

Scoil Náisiúnta Seanbhaile.

Shanbally N.S. (Roll no. 13889C)

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Allergies Policy including Nut & Food Allergy

Statement of Intent:

This policy is concerned with a whole school approach to the health care and management of those members of the school community suffering from specific allergies.

Shanbally N.S. is aware that children who attend our school may suffer from food, bee/wasp sting, animal or nut allergies and we believe that all allergies should be taken seriously and dealt with in a professional and appropriate way.

As a school Shanbally N.S. cannot guarantee a completely allergen free environment. We seek rather to minimise the risk of exposure, encourage self-responsibility, and plan for an effective response to possible emergencies. We do not claim to be a 'nut-free' school as it would be impossible to provide an absolute guarantee that the school is nut free. However allergens are restricted and monitored insofar as is reasonably possible.

Shanbally N.S. is committed to no food and drink sharing.

The Statutory Framework states that the provider i.e. Shanbally N.S. must obtain information about any dietary requirements/allergy. As such parents are asked to provide details of allergies in the child's Enrolment Form, which is submitted before starting school.

Aim:

The intent of this policy is to minimize the risk of any child suffering allergy-induced anaphylaxis whilst at school and to ensure an effective emergency response to any allergic reaction situation in the school.

An allergic reaction to nuts is the most common high risk allergy, and as such demands more rigorous controls throughout the policy.

The underlying principles of this policy include:

- The establishment of effective risk management practices to minimise the student, staff, parent and visitor exposure to known trigger foods and insects.
- Staff training and education to ensure effective emergency response to any allergic reaction situation.

This policy applies to all members of the school community:

- School Staff
- Parents / Guardians
- Volunteers
- Supply staff
- Students

Definitions:

Allergy - A condition in which the body has an exaggerated response to a substance (e.g. food and drug) also known as hypersensitivity.

Allergen - A normally harmless substance that triggers an allergic reaction in the immune system of a susceptible person.

Anaphylaxis - Anaphylaxis, or anaphylactic shock, is a sudden, severe and potentially life-threatening allergic reaction to food, stings, bites, or medicines.

Anapen/Epipen - Brand name for syringe style device containing the drug Adrenaline, which

is ready for immediate intramuscular administration.

Minimized Risk Environment- An environment where risk management practices have minimised the risk of (allergen) exposure.

Health Care Plan- A detailed document outlining an individual student's condition treatment, and action plan for location of Anapen/Epipen.

Procedures and Responsibilities for Allergy Management:

General

- The involvement of parents and staff in establishing individual Health Care Plans through the Administration of Medication form updated yearly.
- The establishment and maintenance of practices for effectively communicating a child's healthcare plans to all relevant staff.
- Staff training in anaphylaxis management, including awareness of triggers and first aid procedures to be followed in the event of an emergency.
- Age appropriate education of the children with severe food allergies.
- Where students with known allergies are participating in school excursions, the risk assessments must include this information.
- The wearing of a medic-alert bracelet is allowed by the school.

Medical Information

Anapens/Epipens

Where Anapens/Epipens (Adrenaline) are required in the Health Care Plan:

Each academic year the parents/guardians are responsible for ensuring that the

Anapen/Epipen provided to the school on the first day of school is in date up to and including the last day of the academic year. They also have the responsibility to collect the Anapen/Epipen from the school on the last day of the school year.

Should the Anapen/Epipen be used during the academic year parents are

responsible for the timely replacement of the pen ensuring that it is in date for the rest of the academic year.

The Anapens/Epipens are located securely in relevant locations approved by the

School Principal. The storage of Anapens/Epipens will be detailed in the child's Care Plan.

Anti-histamines

Students with allergies may also have been prescribed anti-histamines to relieve mild symptoms or as part of their Anaphylaxis Emergency Plan for a severe reaction. They are available in either liquid or tablet form (liquids are easier to take in an emergency and work faster than tablets). Directions on when to give anti-histamines should be taken from the student's Anaphylaxis Emergency Plan. Directions may vary from one student to another. If anti-histamines are prescribed as part of the Anaphylaxis Emergency Plan, they should be kept together with the student's adrenaline.

Parent's Role

It is essential that the school has full details of all our pupils' allergies. This information is requested by the school, and must be provided by parents when their child joins the school and then updated by parents if allergies are discovered at a later stage. The school should also be provided with a treatment plan and Anapen/Epipen/Medication, clearly marked with the child's name.

Parents are to send a letter confirming and detailing the nature of the allergy; including:

The allergen (the substance the child is allergic to)

The nature of the allergic reaction (from rash, breathing problems to anaphylactic shock)

What to do in case of allergic reaction, including any medication to be used and how it is to be used.

