

GORDON'S SCHOOL

ANAPHYLAXIS POLICY

The core principle that guides everything we do is **Putting Students First**.

1. Introduction

Gordon's School aims to support students with allergies and to ensure that they are not disadvantaged in any way whilst at school.

Gordon's School is a nut aware environment, meaning we do not knowingly provide food containing nuts as an ingredient and we actively promote safe practices to minimise risk for students with allergies. Please see Appendix 1 for more information regards our 'Nut Aware' School.

2. Definition of Anaphylaxis.

It is a sudden, severe allergic reaction, when the body reacts to a foreign substance, which triggers an exaggerated response from the immune system.

The reaction can be mild or severe with slow or fast onset.

Foreign substances can include foods (e.g. nuts) animal venom (e.g. wasp or bee sting) objects (e.g. latex) or drugs (e.g. penicillin).

3. Symptoms and signs

- Difficult, noisy breathing
- Swelling of face, tongue, lips and throat.
- Difficulty in swallowing.
- Flushed complexion, rash or hives.
- Abdominal cramps and nausea.
- Rapid Heart Rate
- Collapse, unconsciousness, death.

The student can have any of these signs and symptoms, in any order. There is no set pattern and just because certain signs and symptoms may have been experienced before does not mean that they will experience the same ones again.

4.a Medication and Control

In the most severe cases of anaphylaxis, people are normally prescribed a device for injecting adrenaline. The device, an Adrenaline Auto- Injector (AAI), looks like a large pen and is pre-loaded with the correct dose of adrenaline. It is designed to be self-administered but can be given by someone else if the casualty is too unwell to do it. It is normally injected into the fleshy part of the thigh, sometimes through light clothing depending on the situation. The needle is not revealed and the injection is easy to administer. Each Adrenaline Auto-Injector is a pre-loaded single dose and can only be used once. **In cases of doubt it is better to give the injection than to hold back.** An ambulance should be called immediately

4b. Gordon's School Spare Adrenaline Auto-Injector (AAI) Device

Schools are authorised by Government to hold spare AAI devices for emergency use by Students who are known to be at risk of anaphylaxis. Medical authorisation and parental/legal guardian consent is required for the use of the spare AAI.

Gordon's School's spare AAI is for use within the school grounds. It is for emergency use in a student whose own device is not available or not working.

The spare AAI devices will be supplied by the school medical centre and stored in clearly marked containers in Reception, the Staff Room and the Sports Hub. The medical centre staff will be responsible for checking the AAI for expiry.

A register of students who have been prescribed an AAI and have parental/legal guardian consent is in the container with the AAI.

Administration of the AAI as per section 6.

The person responsible for administering the AAI must inform the medical staff immediately, who will then take control of the incident.

5. Management in school

It is the parents' or guardians' responsibility to notify the school if their child is at risk from anaphylaxis. Full details are required including the allergen and the name and dosage of medication prescribed.

- Photographs of students diagnosed with a severe allergy and prescribed an Adrenaline Auto-Injector are displayed in key areas around school for the whole school community to see. This is updated annually in September and throughout the year as required.
- All staff are given anaphylaxis awareness training including the use of Adrenaline Auto-Injectors annually.
- All staff are informed when a student diagnosed with anaphylaxis is enrolled at the school.
- The School Nurse will create an Individual Health Care Plan for each student at risk of anaphylaxis. This is saved in SharePoint and also printed for the relevant House.
- The School Nurse will inform the Head of Catering of any students with severe dietary allergies.
- Each student should have a minimum of 2 named Adrenaline Auto-Injectors in school. One will be kept in the designated cupboard in the staffroom. The other will be carried by the student at all times. Any additional Adrenaline Auto-Injectors should be kept either in the student's House or the dining hall. The School Nurse checks the expiry date on the Adrenaline Auto-Injectors stored in the staff-room each Half Term.

- The school nurse will offer students a session on Anaphylaxis and the opportunity to practice with a training pen.
- Trip leaders will be informed via the Trip Pack of students diagnosed with Anaphylaxis. Trip Leaders are responsible for ensuring Students have both Adrenaline Auto-Injectors with them on the trip. When required, Adrenaline Auto-Injectors should be signed out of the staffroom by a member of staff and returned immediately after the end of the trip. NB; **No AAI = No Trip**.
- Parents of Day Boarders are required to make a note of the expiry dates of their child's Adrenaline Auto-Injectors before they are brought into school and to replace them as required.
- The School Nurse will ensure that Residential Boarders' Adrenaline Auto-Injectors are within date and will organise their replacement as required.
- In the case of a first time reaction of an undiagnosed student an ambulance should be called immediately.

