Dar-ul-Madinah
An Islamic School System

Darul Madinah will nurture our learners into model citizens that exemplify the Inherent values of Islam make a positive contribution to the community and are champions of their faith.

Allergies and Allergic Reactions Policy (School and Nursery)

This policy is in line with the Mission Statement of the School

Document Control

- **Policy Status:** Statutory
- **Owner:** Directors
- **Date of Last Review:** August 2026
- **Date of Next Review:** August 2027
- **Review Period:** Annually

1. Introduction

At Darul Madinah, we recognise that children may have or develop allergies and that an allergic reaction can potentially be life-threatening. We are committed to reducing the risk of allergic reactions and ensuring that staff understand how to recognise and respond appropriately to an allergic reaction or anaphylaxis.

This policy applies across the school and nursery provision. It has been developed using the approach and level of detail in Darul Madinah's existing policies and incorporates the allergy-management arrangements used within our early years practice.

2. Legislation and statutory guidance

- Children's Wellbeing and Schools Act 2026 - allergy safety provisions.
- Department for Education: Allergy safety in schools - statutory guidance (2026), where applicable to the school type.
- Children and Families Act 2014, section 100 - supporting pupils with medical conditions.
- Early Years Foundation Stage (EYFS) statutory framework for group and school-based providers.
- Food Information Regulations 2014.
- Food Information (Amendment) (England) Regulations 2019 - commonly known as Natasha's Law.
- Equality Act 2010.
- Health and Safety at Work etc. Act 1974.
- Children Act 1989 and 2004.
- Data Protection Act 2018 and UK GDPR.

3. Benedict's Law - allergy safety requirements from September 2026

Darul Madinah recognises the reforms commonly known as Benedict's Law, introduced following the campaign for stronger allergy protections in schools after the death of Benedict Blythe. The legal requirements are contained within the Children's Wellbeing and Schools Act 2026 and are supported by the Department for Education's statutory guidance on allergy safety in schools.

From September 2026, Darul Madinah will implement the statutory allergy-safety requirements that apply to schools in England. Allergy safety is a whole-school responsibility and will be embedded within induction, staff training, medical-needs arrangements, food provision, educational visits and day-to-day school and nursery practice.

- Maintain and publish a separate, comprehensive Allergy Safety Policy.
- Provide allergy awareness training for all staff, including recognition of allergic reactions and anaphylaxis, emergency response and the use of adrenaline devices.
- Ensure allergy awareness training is refreshed in line with statutory guidance and school arrangements.
- Identify pupils whose allergies require an Individual Healthcare Plan (IHP) and ensure appropriate individual allergy/emergency arrangements are recorded and communicated.
- Ensure prescribed emergency medication is readily accessible and that staff know how to obtain it without delay.
- Stock and maintain appropriate spare adrenaline auto-injectors (AAIs) for emergency use in accordance with the statutory requirements and current Department for Education guidance.
- Record serious allergic reactions and significant near misses, review what happened and use lessons learned to improve practice.
- Review allergy arrangements and this policy at least annually and sooner following a serious incident, significant near miss or relevant change in statutory guidance.

Paediatric First Aid and Benedict's Law

Darul Madinah requires staff to complete Paediatric First Aid training within three months of employment as part of the school's training programme. This provides important practical emergency-response skills. However, Paediatric First Aid does not replace the separate whole-staff allergy awareness requirement under the new school allergy-safety arrangements. Allergy awareness must therefore be provided to all staff as part of the school's induction and annual training programme.

