

Allergies Policy

Ce document est rédigé en anglais – merci de contacter le Comité si vous souhaitez discuter les règles et pratiques de la Petite Ecole concernant la gestion des allergies en français.

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1. Contacts

The named staff members responsible for co-ordinating staff anaphylaxis training and the upkeep of the school's anaphylaxis policy are:

- Caroline Varin, committee member
- Coordination

2. What is an allergy

An allergy is a reaction of the body's immune system to substances that are usually harmless. The reaction can cause minor symptoms such as itching, sneezing or rashes but sometimes causes a much more serious reaction called **anaphylaxis**.

Anaphylaxis is a serious, life-threatening allergic reaction. It is at the extreme end of the allergic spectrum. The whole body is affected often within minutes of exposure to the allergen, but sometimes it can be hours later.

Causes can include foods, insect stings and drugs. Most healthcare professionals consider an allergic reaction to be anaphylaxis when it involves difficulty breathing or affects the heart rhythm or blood pressure.

La Petite École d'Edimbourg

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Anaphylaxis symptoms are often referred to as the **ABC symptoms (Airway, Breathing, Circulation)**. It is possible to be allergic to anything which contains a protein, however most people will react to a fairly small group of potent allergens.

Common UK Allergens include - but are not limited to: **Nuts, Peanuts, Sesame, Milk, Egg, Fish, Fruits Latex, Insect venom, Pollen and Animal Dander (skin cells shed by animals with fur)**.

This policy sets out how **La Petite Ecole d'Edimbourg** will support students with allergies, to ensure they are safe and are not disadvantaged in any way whilst taking part in the Saturday classes (Tuesday classes are online).

3. Role and responsibilities

3.1. Parent Responsibilities

- It is the parent's responsibility to inform La Petite Ecole of any allergies. This information should include all previous serious allergic reactions, history of anaphylaxis and details of all prescribed medication.
- All children at risk of anaphylaxis, must have an Allergy Action Plan provided by parents or carers with a photograph of the child that describes **exactly what to do and who to contact in the event that they have an allergic reaction**. If they do not currently have an Allergy Action Plan this should be developed as soon as possible in collaboration with a healthcare professional (GP/allergy specialist)
- Parents are responsible for ensuring any required medication is supplied, in date and replaced as necessary
- Children with severe allergies should carry two adrenaline auto-injector (AAI) with them at all times. If they are unable to carry AAI's/ medication/inhalers themselves (e.g. primary school-aged pupils) this medication should be handed in to the teacher at the start of each class.
- Medication should be stored in a suitable container and clearly labelled with the pupil's name and picture.
- The pupil's medication storage container should contain:
 - o Two AAIs i.e. EpiPen® or Jext® or Emerade®
 - o An up-to-date allergy action plan
 - o Antihistamine as tablets or syrup (if included on allergy action plan), spoon if required
 - o Asthma inhaler (if included on allergy action plan).

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- Children unable to produce their required medication will not be able to attend classes
- Parents are requested to keep the school up to date with any changes in allergy management. The Allergy Action Plan will be kept updated accordingly.
- Bottles, other drinks and lunch boxes provided by parents for pupils with food allergies should be clearly labelled with the name of the child for whom they are intended.
- During events organised outside classes, children remain solely under their parents/carers responsibility

3.2. La Petite École responsibilities

- La Petite Ecole is a nut free and allergy wise environment, but the school cannot guarantee that the classes are a truly allergen free environment. La Petite Ecole has a 'no sharing food' policy.
- The committee members and teachers will have read this allergy policy. The committee member in charge of the policy and all the teachers will strive to complete an online AllergyWise anaphylaxis training every three years. Training will be available on an ad-hoc basis for any new members of staff.
- Staff must be aware of the pupils in their care (regular or cover classes) who have known allergies as an allergic reaction could occur at any time and not just at snack times. Any food-related activities must be supervised with due caution.
- Teachers will check that the up-to-date Allergy Action Plan is kept with the child's medication
- Teachers should make sure AAI are easily accessible in the event of an emergency
- La Petite Ecole will keep a register of pupils who have been prescribed an adrenaline auto-injector (AAI) and a record of use of any AAI(s) and emergency treatment given.
- La Petite Ecole does not have spare AAI devices available on premises.
- La Petite Ecole d'Edimbourg has identified potential allergy risks during :
 - o Snack time during class
 - o Art activities during class for children allergic to latex (rubbers, paints and balloons)
 - o Small outings in St George's garden
 - o School trips
 - o Children are under their parents responsibility during the school yearly gathering (ex: galette, cinema, fête de l'été)

Food should not be given to nursery/primary school age food-allergic children without parental engagement and permission (e.g. for birthdays, food treats).

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3.3. Student responsibilities

- Children are encouraged to have a good awareness of their symptoms and to let an adult know as soon as they suspect they are having an allergic reaction.
- Children who are trained and confident to administer their own AAI's will be encouraged to take responsibility for carrying them on their person at all times

4. Emergency Treatment and Management of Anaphylaxis

4.1. What to look for

- Symptoms usually come on quickly, within minutes of exposure to the allergen.
- Mild to moderate allergic reaction symptoms may include:
 - o a red raised rash (known as hives or urticaria) anywhere on the body
 - o a tingling or itchy feeling in the mouth
 - o swelling of lips, face or eyes
 - o stomach pain or vomiting.
 - o More serious symptoms are often referred to as the ABC symptoms and can include:
 - AIRWAY - swelling in the throat, tongue or upper airways (tightening of the throat, hoarse voice, difficulty swallowing).
 - BREATHING - sudden onset wheezing, breathing difficulty, noisy breathing.
 - CIRCULATION - dizziness, feeling faint, sudden sleepiness, tiredness, confusion, pale clammy skin, loss of consciousness.

The term for this more serious reaction is anaphylaxis. In extreme cases there could be a dramatic fall in blood pressure.

The person may become weak and floppy and may have a sense of something terrible happening. This may lead to collapse and unconsciousness and, on rare occasions, can be fatal.

If the student has been exposed to something they are known to be allergic to, then it is more likely to be an anaphylactic reaction.

Anaphylaxis can develop very rapidly, so a treatment is needed that works rapidly. Adrenaline is the mainstay of treatment, and it starts to work within seconds.

4.2. What does adrenaline do?

- It opens up the airways
- It stops swelling
- It raises the blood pressure

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As soon as anaphylaxis is suspected, adrenaline must be administered without delay. La Petite École has an action plan which the teachers will have to read and carry with them in class.

5. School trips

- Teachers or/and members of committee leading school trips will ensure they carry all relevant emergency supplies.
- Trip leaders will check that all pupils with medical conditions, including allergies, carry their medication. **Pupils unable to produce their required medication will not be able to attend the excursion.**
- All the activities on the school trip will be risk assessed to see if they pose a threat to allergic pupils and alternative activities planned to ensure inclusion. e.g. trips to the farm could trigger reactions due to fur or feathers, a trip to the woods or park during high pollen can exacerbate asthma and trigger allergic rhinitis
- Overnight school trips should be possible with careful planning and a meeting for parents with the lead member of staff planning the trip should be arranged.
- Staff at the venue for an overnight school trip should be briefed early on that an allergic child is attending and will need appropriate food (if provided by the venue).

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