Food Allergy
&
Anaphylaxis Policy

KEREM SCHOOL

Approved by:	Safeguarding and Wellbeing Committee	**Written:**	May 2026
Last reviewed on:	August 2026	**Next review due :**	August 2027

KEREM SCHOOL

(This policy also applies to the Early Years Foundation Stage)

Food Allergy & Anaphylaxis Policy

Contents:

1. POLICY AIMS & PRINCIPLES

Kerem School and the Early Years Unit (EYU) are committed to providing a safe, inclusive and supportive environment for all pupils, including those with food allergies and intolerances. We recognise that food allergies can range from mild discomfort to life-threatening anaphylaxis, and that robust procedures, clear communication and trained staff are essential to keeping all children safe.

This policy sets out how Kerem School and the EYU will identify, manage and respond to food allergies across all settings and activities. It has been prepared by MG Consultants and reflects the requirements of Benedict's Law (mandatory from September 2026), Natasha's Law (in force since October 2021), the Food Standards Agency's updated allergen guidance (March 2025) and the statutory framework under the Children and Families Act 2014.

The aims of this policy are to:

- Reduce the risk of a pupil experiencing a severe allergic reaction while in the school's care.
- Ensure all staff are trained to recognise the symptoms of an allergic reaction and respond promptly and correctly.
- Ensure that adrenaline auto-injectors (AAIs) are held on site as required by Benedict's Law.
- Provide clear allergen information for all food served or prepared on school premises.
- Maintain accurate, up-to-date records of every pupil's allergies, dietary requirements and Individual Healthcare Plans (IHCPs).
- Foster an inclusive environment in which pupils with allergies are not excluded from meals, activities or social occasions.
- Educate pupils, staff, families and the wider school community about food allergy awareness and management.
- Ensure compliance with all current and forthcoming legislation relating to food allergens and allergy safety in schools.

2. LEGAL FRAMEWORK

Legislation / Guidance	Summary of Relevance
Children and Families Act 2014, Section 100	Requires schools to support pupils with medical conditions, including food allergies, so that they can participate fully in school life. Individual Healthcare Plans (IHCPs) are the primary mechanism for doing so.
Food Safety Act 1990	All food served on school premises must be safe to eat, of the nature and quality expected, and not falsely described or mislabelled.
Food Information Regulations 2014 (as amended)	Requires all food businesses — including school caterers — to provide allergen information for all 14 major allergens in food served or sold on the premises.

Legislation / Guidance	Summary of Relevance
Food Information (Amendment) (England) Regulations 2019 — Natasha's Law (in force October 2021)	Requires full ingredient and allergen labelling on all food pre-packaged for direct sale (PPDS) on the premises. Applies to school-made sandwiches, snacks, cakes and similar items packaged before the pupil selects them.
FSA Allergen Guidance for Schools (updated March 2025)	Encourages provision of written allergen information for all non-prepacked (loose) food served to pupils. Schools should display allergen information or make it available on request.
Mandatory Guidance on Supporting Children with Allergies in Schools — Benedict's Law (from September 2026)	Requires all schools in England to: (1) have a documented, dedicated allergy policy; (2) stock spare adrenaline auto-injectors (AAIs) for emergency use; (3) provide compulsory allergy awareness training for all staff. This supersedes the previous non-statutory advice.
Human Medicines Regulations 2017 (Amendment)	Allows schools to purchase AAIs without a prescription for use in emergencies on pupils who require them. AAIs may be used on any child if a doctor confirms it is appropriate for them.
Health and Safety at Work etc. Act 1974	General duty to ensure the health and safety of pupils and staff, including management of foreseeable risks such as allergic reactions.
Keeping Children Safe in Education 2024 (KCSIE)	Allergy management is part of the school's broader duty to safeguard pupils. Severe allergic reactions are a foreseeable risk that must be planned for.
Equality Act 2010	Severe allergies may constitute a disability. Schools must make reasonable adjustments to ensure pupils with allergies are not disadvantaged or excluded from any aspect of school life.

