

INSIDE

- Find our Anaphylaxis First Aid poster.
- Know what to do in the event of an allergic reaction.
- Plus turnover for our Top 14 Allergen poster!



Welcome to Allergy School

Allergy School offers free, high-quality resources to help you teach children aged 3 to 11 about food allergies.

Around 2 children in every classroom now have a food allergy, and 20% of food allergic reactions occur in school.

That's why The Natasha Allergy Research Foundation, the UK's food allergy charity, has launched Allergy School, a new, national educational programme to help everyone with food allergies feel empowered, included and protected.

Allergy School delivers free support and education to help teachers create inclusive and safe environments for children with food allergies.

The first wave of resources has been created specifically for nurseries, primary schools and out-of-school sports, community and activity groups looking after children aged 3 to 11.

To find out more about Allergy School and access the free resources, go to AllergySchool.org.uk



"Food allergies are a significant issue today in schools. Allergy School resources will help to improve awareness and understanding of food allergies in schools, for pupils and teachers, parents and carers. They fill a gap that will allow schools to be more confident around food allergies; best of all, they are absolutely free. I'd urge everyone to download them."

Joe Brown, Headteacher
Old Oak Primary School

Resources

- 5 engaging films
- Lesson plans
- Assembly packs

Support

- Self-assessment checklist
- First-aid poster, film and advice
- Allergy policy and top tips
- Allergy School logo and certificate
- Free online training on Allergy & Anaphylaxis in schools

The films feature real schools, teaching staff and children, sharing their own stories and food allergy best practices, and all resources are mapped to the National Curriculum.



Allergy School has been created with the expertise of key partner organisations



St John
Ambulance



coram
Life Education

SCARF





How food allergy-friendly is your nursery or school?

Do you have an Allergy Policy?

Allergy School provides a model policy which you can use to draft an allergy policy for your school that reflects your own culture and particular circumstances. You can find this at AllergySchool.org.uk

Take Allergy School's self-assessment to ensure you are doing everything you can to keep children in your care with food allergies safe and included.

Complete our free, online self-assessment to identify areas for improvement, and work towards creating a safer, more inclusive environment for children with food allergies.

Upon completion, you'll receive a Red, Amber, or Green rating, along with helpful tips and next steps to get started on your Allergy School journey. You can also access a free online Allergy & Anaphylaxis for Schools training course provided by High Speed Training.

Once you have achieved your Amber or Green rating, you will receive an Allergy School certificate and logo for you to display and use in your own communications.

To take the self-assessment, visit AllergySchool.org.uk



Would you know what to do if a child in your care had a severe allergic reaction to food?

Every second counts in a food allergy emergency. Knowing how to respond and the steps you need to take is essential.

An allergic reaction can escalate to anaphylaxis which is potentially life-threatening. Knowing the steps to take in the event of anaphylaxis can save a life.



Allergy School has teamed up with leading first aid charity St John Ambulance to create a film explaining how to respond to a food allergy emergency.

Scan the QR code and sign up to Allergy School to access the film and resources on the steps to take in a food allergy emergency.



Display the First Aid for Anaphylaxis poster in every classroom, on staff and club noticeboards.

Download more from AllergySchool.org.uk

Order spare AAIs for your school

Schools can purchase AAIs without a prescription, for emergency use.

This can be done with a request on headed paper signed by the headteacher. Find a model letter at AllergySchool.org.uk



Why we need Allergy School?

Around 2 children in every classroom now have a diagnosed food allergy and these children often face challenges that can leave them feeling isolated and excluded.

We want all children to feel safe and be fully included in all activities in and out of the classroom. A survey of nearly 2,000 teachers by the NASUWT, the teachers' union, in collaboration with Natasha's Foundation found that:

- 95% of teachers now have children with food allergies in their schools.
- 67% of teachers have had no allergy awareness training.
- 60% don't know or are unsure if their school even has an allergy policy.
- 17% has never been taught how to administer an adrenaline auto-injector (AAI), and 23% would not feel confident dealing with an anaphylaxis emergency at school.
- 62% would find training/resources on how to support children with food allergies helpful.

Allergy School is here to bridge these gaps by offering free resources, training, and guidance to schools, nurseries, and clubs.

With better awareness and understanding, we can ensure that children with food allergies are safe, included, and able to participate fully in school life.

Tell us about your food allergy experience

Do you have a story to share? What would help you better support food allergic children in your school, and help all children learn more about food allergies? We'd love to hear from you!



Joanna Taylor is a headteacher from south Wales, and has severe allergies herself to fish and nuts.

"Schools need to be responsive to parents and their concerns about food allergies. Schools should have robust and transparent communication with parents about food allergies so that parents feel confident that school practices are appropriate."

"We often have parents requesting a meeting or informing us their child is allergic to something as it's the first time they've had a reaction."

"It can be a very scary time for them, so we need to understand and listen."

"Teachers need to work with parents and vice versa, adapting to suit each child where possible. Ultimately, it's about understanding the severity of food allergies."



