

# School Allergy Safety Checklist ✓

For parents of children with food allergies, a little preparation can make all the difference to help keep your child safe and included at school.

## ✓ School Allergy Training & Emergency Safety

- ☐ Ensure all teaching staff recognise signs of anaphylaxis and received training in what to do in an allergy emergency.
- ☐ Confirm staff know how and when to use an AAI (EpiPen/Jext); practice with a trainer pen.
- ⬇️ [Download](#) and display our FREE first-aid poster for classrooms and staff areas.

## ✓ Allergy Medication Management

- ☐ Check your child's medication is in-date. Double-check expiry date, strength of dose and make sure it's clearly labelled with your child's name.
- ☐ Confirm storage location and ensure it's easily accessible and known to multiple staff.
- ☐ Ask if your school purchases spare AAIs without a prescription ([GOV.UK guidance](#)).

## ✓ Allergy Care, Communication & Planning

- ☐ Share your child's allergy care plan with the school; keep a copy.
- ☐ Discuss routines and processes when it comes to lunchtimes, breaks, school trips, after-school clubs and supply teacher arrangements with your child's teachers.
- ☐ Encourage school staff to ask questions - more confidence = a safer child.

## ✓ Daily Routines & Meals

- ☐ Talk about lunch & break routines to reduce your child's worries or anxiety.
- ☐ Check the school's Allergy Policy and hygiene practices (like handwashing after meals).
- ☐ Speak with catering staff about allergen safe menus and cross-contamination risks.

## ✓ Class Trips & Celebrations

- ☐ Request notice for trips; ask about accompanying your child if needed.
- ☐ Prepare a "safe snack box" for last-minute class treats and celebrations.

## ✓ Empower, Include & Protect

- ☐ Teach your child 'safe rules': no sharing food, hygiene and asking for help.
- ☐ Practice telling an adult if they suspect an allergic reaction.
- ☐ Consider medical ID bracelets for older children.

💡 Tip: Keep this checklist handy and review with school staff each term.