3. SCOPE

This policy applies to all settings, activities and contexts managed by or on behalf of Kerem School and the EYU, including:

- All on-site meals, snacks and food served during the school day
- Food brought from home — lunch boxes, snacks, birthday treats
- Food served at school events, celebrations, fundraising activities and parents' evenings
- Food prepared or handled during classroom activities (cookery, food technology, festivals, celebrations)
- Off-site educational visits and school trips
- Extended day, wraparound care and after-school club provision
- Food supplied by the external catering contractor and any other third-party food supplier
- Food brought onto the premises by community groups, hirers or visitors

This policy applies to all teaching and support staff, volunteers, supply staff, catering staff, after-school providers and any other adult working with or alongside pupils on behalf of the school.

4. ROLES AND RESPONSIBILITIES

Role	Responsibilities
Head Teacher / Deputy Head/ EYU Manager	Overall accountability for this policy. Ensures the policy is implemented, reviewed and communicated to all staff and families. Allocates resources for training and AAI provision. Receives reports on any allergic reaction incidents.
School Administrator	Maintains the pupil allergen register and IHCP file. Ensures all new pupil allergen information is recorded and distributed to relevant staff before the child starts. Manages AAI procurement, stock and expiry tracking.
Class Teachers	Aware of the allergies of every pupil in their class. Reads and understands each child's IHCP. Ensures classroom food activities comply with this policy. Takes appropriate action in the event of a reaction.
Catering Manager / External Catering Contractor	Maintains full allergen information for all dishes served. Complies with Natasha's Law for any PPDS food produced on site. Implements cross-contamination controls. Provides allergen information to the school office on request and when menus change.
Designated Safeguarding Lead (DSL)	Ensures allergy management is integrated into the school's safeguarding framework. Leads on any allergy-related incident review where safeguarding considerations arise.
Named Allergy Lead (appointed)	Oversees day-to-day allergy management. Maintains allergy information displays. Co-ordinates training. Acts as the first point of contact for parents on allergy-related matters. Ensures AAIs are accessible and in date.
MG Consultants — Health & Safety Adviser	Prepares and reviews this policy. Advises on legislative compliance. Supports training arrangements. Reviews the policy following any incident.
All Staff & Volunteers	Read and understand this policy. Know the allergies of pupils in their care. Know the location of AAIs and how to use them. Report any concern about a pupil's allergic reaction immediately.

5. THE 14 MAJOR ALLERGENS

Under the Food Information Regulations 2014, the following 14 allergens must be declared whenever they are present as an ingredient in food served or sold on school premises. A full reference table is provided in Appendix A.

CELERY	CEREALS (containing gluten)	CRUSTACEANS	EGGS	FISH	LUPIN	MILK
MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA BEANS	SULPHUR DIOXCIDE & SULPHITES	TREE NUTS (e.g almonds, hazelnuts , walnuts

Note: Peanuts and tree nuts are separately listed allergens. 'Nuts' in everyday usage can refer to either or both. This policy uses 'peanuts' and 'tree nuts' specifically where the distinction is relevant. The school's nut-awareness approach (see Section 6) applies to both.

6. NUT AWARENESS- THE SCHOOL'S APPROACH

Kerem School and the EYU operate a NUT-AWARE policy.

— The school does not operate a complete nut ban. This is consistent with guidance from the Food Standards Agency (FSA) and Anaphylaxis UK, which recognise that total nut bans cannot be guaranteed and may create a false sense of security. Instead, the school manages nut risk through awareness, allergen information, Individual Healthcare Plans, trained staff and ready access to AAIs.

— All parents and carers are asked not to send peanuts, tree nuts or products containing or processed alongside nuts into school. This is strongly requested but the school acknowledges it cannot guarantee the complete absence of nuts from the premises.

6.1 What the School Does

- The catering contractor and school kitchen do not use peanuts, tree nuts, nut oils or nut-containing products in the preparation of food served to pupils.
- The school does not sell foods that list peanuts or tree nuts on the ingredients label.
- All staff are made aware of which pupils have peanut or tree nut allergies and what action to take if a reaction occurs.
- Photographs of pupils with severe nut allergies are displayed in the staff room, office and kitchen (with parental consent).
- The school communicates the nut-awareness request to parents annually and at the time of any new enrolment.