Why Allergy School matters to teachers and parents



**Natasha
Allergy
Research
Foundation**

The UK's Food Allergy Charity

“

Billie Hoque, 35, from Luton, has three children with food allergies. Her son Jess, aged 8, is allergic to cow's milk, and has experienced several near-death allergic reactions. Billie said:

“Jess faced an uphill battle at school as a result of his food allergies. The school struggled to comprehend the severity of his allergies and he was often excluded from activities or put in dangerous situations where his allergen was present.

This led him to experience severe anxiety when he was just 4-years-old. He would wake in the night and tell me he hated school and that he felt lonely due to feeling different.

He started to worry about what would happen to him if teachers didn't call an

ambulance on time in the event of an allergic reaction. It was a struggle to get him to school each day, from the minute he woke in the morning he would be fighting back the tears and when we eventually reached the classroom, he would cling to me, cry and tell me that he was too nervous.

I believe Jess' experience is similar to thousands of others and is a consequence of the stark lack of awareness and education schools have in dealing with allergic children.

I am so pleased that Natasha's Foundation is launching Allergy School. I have no doubt that this will save lives and also improve the mental wellbeing of our allergic children at school.”

“

Tanya Ednan-Laperouse OBE, founder of the charity, whose daughter Natasha died aged 15 from a food allergic reaction, said the NASUWT survey findings exposed the barriers faced by too many children with food allergies in Britain's schools, which can leave them feeling excluded and isolated.

“It can be really hard to keep a child with food allergies safe in school. Finding a nursery where Natasha would be safe was extremely difficult.

Natasha at times was bullied at school because of her food allergies and this was incredibly stressful and isolating for both her and our family.

Government, schools, teachers, parents and pupils need to come together to support children with food allergies in this country.”

“

His Majesty King Charles also sent a message of support saying:

“I am delighted to hear of the launch of ‘Allergy School’, the new educational programme by The Natasha Allergy Research Foundation.

Improving understanding of this issue is so important for keeping children with food allergies safe and ensuring they are able to participate fully in activities at school or in our wider communities.

I am particularly heartened that my King's Foundation has been closely involved with the project, helping all of us to become more aware of the many ways we can support one another, especially the more vulnerable in our society.”



Natasha's Foundation was founded by Nadim and Tanya Ednan-Laperouse OBE's after their daughter Natasha died aged 15 from an allergic reaction to sesame.

Sesame wasn't listed as an ingredient on the packaging of a baguette sandwich she ate. Had it been, she'd be alive today. Through campaigning, education and clinical research, the Foundation works to improve the lives of the millions of people in the UK with food allergies. Allergy School is its new educational programme.

It provides free resources to nurseries, primary schools and out-of-school clubs and groups to help ensure that children with food allergies are safe and able to participate fully in all childhood experiences. Allergy School is set to extend to secondary and tertiary education towards the end of 2025.

Sign up to Allergy School

Scan the QR code and sign up to Allergy School to access free, high-quality resources to help you teach children aged 3 to 11 about food allergies.



FIRST AID FOR ANAPHYLAXIS



Recognise the Signs of Anaphylaxis...

A Airways

- Persistent cough
- Hoarse voice
- Difficulty swallowing
- Swollen tongue

B Breathing

- Difficult or noisy breathing
- Wheeze or persistent cough

C Consciousness

- Persistent dizziness
- Pale or floppy
- Suddenly sleepy
- Collapse / unconscious

An allergic reaction can escalate to anaphylaxis which is potentially life-threatening. Always consider anaphylaxis in a food-allergic person even if there are no signs of a rash, hives or swelling.

ANAPHYLAXIS: ACTIONS TO TAKE

If any one or more of the above ABC symptoms are present, take these steps.

1. Administer an Adrenaline Auto Injector (AAI) without delay

Inject the AAI into the top of the outer thigh. If you're in doubt that it is anaphylaxis but one or more ABC symptoms are present, give the AAI, it will not harm them.



2. Dial 999 and say anaphylaxis ('ana-fill-axis')

Stay with the person until the ambulance arrives. DO NOT let them stand up and walk around.



3. The person should lie down immediately

If the person is not already lying down, they should do so, with legs raised if possible. If breathing is difficult, allow them to sit. If they have vomited or feel sick, gently turn them on their side.



4. If there are no signs of improvement after 5 minutes

Inject a second AAI into the outer thigh. If there is no sign of life, start CPR immediately until help arrives.

Please learn these steps. This is life-saving information.
You never know when you will need to act in an anaphylaxis emergency.

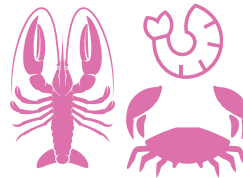
Top 14 Allergens



Celery



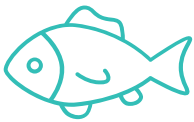
**Cereals
containing
gluten**



Crustaceans



Eggs



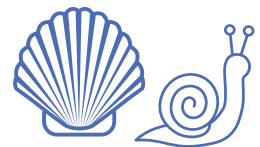
Fish



Lupin



Milk



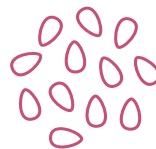
Molluscs



Mustard



Peanuts



**Sesame
Seeds**



Soya



**Sulphur
Dioxide**



Tree Nuts