



Gosfield School

Anaphylaxis Policy

Whole School, including EYFS

Anaphylaxis

Anaphylaxis is a severe, rapidly progressive allergic reaction that is potentially life threatening and which always requires an emergency response. The most common allergens in school-aged children are peanuts, eggs, cow's milks, fish and shellfish. Adrenaline given through an adrenaline auto-injector (AAI) such as an EpiPen into the muscle of the outer thigh is the most effective first aid treatment for anaphylaxis.

Symptoms of anaphylaxis can include:

- Difficulty in swallowing or speaking
- Difficulty in breathing
- Swelling of the throat and mouth
- Hives or flushing of the skin
- Abdominal cramps, nausea and vomiting
- Sudden feeling of weakness (drop in blood pressure)
- Alteration in heart rate
- Anxiety and panic
- Collapse and unconsciousness

Policy Statement

Gosfield School encourages pupils with allergies to lead as normal a school life as possible. Pupils who may experience anaphylaxis present a challenge to any school, however with sound precautionary measures school life may continue as normal for all concerned.

Approach, Procedures and Practice

Gosfield School will:

- Ensure that pupils diagnosed with allergies are made to feel welcome at the School.
- Strive to ensure that the School environment is favourable to pupils with allergies.
- Maintain a list of all pupils with allergies and their individual care plans and allow staff access to this information. Care plans are completed by parents and Medical Centre staff and updated annually. Personal data provided for use in care plans will be safeguarded and processed in accordance with the School's Data Protection Policy.
- Ensure that the school provides recent photographs of pupils with allergies to be displayed in appropriate areas of the School.
- Provide annual training to staff on what anaphylaxis is and the action to be taken in the event of a pupil having an anaphylactic reaction (including demonstrations on how to use an AAI) and all teachers attending trips.
- Inform parents that it is their responsibility to provide a spare AAI and any other prescribed medication (which will be kept in the First Aid Room) and to update them as and when they expire.

- Will send reminder email to parents via email prior to their child's AAI expiry date asking for a new one to be obtained and supplied to the School.
- Will inform parents of the importance of updating the School with any changes in treatments or conditions via the requested annual medical update questionnaire for parents to confirm allergens at the start of each academic year. This includes the request and requirement of a new care plan being submitted for each anaphylactic pupil.

Recent photographs of children with anaphylaxis will be displayed in appropriate places throughout the school. Two AAI's for each child with anaphylaxis are kept in the office as necessary. It is the responsibility of staff to take two AAI's with the pupil when they are leaving to take part in an activity outside of school. Prep School and Senior School pupils require two AAI's to be kept in school, one is kept in the Prep or Senior Office and one is kept in the First Aid Room. Pupils are not expected to carry their own AAI's in Years 3, 4, 5 and 6. At the end of Year 6 the First Aider will prepare pupils to start carrying their own AAI's, parents are emailed to reinforce this and to be made aware of their transition and expectations in the Senior School.

It is the responsibility of the pupil to always carry their own labelled AAI and any related medications with them in the Senior School.

Trips

It is a requirement that all staff attend an anaphylaxis training session before they take a pupil who is known to be at increased risk of anaphylaxis on a day or residential trip. These sessions are mandatory and must be attended at least annually. When completing a risk assessment form for a trip the trip leader must confirm that all members of staff going on the trip have done this training. It is the responsibility of the member of staff leading a trip to ensure that they are two AAI's for each pupil at increased risk of anaphylaxis.

If a pupil is not in possession of their own unexpired AAI's they will not be allowed to go on the trip, with the exception of the Prep School where the trip leader carries both AAI's from the Junior School Common Room and the Medical Centre.

Residential Trips

For all pupils attending a residential trip, a Zoom call is organised prior to the trip departure with the parent / guardian, Trip Lead, Nurse and the Head of Outings and Expeditions. This is only required for the first residential trip unless there are significant changes at any time subsequent to that meeting. A risk assessment is devised and agreed by all parties. For any residential trips that are outside of term time the School requires that pupils (irrespective of Year group) bring 2 AAI's and antihistamines from home for the trip so that the School retains an in-date AAI at the School when term recommences.

Away Fixtures

Pupils are required to bring two unexpired AAI's from home for ALL away games, and antihistamines. Pupils who are not in possession of these will not be allowed to go to away matches or other sporting competitions.

Spare Adrenaline Auto-Injectors (see letter from MHRA:

<https://www.gov.uk/government/publications/clarification-of-adrenalineautoinjector-guidance-for->

schools) AAI's are used in the emergency management of anaphylaxis. Pursuant to the Human Medicines (Amendment) Regulations 2017 schools can obtain spare AAI's without a prescription. Subject to the following provisions, spare AAI's can be used in an emergency:

- where a pupil is known to be at risk of anaphylaxis, provided medical authorisation and written parental consent have been obtained (and are included in a pupil's care plan);
- where included in the BASCI allergy plan;
- if a pupil's own prescribed AAI is not immediately available, e.g., because it is broken, out of date, has misfired or been wrongly administered. If anaphylaxis is suspected but the pupil does not have a prescribed adrenaline pen or Allergy Action Plan, lie the pupil down with their legs raised, call 999 and explain anaphylaxis is suspected. Inform the operator that spare adrenaline pens are available and follow instructions from the operator. The MHRA says that in exceptional circumstances, a spare adrenaline pen can be administered to anyone for the purposes of saving their life.

Spare AAI's are located at the following locations:

- First Aid Room, Office, Pavilion, Sports Centre, Prep, and Kindergarten

New parents

New parents are required to notify the School of their child's anaphylaxis diagnosis via the Medical Questionnaire before they start at the School. Parents are required to complete the British Society for Allergy & Clinical Immunology (BSACI) individual care plan. Parents must provide one spare AAI and any other required medication at the start of term. All items must have the prescription label with the pupil's name and instructions for administration.

Nut Awareness Policy

The School does not support a blanket ban of any particular allergen, because it could not guarantee a truly allergen free environment. Instead, we advocate a culture of allergy awareness and education and have procedures in place to minimise the risk of an allergic reaction occurring. However, foods that do, or may contain nuts are not served by our catering department and parents and pupils are encouraged to bring nut free snacks into school. Peanuts and tree nuts are only one of many allergens that could affect pupils and as such, our catering provides information about any of the 14 major food allergens when they are used as ingredients in the food and drink provided.

Ratified by the Governing Council of Gosfield School

Signed K. Makarauff Chair of Governors Date 14.9.26

Signed [Signature] Principal Date 14/9/26

Date of next review – September 2028