6.2 What Parents and Carers Are Asked to Do

- Not to send peanuts, tree nuts or products that list these as ingredients in their child's lunch box or snack bag.
- Not to bring nut-containing products as birthday treats. Alternative treats — such as individually wrapped, nut-free baked goods with a visible ingredients list — are welcomed.
- To send fruit, vegetables or a store-bought snack with a clear ingredients list as a break-time snack.
- To notify the school immediately if their child is newly diagnosed with a nut allergy.

6.3 Rationale for Nut-Aware Rather Than Nut-Free

A complete nut ban cannot be guaranteed. Research and guidance from Anaphylaxis UK and the FSA indicate that a nut-aware approach — combining awareness, training, allergen information and emergency preparedness — is more effective than a nut ban, which may:

- Create a false sense of security for pupils and parents who believe the premises are completely nut-free.
- Fail to prepare pupils with allergies to manage their condition in everyday environments outside of school.
- Fail regardless, because even in a declared nut-free school, nuts can enter the premises in manufactured products that contain trace amounts.

The school's priority is comprehensive allergy management for every known allergen — not only nuts — through the procedures set out in this policy.

7. PUPIL ALLERGEN REGISTERS & INDIVIDUAL HEALTHCARE PLANS (IHCPs)

An Individual Healthcare Plan (IHCP) is the primary tool for managing a pupil's allergy within school. Under Section 100 of the Children and Families Act 2014, schools must make arrangements for supporting pupils with medical conditions. An IHCP must be in place for every pupil with a diagnosed food allergy — not only those with severe or anaphylactic allergies.

7.1 Allergen Register

The school maintains a central allergen register of all pupils with known food allergies. The register includes:

- The pupil's name, year group, class and photograph
- The specific allergen(s) to which the pupil is allergic
- The severity of the allergy (mild/moderate/severe/anaphylactic)
- Whether the pupil carries their own AAI
- Whether a spare school AAI is authorised for the pupil
- The name and contact details of the pupil's GP and/or allergy specialist
- The IHCP reference and date of last review

The allergen register is maintained by the School Administrator / Business Manager and reviewed at the beginning of each academic year and whenever a pupil's allergy status changes. The register is shared with relevant staff (class teachers, catering manager, after-school providers) at the start of each year.

7.2 Individual Healthcare Plans

An IHCP must be completed for every pupil with a confirmed food allergy. IHCPs are prepared in collaboration between the school, the parents and, where appropriate, the pupil's GP or allergy specialist. The IHCP must be reviewed at the beginning of each academic year or following any allergic reaction.

Each IHCP must specify:

- The pupil's name and photograph
- The allergen(s) — specific products and foods to be avoided
- The symptoms of a reaction, from mild to severe/anaphylactic
- The action to be taken for each level of reaction
- Whether an AAI is prescribed — make, model and dose
- Where the pupil's personal AAI is kept
- Whether the school's spare AAI may be used on this pupil
- Other medication required (e.g. antihistamines)
- Emergency contact details — parent/carer and GP
- Any other relevant medical or dietary information

A template IHCP is provided in Appendix C. Completed IHCPs are kept in a named folder in the school office, with a copy held by the class teacher and a further copy held by the catering manager or external contractor.

7.3 Photographs on Display

With written parental consent, a photograph of each pupil with a severe or anaphylactic allergy is displayed in the staff room, the school office, the kitchen and any other relevant location. Photographs are updated annually and when a new pupil with a severe allergy joins the school.

8. COMMUNICATION WITH PARENTS AND CARERS

- Parents and carers must inform the school of any known or suspected food allergy before their child starts at the school, or immediately upon diagnosis if the allergy is identified during the child's education.
- Parents must provide a copy of any medical documentation relating to their child's allergy, including allergy test results and a letter from their child's GP or allergy specialist, where available.
- Parents must provide the school with any AAI prescribed for their child, ensure it is in date, and replace it immediately if used or if the expiry date passes.
- Parents must update the school promptly if their child's allergy status changes — including new allergies, desensitisation treatment or changes to prescribed medication.
- Parents are invited to contribute to the preparation of their child's IHCP and to review it annually.
- The school will communicate this policy to all parents annually, normally at the start of the academic year.
- Parents of pupils without allergies are asked to respect the nut-awareness request and to support the school's allergen management approach.
- Where a parent disagrees with the school's allergen management approach, the Head Teacher will meet with the parent to discuss the matter. The school's primary obligation is to the safety of all pupils.