If a child has an allergy requiring an Anapen/Epipen a Health Care Plan must be completed and signed by the parents. A supporting letter from the child's doctor

detailing the nature of the allergy & actions to be taken by the school should the child have an allergic reaction.

It is the responsibility of the Parent to provide the school with up to date medication /equipment clearly labelled in a suitable container. (see Anapens/Epipens in medication section).

In the case of life saving medication like Anapens/Epipens the child will not be allowed to attend unless & until the parents/guardians have provided up to date medication to the school.

Parents are also required to provide up to date emergency contact information.

Snacks and lunches brought into school are provided by each child's Parent. It is their responsibility to ensure that the contents are safe for the child to consume.

Parents should liaise with Staff about appropriateness of snacks and any food-related activities (e.g. Parent Association Cake Sales)

Staff's role:

Staff are responsible for familiarising themselves with the policy and to adhere to health & safety regulations regarding food and drink.

If a child's Enrolment Form states that they have an allergy then a Health Care Plan is needed.

Upon determining that a child attending school has a severe allergy, a staff meeting will be scheduled as soon as possible where all staff will be informed of the Health Care Plan that is in place.

All staff who come into contact with the child will be made aware of what treatment/medication is required by the school Safety Officer and where any medication is stored.

Break time snacks are monitored by staff and are nut free and free from other allergens depending on the children attending. All staff should know the procedures at break and lunch time to ensure the safety of children with allergies. However staff cannot guarantee that foods will not contain traces of nuts.

All tables are cleaned with an approved solution.

Children are not permitted to share food.

As part of the staff first aid course, Anapen/Epipen use and storage has been discussed.

We may ask the parent for a list of food products and food derivatives the child must not come into contact with.

Emergency medication should be easily accessible, especially at times of high risk.

Staff should liaise with parents about snacks and any food-related activities.

The Health Care Plan with the child's picture and detailing the procedure to be followed will be displayed in the staff room & school office

Role of Other Parents

Since this condition can be life threatening, all parents in the school are asked to minimise the risk to children with nut allergies by:

Avoiding giving children nuts e.g. peanuts, almonds, walnuts, cashew nuts etc. in school lunches

Avoiding giving peanut butter or Nutella sandwiches and other spreads and snacks/bars containing nuts or labelled "may contain nut traces" in school lunches.

Asking children not to share their lunches.

Signs/Symptoms & Actions

Symptoms of mild to moderate allergic reaction

Swelling of lips, face, eyes

Hives, welts, itchy skin, rash

Tingling mouth, abdominal pain, vomiting, nausea

Action for mild to moderate reaction

Stay with student and call for help

Give antihistamine if available

Locate Anapen/Epipen

Contact family/carer

If condition worsens follow actions for severe reaction below

Symptoms of ANAPHYLAXIS SEVERE ALLERGIC REACTION

Difficult/noisy breathing

Swelling of tongue

Swelling/tightness in throat

Difficulty talking and/or hoarse voice

Loss of consciousness and/or collapse

Pale and floppy

Wheeze or persistent cough

Condition steadily worsening

Action for a severe reaction

Give Anapen /Epipen as per instructions immediately

Call ambulance (dial 112 or 999) without delay

Lay flat and elevate legs. If breathing is difficult, allow to sit but not stand

If conscious and able to swallow give prescribed amount of antihistamine

If wheezy administer the prescribed number of puffs of the inhaler using aerochamber (if available)

Contact family/carer

A second Anapen/Epipen may be given if no response after 5 minutes

What to do in an emergency

If a student with allergies shows any possible symptoms of a reaction, immediately seek help from a member of staff trained in anaphylaxis emergency procedures. Ensure all members of staff know who is trained.

The trained member of staff should:

- Assess the situation
Administer appropriate medication in line with perceived symptoms
If symptoms suggest it is a severe reaction:
- give the student their adrenaline injector into the outer aspect of their thigh
make safe the used injector by putting it in a rigid container
- give the used injector to the ambulance crew
- Note the time the adrenaline was given in case a second dose is required and to tell the ambulance crew
- Call for an ambulance and state: the name and age of the student
and that you believe them to be suffering from anaphylaxis and that adrenaline has been administered, the cause or trigger (if known)
the name, address and telephone number of the school
- Call the student's parents

- If there is no improvement after 5 minutes give the second adrenaline injector

While awaiting medical assistance the designated trained staff member should:

Continue to assess the student's condition

Position the student in the most suitable position according to their symptoms

After the emergency

Carry out a debriefing session with all members of staff involved.

Parents are responsible for replacing any used medication. The responsibility for the disposal of the used Anapen/Epipen will rest with the ambulance personnel & the parents.

Adopted by staff: October 2016

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