be made by trained staff acting in accordance with their training, the academy's emergency procedures and in the best interests of my child.

Child's Name: _____

Date of Birth: _____

Most Recent Weight: _____ kg **Date Weight Recorded (if known):** _____

Parent/Carer Declaration I have read and understood the information above and give consent for appropriately trained members of staff to administer one of the academy's spare emergency Adrenaline Auto-Injectors to my child in a life-threatening emergency if they believe this treatment is necessary.

Parent/Carer Name: _____

Relationship to Child: _____

Signature: _____

Date: _____

Contact Telephone Number: _____

If your child has a diagnosed allergy or has been prescribed an Adrenaline Auto-Injector, please ensure that:

- The nursery is informed of all known allergies.
- An up-to-date Allergy Action Plan is provided.
- Your child's prescribed medication is supplied to the nursery and remains in date at all times.

If you have any questions regarding this consent or our allergy procedures, please speak to the Nursery Manager or a member of the academy leadership team.