9. FOOD PROVISION IN SCHOOL — CATERING & EXTERNAL CONTRACTOR

9.1 The Catering Contractor

Food at Kerem School is supplied and / or prepared by an external catering contractor. The contractor is required to:

- Hold current food business registration and a Food Hygiene Rating of 4 or 5.
- Provide full written allergen information for all 14 major allergens for every dish on every menu.
- Notify the school of any menu changes that affect allergen content in advance.
- Not use peanuts, tree nuts, nut oils or nut-containing products in the preparation of food for Kerem School pupils.
- Comply with the Food Information Regulations 2014, Natasha's Law (for any PPDS items) and the FSA's March 2025 allergen guidance.
- Provide individually prepared meals for pupils with known allergies where requested, clearly labelled with the pupil's name and allergen information.
- Maintain records of all allergen information and make them available to the school office and to Environmental Health Officers on request.

9.2 Cross-Contamination Controls

- The catering area must maintain strict separation between allergen-containing and allergen-free food preparation areas, utensils and equipment.
- Staff handling food for pupils with known allergies must wash their hands thoroughly before preparation and must use clean, designated equipment.
- Food for pupils with allergies should be prepared first, before other food, to minimise the risk of cross-contamination.
- Any substitution of food products must be allergen-checked before use.

9.3 Food Brought from Home

- The school does not discourage pupils with allergies from having packed lunches — this is often the safest option for children with multiple or complex allergies.
- Packed lunches must not contain peanuts, tree nuts or products that clearly list these as ingredients (see Section 6).
- The school may request that a parent whose child has a complex allergy provide packed lunches and snacks to ensure the child's safety.
- Lunch boxes must be labelled with the child's name. If a child with an allergy accidentally takes another child's food, staff must intervene immediately.

9.4 Birthday Treats & Celebrations

- Parents wishing to provide treats for their child's birthday or a celebration are asked to contact the school office in advance.
- Treats must not contain peanuts or tree nuts and must be individually wrapped with a clear, legible ingredients list.
- The school office will check any treats against the allergen register before distribution.
- Where a pupil cannot safely consume the treat provided, a suitable alternative must be available.

10. FOOD LABELLING — NATASHA'S LAW & PPDS COMPLIANCE

Natasha's Law (Food Information (Amendment) (England) Regulations 2019) — in force since 1 October 2021:

— Any food that is prepared on school premises and packaged before a pupil selects or orders it is 'pre-packaged for direct sale' (PPDS) and must carry a full ingredients list with all 14 allergens emphasised (e.g. in bold).

— This includes: school-made sandwiches placed on a servery; snack packs prepared in advance; cakes or biscuits packaged before the child chooses them.

— Food prepared fresh to order (e.g. a sandwich made when the child orders it) is not PPDS, but allergen information must still be available.

The school's obligations under Natasha's Law:

- All PPDS food made or packaged on school premises must display a full ingredients list with all 14 allergens highlighted in bold.
- Labels must be applied before the food is presented for selection — not after.
- Labels must be legible, accurate and updated whenever a recipe or ingredient changes.
- The catering contractor is responsible for Natasha's Law compliance for any food they prepare on site. The school must confirm that this compliance is in place.
- For non-PPDS food (made to order or served loose), written allergen information must be available for parents, pupils and staff — on a menu, allergen chart or on request at the point of service. This reflects the FSA's updated guidance of March 2025.
- The school does not sell food that lists peanuts or tree nuts in the ingredients.

11. ALLERGEN MANAGEMENT IN THE CLASSROOM & DURING ACTIVITIES

Food is sometimes used as part of learning activities — cookery, art, science, cultural festivals and celebrations. The following rules apply to all such activities:

- Class teachers must check the class allergen register (and with the Allergy Lead) before any food-based activity and identify any pupils who may be affected.
- Alternative activities or allergen-free materials must be provided for any pupil who cannot safely participate.
- **No food or materials containing a known allergen for a pupil in the class** should be used in that class's activities without a specific risk assessment and parental agreement.
- Craft materials that may contain allergens (e.g. playdough containing gluten, certain paints and glues) must be checked before use in classes where pupils have relevant allergies.
- Food used in cookery or food technology sessions must be allergen-checked against the class allergen register (and with the Allergy Lead). **Pupils with allergies may need to use separate ingredients and equipment.**
- After any food-based activity, all surfaces and equipment must be cleaned thoroughly before use by other pupils.