4. Related policies

- Safeguarding and Child Protection Policy
- Supporting Pupils with Medical Conditions Policy
- First Aid / Accidents and First Aid Policy
- Medication / Administration of Medicines procedures
- Food Safety and Nutrition Policy
- Health and Safety Policy
- SEND Policy
- Equality Policy
- Data Protection and Confidentiality Policy
- Admissions Policy
- Educational Visits procedures

5. Our allergy-safety commitments

- Children's food and drink will be prepared and provided in accordance with their individual dietary needs, allergies, intolerances and any agreed Individual Healthcare Plan (IHP) or allergy management plan.
- Staff will understand the difference between food allergies and food intolerances.
- Staff will understand that a child may develop an allergy at any time and that a first allergic reaction may occur while the child is at Darul Madinah.
- Appropriate measures will be taken to reduce the risk of accidental exposure to known allergens.
- All staff will receive allergy awareness information and training appropriate to their role.
- Staff will know how to recognise and respond to allergic reactions and anaphylaxis.
- Information about children's allergies will be communicated effectively to relevant staff while respecting confidentiality.

6. Information before admission

Before a child starts at Darul Madinah, parents and/or carers will be asked to provide relevant information about:

- Known food allergies and food intolerances.
- Other allergies, including allergies to medication, insect stings, latex, plants or other substances.
- Special dietary requirements.
- Previous allergic reactions or anaphylaxis.
- Medication required for an allergy, including prescribed adrenaline auto-injectors (AAIs).
- Relevant medical advice and emergency treatment arrangements.

Parents and/or carers must inform the school immediately if their child develops a new allergy or intolerance, or if there is any change to an existing allergy, treatment or medication.

7. Individual Healthcare Plans and allergy management plans

Where a child has a known allergy that requires individual arrangements, Darul Madinah will develop an appropriate Individual Healthcare Plan and/or allergy management plan with the child's parent/carer and, where appropriate, relevant healthcare professionals.

The plan will include, where applicable:

- The child's name and photograph.
- Known allergen or allergens.
- Signs and symptoms of the child's allergic reactions.
- Measures required to avoid exposure.
- Food and drink requirements.
- Medication prescribed for the child and where it is stored.
- Instructions for responding to an allergic reaction.
- When an adrenaline auto-injector should be administered, where prescribed.
- When emergency medical assistance should be requested.
- Emergency contact details and any other relevant individual information.

Plans will be shared with staff who need the information to care for the child safely and will be reviewed regularly and whenever the child's needs, medication, medical advice or circumstances change.

8. Allergy register

Darul Madinah will maintain an up-to-date allergy register containing relevant information about children with known allergies and intolerances. The register will be readily available to relevant staff while being managed in a way that protects children's personal information.

Where photographs or allergy information are displayed in staff-only food preparation, serving or classroom areas, this will only be done where necessary and appropriate for the child's safety and in accordance with data protection requirements.

9. Staff awareness and training

All staff will receive allergy awareness training. Training will include recognition of allergic reactions and anaphylaxis, emergency response, awareness of adrenaline devices, the school's allergy procedures, and how to access children's individual allergy information.

Darul Madinah's employment and induction arrangements also require staff to complete Paediatric First Aid training within three months of employment. Paediatric First Aid supports staff emergency-response competence; however, whole-staff allergy awareness will be provided as a separate school requirement and will not be delayed until Paediatric First Aid training is completed.

- The difference between an allergy and an intolerance.
- Common signs and symptoms of an allergic reaction and anaphylaxis.
- That allergic reactions can occur unexpectedly and without a previous diagnosis.
- How to reduce accidental allergen exposure and cross-contact.
- How to follow a child's IHP or allergy management plan.
- How and when to obtain emergency assistance.
- How to respond to suspected anaphylaxis.
- How to use an adrenaline auto-injector where this forms part of the staff member's role and training.

Training completion will be recorded. Staff with specific responsibilities for a child at risk of anaphylaxis will receive suitable instruction and practical support before taking on that responsibility.

10. Adrenaline auto-injectors and emergency medication

Where a child has been prescribed an adrenaline auto-injector or other emergency allergy medication, Darul Madinah will work with parents/carers and relevant healthcare professionals to establish appropriate arrangements.

- Emergency medication will be clearly identified, within its expiry date, stored safely and be quickly accessible in an emergency.
- Medication will not be locked away in a manner that would cause an unacceptable delay.
- Required emergency medication will accompany the child on educational visits, outings and evacuation where appropriate.
- Parents/carers remain responsible for supplying prescribed medication and informing the school of changes.
- Expiry dates will be monitored and replacement medication requested when required.
- The school will maintain appropriate records of medication administered.