6. Administering the Adrenaline Auto-Injector (AAI)

There are three Adrenaline Auto-Injectors available on prescription in the U.K: EpiPen, Jext and Emerade.

The EpiPen has a spring-loaded concealed needle that delivers a single measured dose when the pen is jabbed against the muscle of the outer thigh.

Jext has a locking needle shield which engages after use, designed to protect against needle stick injury.

Emerade is the most recent single-use Adrenaline Auto-Injector to become available.

If the child is conscious and able, he/she should be encouraged to self-administer the Adrenaline Auto-Injector under supervision.

All of the AAIs are to be administered into the fleshy part of the thigh, through light clothing if necessary. The injection technique varies between brands. If you have to assist in using the AAI read the simple instructions on the barrel of the AAI itself.

Every time you use an adrenaline auto-injector:

- Call 999, ask for an ambulance and state 'anaphylaxis', even if the student starts to feel better.
- Lie the student flat with their legs raised. If they are having difficulty breathing, sit the student up to make breathing easier.
- Stay with the student and monitor their breathing.
- If symptoms persist administer a second dose of adrenaline after 5 to 15 minutes.
- Give the used AAI to the Paramedics. They can check the AAI has functioned properly.

There are no serious side effects even if the medication is given repeatedly or from misdiagnosis.

Relapse is possible after apparent recovery.

The child should always be sent to hospital after having Adrenaline, even if they seem to have fully recovered.

7. Key Messages to parents:

If your child has been prescribed adrenaline, there are key messages you must remember:

- Ensure that they have their AAI with them at all times – no exceptions.
- Check the expiry date regularly. An out-of-date AAI may offer some protection, but this will be limited. Make a note of the expiry date of any AAI that your child keeps in school so that replacement devices can be obtained in good time.
- Get a health professional to show you and your child how to use your injector. Ask the practice nurse at your local GP surgery or the School Nurse at Gordon's.
- Check out www.anaphylaxis.org.uk
- Get hold of a “trainer” pen and practise regularly
- Remember that children who have been prescribed Adrenaline Auto-Injectors need to go on to the adult dose when they weigh 30kg. This is likely to be somewhere between 5-11 years old.

**Julie Unsworth
Lead School Nurse**

January 2026

Appendix 1.

In line with Allergy UK's advice and guidance we can no longer claim to be 'a nut free School'.

Allergy UK advises against claiming we are a “nut-free” as this can create a false sense of security and does not safely prepare children for environments where nuts may be present.

It has become increasingly difficult to guarantee and enforce a nut free environment, as it is not possible for staff to monitor snacks brought in by students from home. Additionally, the growing number of food products with precautionary allergen labelling i.e., 'may contain nuts' on the packaging means sourcing guaranteed nut free products is increasingly difficult.

Furthermore, we must also consider other children with different food allergies, and it is not practical to restrict them all.

'Nut Aware'

As a result, we are now officially a 'nut aware' school, which means we are committed to taking the following steps to keep students as safe as possible;

- All food served in the Dining Hall will not knowingly contain nuts listed as an ingredient.
- Counter 1 in the Dining Hall will continue to cater for all students with food allergies, providing safe meal options, including serving meals that do not have foods with precautionary allergen labelling such as 'may contain nuts' on the packaging.
- Snacks provided by Houses or sold as tuck will not knowingly contain nuts listed as an ingredient, but precautionary allergen labelling such as 'may contain nuts' might be on the packaging.
- Where snacks are provided by Houses or sold as tuck have precautionary allergen labelling such as 'may contain nuts' on the packaging, an alternative snack will be offered.

Students will therefore need to:

- Check every label, every time. Ingredients can change without warning.
- Be vigilant about packaging changes or health claims such as ‘new recipe’ or ‘new allergen advice, see the back of pack’. This may indicate that the ingredients have changed, and an allergen may now be present.
- Familiarise themselves with hidden names for their food allergy.
- Always refer to the **ingredients list**. Any additional allergy warnings on the packaging is up to the manufacturer’s discretion.
- Sign up for allergy alerts at [Allergy UK | National Charity](#) and receive timely updates on food recalls and potential allergy risks. Food items may be withdrawn due to cross-contamination or mislabelling.
- Do not take the risk if there is any doubt about a food label or product. Ask a member of staff.

Can students with allergies safely consume foods with “may contain” warnings?

This decision depends on the individual and the severity of their allergy. We encourage you to have a conversation with your GP or allergy specialist to determine whether these products are safe for your child. We also advise you to have appropriate conversations with your child around this.

We continue to prioritise the safety and wellbeing of all our students and appreciate your support. If you have any questions or concerns, please do not hesitate to contact the School Medical Centre via email - medical@gordons.school or telephone 01276 859709