11.1 Snack Time — EYU Specific

In the EYU, staff must:

- Check snacks provided against the allergen register before distribution every day.
- Never give a child another child's snack or food from home.
- Ensure children with allergies are seated where their risk of exposure to another child's allergen is minimised.
- Wash hands before and after snack time, and ensure children wash their hands too.

12. OFF-SITE TRIPS & EDUCATIONAL VISITS

The school recognises that food allergy management on off-site trips requires specific additional planning. The following must be in place for every off-site visit:

- The trip risk assessment must include a food allergy section identifying any pupils with allergies and the specific risks associated with the venue or activities planned.
- A copy of each allergic pupil's IHCP must be taken on the trip by the trip leader.
- The pupil's personal AAI(s) must accompany the pupil at all times during the trip. A trained member of staff must be responsible for carrying and knowing how to use the AAI.
- A school spare AAI must be taken on all trips where any pupil with an anaphylactic allergy is present.
- Food provided during the trip (packed lunches, venue catering, café visits) must be allergen-checked in advance. Where venue allergen information cannot be confirmed, the pupil must bring their own food.
- The trip leader must brief all accompanying staff on the allergies of pupils in the group and the location of AAIs before departure.
- The school cannot guarantee the allergen content of food purchased at venues, events or shops attended during a trip. Parents must be informed of this and agree accordingly.
- If a pupil is unable to participate safely in a planned food activity on a trip, an alternative must be provided.

13. EMERGENCY RESPONSE — RECOGNISING & TREATING ALLERGIC REACTIONS

13.1 Symptoms of an Allergic Reaction

Symptoms of an allergic reaction can develop within seconds or minutes of exposure to an allergen. Staff must be trained to recognise:

Severity	Symptoms	Action
MILD / MODERATE	Itchy skin, rash or hives; runny nose; itchy or watery eyes; tingling or itching in or around the mouth; mild swelling of the lips; stomach cramps; vomiting.	Give prescribed antihistamine if available and appropriate. Monitor closely. Contact parent/carer. If symptoms worsen, treat as severe.
SEVERE — ANAPHYLAXIS	Swelling of the tongue, throat or lips; difficulty breathing or swallowing; hoarse voice or stridor; rapid heartbeat or weak pulse; severe drop in blood pressure; pale or flushed skin; dizziness or collapse; loss of consciousness.	**ADMINISTER AAI IMMEDIATELY. Call 999. Position the patient appropriately. Administer a second AAI after 5–15 minutes if no improvement. Stay with the patient. Call parents.**

13.2 Anaphylaxis — Step-by-Step Emergency Response

STEP 1 — CALL FOR HELP: Shout for help or send another pupil to get the nearest adult. Do not leave the child alone.

STEP 2 — AAI: Administer the child's own prescribed AAI (or the school's spare AAI if the child's is unavailable) into the outer mid-thigh. Hold in place for 10 seconds.

STEP 3 — CALL 999: Call 999 immediately. State 'anaphylaxis' — do not call it a food reaction. Give the location clearly.

STEP 4 — POSITION: Lay the child flat with legs raised (unless they are unconscious or struggling to breathe — in which case sit them upright). Do not allow them to stand up.

STEP 5 — SECOND AAI: If there is no improvement after 5–15 minutes, administer a second AAI if available.

STEP 6 — STAY: Stay with the child until the ambulance arrives. Hand over the used AAI to the paramedic. A child who has received an AAI must always be taken to hospital, even if they appear to recover.

STEP 7 — INFORM PARENTS: Inform parents or carers as soon as possible after calling 999.

STEP 8 — RECORD & REPORT: Complete an incident report immediately after the event. Inform MG Consultants. Review the IHCP.

The full emergency action plan for allergic reactions, for display purposes, is provided in Appendix B.

