



Our School Vision

In our school:
we love deeply, respecting everyone and treating them with dignity;
we aspire with confidence, working hard and embracing challenge;
we serve God and our community, following the example of Jesus, to create a better world.

"Live a life filled with love, following the example of Christ. He loved us and offered himself as a sacrifice for us."
Ephesians 5:2 (NLT)

Our School Values: Love, Aspiration, Service

Latymer All Saints C of E Primary School

Allergy Awareness 2026 (adopted)

London Borough of Enfield

Allergy Awareness – Food Safety



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This plan will be amended according to legislation / changes to better practice and will be updated as and when required.

Allergy Awareness Food Safety - Briefing Note for Schools

Introduction

Allergy awareness and procedures to safeguard children with food allergies at school

There have been several incidents recently within Enfield where individuals have experienced severe allergic reactions to foods. In each case, there was a breakdown in communication, so they were not aware the foods they were eating contained the allergen.

A serious allergic reaction, known as Anaphylaxis, can be **fatal**. There are around 10 deaths a year from anaphylaxis due to allergies in relation to food. The most common cause of anaphylaxis from foods includes nuts, milk, fish, shellfish, eggs, and some fruits but there are other foods that will also cause anaphylaxis including cereals containing gluten, sesame, and soya amongst others.

Legal requirements for schools and caterers

Under Section 100 of the Children and Families Act 2014, schools have a duty to support pupils at their school with medical conditions.

Statutory guidance explains responsibilities for schools in Supporting Pupils at School with Medical Conditions. Schools should make sure that they support pupils with any medical conditions in school. This could include ensuring that a child with an allergy is able to eat a school lunch.

The Food Safety and Hygiene (England) Regulations 2013 require food businesses to provide food that is **safe to eat**. This includes food given provided for children with allergies that can cause a serious or **fatal** reaction.

The Food Information Regulations 2014 requires all food businesses including school caterers to have accurate information about the food they serve including allergen information. This makes it easier for schools to identify the food that pupils with allergies can and cannot eat.

Since October 2021, the Food Information Regulations have required labelling of allergens on Pre-packed for Direct Sale (PPDS) foods. These are foods which are packaged on the premises before the consumer orders them. Read the Food Standards Agency advice for schools, colleges, and nurseries.

Changes to allergen labelling for schools, colleges and nurseries

The changes to labelling requirements helps to protect consumers by providing potentially life-saving allergen information on packaging. This legislation is also known as [Natasha's Law](#).

Any food business that produces PPDS food will be required to label it with the name of the food and a full ingredients list. Allergenic ingredients must be emphasised within this list.

This can include food that consumers select themselves, for example from a display unit, as well as products kept behind a counter.

Life-saving allergy pens must be stocked by schools for the first time under new gov.uk plans

The plans come after the government listened to families and campaigners who have fought for change — including Helen Blythe, mother of Benedict Blythe, who tragically lost his life to an allergic reaction at school, and the National Allergy Strategy Group.

The DfE is also requiring compulsory training for teachers and a requirement for each school to have a dedicated allergy policy [Allergy safety policy – template](#).

Note: the [consultation on the new guidance on supporting children and young people with medical conditions and allergies](#) is now open, ahead of coming into force in September 2026.

Under the new statutory requirements, schools must:

- stock “spare” adrenaline auto-injectors for use in emergency situations
- provide allergy awareness training for all staff — covering recognition of symptoms, emergency response and the use of adrenaline devices — alongside improved incident recording and lessons learnt processes
- have a comprehensive policy for supporting children with medical conditions, including Individual Healthcare Plans to record specific arrangements for individuals like an allergy management plan

Schools up and down the country are already undertaking the necessary training to keep children safe and information has already been sent from the School Nursing Team to Enfield Schools.

Required actions

To prevent a serious incident involving a school child, the following actions are necessary to ensure the risk from allergens are being effectively managed:

- A review of the schools Allergen Policies and Procedures to ensure risk management practices are in place to prevent a child’s exposure to foods they are allergic/or intolerant to.
- Children with an allergy to food must have a comprehensive Individual Health Plan (IHP). This information must be carefully detailed, accurate and up to date and **MUST** be communicated to the relevant staff who are identified in the plan. This will include the school catering provider, any staff that will be involved in any food provision for that child or supervising at break and lunch times and may include staff involved in food technology lessons and school trips.

Please see template links to IHP from gov.uk

[Individual Healthcare Plan template 4 July 2026.docx](#)

- Re-assess members of staff that are responsible for completing the IHP to ensure they are competent to fill out the plans correctly, and to make decisions on effective control and monitoring measures to be put in place.
- Review the IHPs for children with allergies to ensure that suitable arrangements are in place to manage their allergy effectively.

- Assess training provided for all staff involved in the care of children with food allergies, including those who are responsible at senior management level, so they are aware of the importance of allergen management and information sharing, the foods involved, the mechanism of the reaction and how to prevent food contamination.
- Establish effective communication for information sharing with the school catering providers. The process for sharing information should be formalised to ensure this is done accurately and on a regular basis. It is essential that the school shares allergy information with all relevant persons including their school meal provider and any other catering staff, so adequate arrangements can be made to provide food that is safe for those children to eat.

Other practical measures and advice

Schools making changes to their menus or substituting food products, **MUST** continue to meet any special dietary needs.

To make sure schools continue to meet these pupil's needs, they should:

- check any product changes with their food suppliers
- ask caterers to read labels and product information before using them
- use as an example, the dishes and their allergen on a menu chart to list the ingredients in all school meals
- ensure allergen ingredients remain identifiable

Read the Allergen Guidance for Institutional Caterers. It includes information for school caterers on:

- processes to help identify pupils with allergies
- methods to help cross-reference allergies against particular food types or ingredients

Below are some useful links for training and information:

[Supporting pupils with medical conditions at school - GOV.UK](#)

[Stronger protections for children with allergies in school - GOV.UK](#)

[Allergy safety in schools statutory guidance](#)

[Allergy UK | National Charity](#)

[Department of Education publishes new statutory guidance on allergies in schools | Anaphylaxis UK](#)

[Food Standards Agency - Food Allergy Training](#)

[The Food Information Regulations 2014](#)

[Natasha's Law](#)

Please get in touch with the Food Safety Team, Consumer Protection, Environment & Communities if you have any queries, Environmental.Health@enfield.gov.uk

Monitoring arrangements

This policy will be reviewed annually by the Curriculum and Staffing Committee. Any amendments will be presented at a meeting of the Full Governing board.

Reviewed and Approved by: The Curriculum and Staffing Committee
Ratified by Full Governing Board
Next review due:

Date: July 2026
Date: July 2026
Date: July 2028

Latymer All Saints C of E Primary School is committed to the safeguarding of our pupils and staff.