Darul Madinah will make arrangements for emergency/spare adrenaline auto-injectors in line with the requirements and guidance applicable to the school. Staff will know where emergency devices are kept and how to access them without delay.

11. Food preparation and allergen management

Darul Madinah will take appropriate precautions to minimise the risk of allergen contamination or accidental exposure. Allergy and dietary information will be available to staff involved in purchasing, preparing, handling, serving or supervising food.

- Individual allergy plans will be followed.
- Food labels and ingredients will be checked appropriately.
- Measures will be taken to prevent cross-contact with relevant allergens.
- Utensils, preparation areas and equipment will be used and cleaned appropriately.
- Food will be clearly identified before being given to the child.
- Staff will check that the correct food is served to the correct child.
- Changes to ingredients or substitute products will be checked before use.
- Staff must not assume a product is safe simply because it has been used previously, as ingredients and manufacturing processes may change.

12. Mealtimes, snacks and food brought into school

At meal and snack times, relevant staff will know which children have allergies, intolerances or other dietary requirements. Children will be appropriately supervised and food sharing will be managed to reduce the risk of accidental exposure.

Where food is brought into school for celebrations, activities or other purposes, allergen information must be available where required. If staff cannot establish that food is safe for a particular child, it will not be given to that child.

Children with allergies will not be unnecessarily excluded from meals, activities, celebrations, educational visits or other school experiences. Reasonable steps will be taken to enable safe participation.

13. Food information requirements and Natasha's Law

Darul Madinah will comply with applicable food information and allergen requirements. Information about the presence of the 14 regulated allergens will be available for food provided by the school as required by law.

Where Darul Madinah produces food that meets the legal definition of prepacked for direct sale (PPDS), it will comply with the allergen-labelling requirements commonly known as Natasha's Law, including the name of the food, a full ingredients list and emphasis of regulated allergens as required.

14. Recognising an allergic reaction

Staff will remain alert to possible signs and symptoms of an allergic reaction. Symptoms may include:

- Rash, redness, itching or hives.
- Swelling of the face, lips, mouth, tongue or throat.
- Itching or tingling in the mouth.
- Nausea, vomiting, abdominal pain or diarrhoea.
- Runny or itchy eyes.
- Coughing, wheezing, noisy or difficult breathing.
- Difficulty swallowing or a change in voice.
- Dizziness, confusion, unusual tiredness, becoming pale or floppy, collapse or unconsciousness.

Anaphylaxis is a medical emergency. Staff must not delay seeking emergency medical assistance where anaphylaxis or another serious allergic reaction is suspected.

15. Responding to an allergic reaction or suspected anaphylaxis

- Act immediately and remain with the child.
- Follow the child's IHP, allergy management plan or emergency treatment plan where one exists.
- Call for assistance and obtain the child's emergency medication.
- Administer or assist with prescribed adrenaline medication in accordance with the child's plan, current guidance and staff training.
- Call 999 immediately where anaphylaxis or a serious allergic reaction is suspected and state 'anaphylaxis'.
- Do not delay emergency treatment while waiting for a parent/carer or senior member of staff.
- Follow emergency-service instructions and keep the child appropriately positioned and supervised.
- Contact the child's parent/carer as soon as practicable after emergency action has begun.
- Record the incident, treatment given and relevant timings.

Where an adrenaline auto-injector is administered, emergency medical assistance will be requested immediately, even if the child appears to improve. Staff will follow the child's emergency plan and current guidance regarding any second dose.

16. Unknown or first allergic reaction

A child may experience a serious allergic reaction without having a previously diagnosed allergy. Where a child without a known allergy develops symptoms that may indicate a serious allergic reaction or anaphylaxis, staff will act immediately, follow their training, call 999 where appropriate, inform leadership and contact the child's parent/carer.

The incident will be recorded and the child's medical/allergy information and risk assessment will be reviewed before or upon their return, as appropriate.