14. ADRENALINE AUTO-INJECTORS (AAIs / EPIPENS) — BENEDICT'S LAW COMPLIANCE

Benedict's Law — mandatory from September 2026:

— Schools in England will be required by law to stock spare adrenaline auto-injectors (AAIs) for emergency use, to provide allergy awareness training for all staff, and to have a dedicated allergy policy in place.

— Kerem School and the EYU will be fully compliant with these requirements ahead of September 2026.

14.1 Pupil's Own AAIs

- Where a pupil has been prescribed an AAI, parents must provide the school with two in-date AAIs at the start of each academic year - these are kept in an easily accessible place in the school office).
- Both AAIs must be labelled with the pupil's name, allergen and prescribed dose.
- AAIs must be carried with the pupil at all times when they are put of the school building — including during break, PE, lunch and off-site trips.
- Parents are responsible for replacing AAIs before they expire and immediately after use.
- The School Administrator tracks AAI expiry dates and alerts parents when renewal is due.

14.2 School Spare AAIs

In addition to pupils' personal AAIs, the school holds spare AAIs for emergency use. Under the Human Medicines Regulations 2017 (Amendment), schools may purchase AAIs from a pharmacy without a prescription for use on any child who is experiencing anaphylaxis and whose own AAI is unavailable, depleted or expired.

- The school holds at least two spare AAIs (Jext or EpiPen, as appropriate to the age and weight range of pupils) at both the main school site and the EYU.
- Spare AAIs are stored in clearly labelled boxes in a prominent, accessible location known to all staff at both sites.
- The location of spare AAIs must be included in all staff inductions and allergy training.
- The Named Allergy Lead checks spare AAIs monthly and replaces them before the expiry date.
- Spare AAIs are available for use on any pupil experiencing anaphylaxis where their own AAI is unavailable — this is a legal provision and does not require a pre-existing prescription.

14.3 AAI Storage & Accessibility

- AAIs must be stored at room temperature (15–25°C) — not in a locked drugs cupboard unless the cupboard is immediately accessible.
- AAIs must never be stored in a location that requires a key, code or senior staff member to be found before they can be accessed.
- All staff must know where the AAIs are located. This is confirmed at every induction and training session.

15. STAFF TRAINING

Under Benedict's Law (from September 2026), all schools must provide compulsory allergy awareness training for all staff. Kerem School and the EYU are committed to providing this training ahead of the mandatory deadline.

Training	Content	Who	Frequency
Allergy awareness induction	This policy, the allergen register, location of AAIs, recognition of symptoms, when and how to use an AAI, emergency response.	All new staff, volunteers and supply staff before working with pupils	At induction
Full allergy awareness training	Causes and types of allergic reactions; the 14 allergens; reading food labels; cross-contamination; anaphylaxis recognition and response; AAI use (using a trainer device).	All teaching and support staff, catering staff, after-school providers	Annually — record on file
AAI practical training	Hands-on practice with a trainer AAI. Step-by-step anaphylaxis emergency response. Positioning of the patient. When to administer a second AAI.	All staff at both sites	Annually — record on file
Natasha's Law / allergen labelling	PPDS labelling requirements; 14 allergen declaration; FSA guidance for school caterers.	Catering manager, administrator, head teacher	Annually or when legislation changes
Allergy School — free resources	Free online resources and training from the Natasha Allergy Research Foundation (allergyschool.org.uk). CPD certificates available.	All staff — self-directed	Annually

Training records — including the date, content, provider and name of each staff member — must be maintained by the School Administrator and retained for a minimum of three years. Supply staff and volunteers must receive an allergy briefing on their first day and sign a record of this.

The school recommends that all staff complete the free online training available at www.allergyschool.org.uk, provided by the Natasha Allergy Research Foundation.

