

# Keeping children with food allergies safe in schools

## An action plan for Scotland



**All nursery and school staff should be trained in allergy awareness, allergy management, and how to respond in a food allergy emergency, including administration of medication.** Lists and photos of children with food allergies should be available to all staff to ensure they can be easily identified and their needs met throughout the school day.



**Education Scotland's Child Protection and Safeguarding Policy** needs to be updated and strengthened to include specific reference to children with food allergies.



**All schools and nurseries should have a specific allergy policy** which includes an anaphylaxis plan.



**All schools and nurseries should have an individual healthcare plan in place for every child with a diagnosed food allergy**, and these should always include Paediatric Allergy Action Plans and an Anaphylaxis Risk Assessment.



**All schools and nurseries should record and report all known instances of food allergic reactions and near-misses.** This record keeping should be included in the evaluation criteria for Education Scotland inspections.



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**All schools should be funded to hold in-date spare adrenaline auto injectors (AAIs) at the suitable required dosage, with all staff trained in their use.** If funding is not available, schools should be able to purchase AAIs at the NHS Scotland Drug Tariff Price.



**All schools should have an allergy-aware anti-bullying policy.** Schools should ensure their behaviour and anti-bullying policies include awareness of food allergy-related bullying.



**All schools should clearly indicate where their catering is sourced from on their website and in welcome documents for new pupils/parents.** School food transparency is vital. Catering services should make ingredients and allergen information for their menus readily available. **There should be mandatory minimum standards for catering services in education settings.**



**Inclusive free breakfast clubs for children with food allergies.**

Children with food allergies need safe food options so they can enjoy breakfast without hesitation and breakfast clubs need to be aware of children with food allergies and provide alternative food options for them.

All guidelines around food allergy safety in education settings should apply equally to breakfast clubs, and schools should be supported to ensure alternative provision is in place for pupils with food allergies.



**A new approach using digital allergy awareness:** Allergy and other medical records should be digitised and updated throughout a child's life, in a way that allows parents to easily make schools and other institutions aware of any food allergy or special medical requirement. This could most easily be achieved through NHS Scotland's Digital Front Door platform.