17. Serious reactions requiring hospital treatment

- Call 999 immediately where a severe allergic reaction or anaphylaxis is suspected.
- Do not attempt to transport a child requiring emergency treatment to hospital in a staff member's private vehicle.
- Ensure the child's parent/carer is contacted as soon as possible.
- Arrange for an appropriate member of staff to accompany the child in the ambulance where necessary if the parent/carer is not present.
- Ensure relevant medication and emergency information accompany the child where appropriate.
- Redeploy staff as necessary to maintain safe supervision and required staffing ratios for children remaining at the setting.
- Provide appropriate reassurance and support to children and staff affected by the incident.
- Make any required statutory or regulatory notifications within the applicable timescale.

18. Educational visits, outings and activities

A child's allergy arrangements apply during educational visits, outings and activities as well as on the school premises. Planning and risk assessment will consider known allergens, food and drink arrangements, environmental exposure, emergency medication, access to emergency medical assistance, staff knowledge of the child's plan and any reasonable adjustments required.

Required emergency medication will accompany the child and remain readily accessible. Children will not be unnecessarily excluded from visits or activities because of an allergy.

19. Non-food allergens

Allergic reactions may also be caused by substances other than food, including insect stings, medication, latex, plants and environmental allergens. Known non-food allergies will be recorded and included in the child's individual arrangements where appropriate.

20. Recording, reporting and learning from incidents and near misses

All allergic reactions and significant allergy-related near misses will be appropriately recorded. Following a serious reaction or significant near miss, the Headteacher or delegated senior leader will review what happened.

The review will consider:

- The cause or suspected cause.
- Whether the child's plan was followed.
- Food preparation and serving arrangements.
- Communication between staff.
- Availability and accessibility of medication.
- The staff response and whether further training is required.
- Whether risk assessments, individual plans, procedures or this policy need to change.

Parents/carers will be involved in reviewing the child's individual arrangements where appropriate. Lessons learned will be shared with relevant staff.

21. Nursery and EYFS provision

For children in the nursery and Reception/EYFS, staff will take particular account of age, communication ability, dependence on adults for food and medication, supervision needs and statutory EYFS welfare requirements. Allergy

arrangements will be integrated with the setting's first aid, medication, food safety, safeguarding and staffing procedures.

22. Responsibilities

Directors

- Ensure appropriate allergy-safety arrangements are in place and reviewed.
- Ensure the policy is publicised and published where required.
- Monitor compliance with applicable statutory duties and guidance.

Headteacher

- Has overall responsibility for implementation of this policy.
- Ensures staff training and allergy arrangements are monitored.
- Ensures significant incidents and near misses are reviewed and lessons acted upon.
- Ensures the policy is reviewed at least annually.

All staff

- Complete required allergy awareness training.
- Know how to access allergy information and emergency medication.
- Follow IHPs, allergy plans and food-safety arrangements.
- Act immediately in an emergency and report concerns or near misses.

Parents and carers

- Provide accurate and current information about their child's allergies.
- Supply prescribed medication and replace it before expiry.
- Inform the school promptly of changes to diagnosis, treatment or medication.
- Work with the school and healthcare professionals on individual plans.

23. Confidentiality and information sharing

Information about a child's allergy is health information and will be handled in accordance with data protection requirements. Relevant information will be shared with staff and other persons who need it to protect and care for the child safely, including emergency services and healthcare professionals where necessary.

24. Publication, monitoring and review

This policy will be made known to staff, pupils and parents/carers in an age-appropriate and accessible way and will be published on the school website in accordance with the allergy-safety requirements commonly known as Benedict's Law. Darul Madinah will review this policy at least annually.

An earlier review will take place following a serious allergic reaction or significant near miss, a change in a child's needs that identifies a gap in procedures, a relevant change in legislation or statutory guidance, or where monitoring identifies that arrangements need strengthening.

25. Staff acknowledgement

Staff will be expected to confirm that they have received or accessed this policy, completed required allergy awareness training and understand Darul Madinah's emergency arrangements and the location of relevant allergy information and emergency medication.