16. POLICY REVIEW & MONITORING

This policy will be reviewed by MG Consultants in consultation with the Head Teacher/Deputy Head Teacher at least annually, and no later than August of each year. It will also be reviewed immediately following:

- Any allergic reaction or near-miss incident at either site
- A change in relevant legislation or statutory guidance (including Benedict's Law September 2026)
- A change in the school's catering arrangements
- The enrolment of a pupil with a complex or previously unseen allergy
- Any finding from an ISI, Ofsted or Environmental Health inspection

The effectiveness of this policy will be monitored through:

- Annual review of the allergen register and IHCPs
- Review of any allergy-related incidents in the accident/incident log
- Review of training records to confirm all staff have received current training
- Review of AAI stock, expiry dates and location accessibility
- Review of allergen information available from the catering contractor

APPENDIX A — THE 14 MAJOR ALLERGENS — REFERENCE TABLE

No.	Allergen	Common Sources — Examples
1	**Celery**	Celery stalks, leaves, seeds, celeriac, celery salt, soups, sauces, spice mixes, vegetable stocks
2	**Cereals containing gluten**	Wheat (including spelt and Khorasan/Kamut), rye, barley, oats and products derived — bread, pasta, cakes, cereals, beer, semolina, flour, couscous
3	**Crustaceans**	Shrimps, prawns, crab, lobster, langoustine, crayfish
4	**Eggs**	All egg products — mayonnaise, quiche, pasta, cakes, meringue, sauces
5	**Fish**	All species of fish and fish products — fish sauce, Worcestershire sauce, anchovies, fish paste, some salad dressings
6	**Lupin**	Lupin flour and seeds — sometimes found in bread, pastries, some pasta and pancake mixes
7	**Milk**	All cow's milk dairy products — butter, cheese, cream, milk powder, ghee, ice cream, yoghurt, margarine
8	**Molluscs**	Squid, mussels, clams, oysters, scallops, snails, whelks, abalone
9	**Mustard**	Mustard seeds, powder, paste, oil, leaves — found in curries, salad dressings, marinades, soups
10	**Peanuts**	Peanut butter, groundnut oil, satay, some Asian dishes, mixed nut products, pesto (can contain peanuts instead of pine nuts)
11	**Sesame seeds**	Sesame oil (tahini), sesame-coated breads and crackers, halva, houmous, some Asian dishes
12	**Soybeans**	Soya milk, tofu, bean curd, edamame, soy sauce, miso, tempeh, some meat products
13	**Sulphur dioxide / sulphites (>10mg/kg or 10mg/L)**	Dried fruits, wines, vinegars, some soft drinks, preserved meats, pickled foods
14	**Tree nuts**	Almonds, hazelnuts, walnuts, cashews, pecans, pistachios, Brazil nuts, macadamia nuts — nut oils, marzipan, praline, some pesto and Asian dishes

Note: This list covers the 14 allergens that must be declared by law. Any food has the potential to cause an allergic reaction. If a pupil has an allergy not on this list, an IHCP must still be prepared and appropriate management measures must be in place.

APPENDIX B — EMERGENCY ACTION PLAN: ALLERGIC REACTION / ANAPHYLAXIS

PRINT, LAMINATE AND DISPLAY IN EVERY CLASSROOM, STAFFROOM, OFFICE AND KITCHEN AT BOTH SITES.

Reaction	Symptoms — Look For	Action
MILD / MODERATE	Skin rash, hives, itching. Runny or blocked nose. Red, watery eyes. Tingling around the mouth. Mild swelling of the lips. Stomach pain or vomiting.	Give antihistamine if prescribed and available. Stay with the child. Monitor closely. Contact parents immediately. If symptoms worsen ⟶ treat as ANAPHYLAXIS.
ANAPHYLAXIS	Throat / tongue swelling. Difficulty breathing / swallowing. Hoarse voice. Wheeze or stridor. Pale or flushed skin. Weak, rapid pulse. Dizziness / collapse. Loss of consciousness.	**USE AAI NOW ⟶ into outer mid-thigh.** **CALL 999 — say 'anaphylaxis'.** **Lay flat, legs raised (unless breathing difficulty — sit upright).** **Second AAI after 5–15 mins if no improvement.** **Stay until ambulance arrives. Give used AAI to paramedic.** **Call parents.**

Contact	Number
Emergency services (ambulance)	999 — say 'anaphylaxis'
Hatzola (North London emergency first response)	0300 999 4999
Named Allergy Lead	Avital Sharman
Acting Head Teacher s/ EYU Manager	Annabel Rose & Avital Sharma/ Bonnie Bloom
School office	0208 4550909

Spare AAI Location — Main School	Location
Spare AAI Box:	In the main office- in the bottom drawer, which is marked EPIPENS; theyare in a marked orange bum bag
Spare AAI Location — EYU	**Location**
Spare AAI Box:	EYU Lead's Office- on the windowsill in a marked orange bum bag
Expiry date):	November 2027

APPENDIX C — INDIVIDUAL HEALTHCARE PLAN (IHCP) TEMPLATE

KEREM SCHOOL
Individual health care plan
ALLERGY

SECTION A — PUPIL/STAFF MEMBER DETAILS		
Name	Pupil ☐ Staff Member ☐	
Date of birth		Picture of pupil
Year / Role		
Address		

SECTION B — ALLERGY INFORMATION	
Allergen(s)	
Severity	mild ☐ moderate ☐ severe ☐ anaphylactic ☐
Foods/producs to avoid	
Foods confirmed safe	

SECTION C — SYMPTOMS & EMERGENCY ACTION	
Symptoms- MILD	
Action to take for mild symptoms	
Symptoms- MODERATE	
Action to take for moderate symptoms:	
Symptoms- SEVERE	
Action to take for severe symptoms (anaphylaxis)	

SECTION D — MEDICATION & AAI (Adrenaline Auto-Injector) DETAILS		
AAI prescribed?	No ☐ Yes ☐	
AAI make and dose (e.g. Jext 150mcg):		
Location of own AAI in school:		
May the school's spare AAI be used?	No ☐ Yes ☐	
Antihistamine prescribed?	No ☐ Yes ☐	If yes: Name: Dose:
Other medication:		

SECTION E — EMERGENCY CONTACTS		
	CONTACT 1	CONTACT 2
Name		
Relationship		
Mobile telephone number		
Phone number (home)		
Phone number (work)		
E-mail address		
GP Details		
Name		
Address		
Phone No		
Email address		

SECTION D — MEDICATION & AAI (Adrenaline Auto-Injector) DETAILS		
AAI prescribed?	No ☐ Yes ☐	
AAI make and dose (e.g. Jext 150mcg):		
Location of own AAI in school:		
May the school's spare AAI be used?	No ☐ Yes ☐	
Antihistamine prescribed?	No ☐ Yes ☐	If yes: Name: Dose:
Other medication:		
SECTION E — EMERGENCY CONTACTS		
	CONTACT 1	CONTACT 2
Name		
Relationship		
Mobile telephone number		
Phone number (home)		
Phone number (work)		
E-mail address		
GP Details		
Name		
Address		
Phone No		
Email address		

Hospital clinician/consultant details	
Name	
Address	
Phone No	
Email address	

Details of any other essential contacts (eg specialist nurse, etc)			
Name	Role	Phone Number	Email address

SECTION F— STAFF RESPONSIBILITIES Everyone listed here should have read this IHP and be aware of their responsibilities, including emergency procedures			
	Name	Job role	Specific responsibilities
Staff member with primary care responsibility			
Cover arrangement			
Other responsible staff			
Other responsible staff			

List here any staff members responsible for providing support and the training required to *provide it correctly*			
Name of staff member	**Training required**	**Training received (including valid until date)**	**Person responsible for arranging training**

SECTION G — DAILY CARE REQUIREMENTS Please list any regular care/support requirements that may be needed in the following areas	
Dietary	
Educational	
Attendance	
Activities	
SEND	
Social activities	
Emotional	
Other	

SECTION H —EXTRA-CURRICULAR ACTIVITIES	
Is any additional support required for extra-curricular activities, for example after-school clubs, day trips or overnight stays? *This support should facilitate the child/staff member to be as involved as possible in these activities*.	
Who is primarily responsible for providing medical care during activities outside of regular timetabling or while offsite?	
Who is responsible in case of an emergency during activities outside of regular timetabling or while offsite	

SECTION I: CHILD'S/STAFF MEMBER'S VIEWS

SECTION J: SIGN OFF			
Plan prepared by:		**Date:**	
Parent/carer/staff member's signature:		**Date:**	
Headteacher's / EYU Lead's signature:		**Date:**	
Review date:			