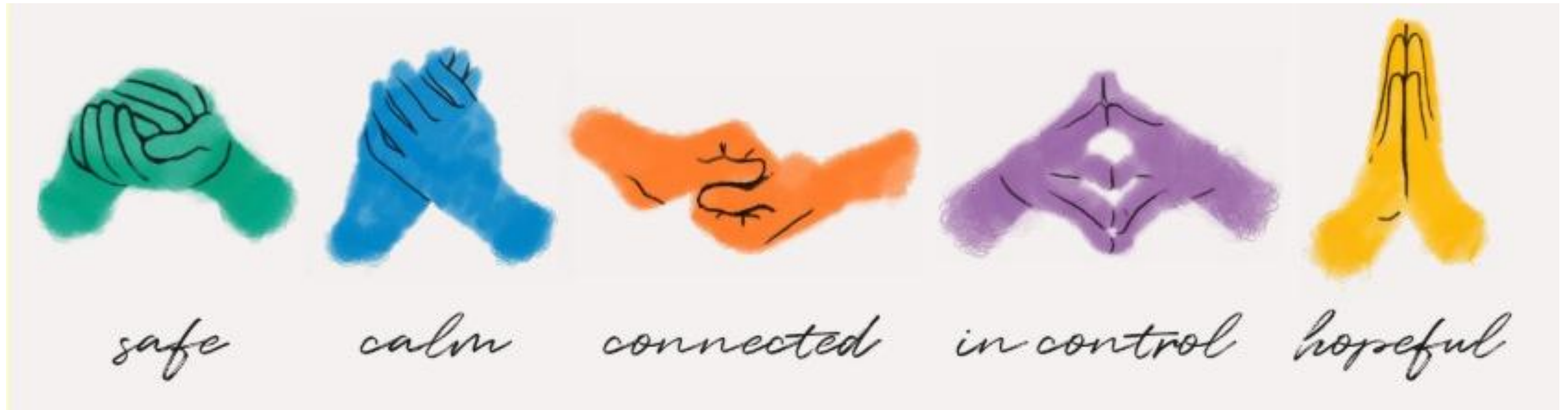




Allergy awareness

'Live, Love, Learn'
"I will instruct you and teach you in the way you should go;
I will counsel you with my loving eye on you."
Psalm 32:8

Wellbeing

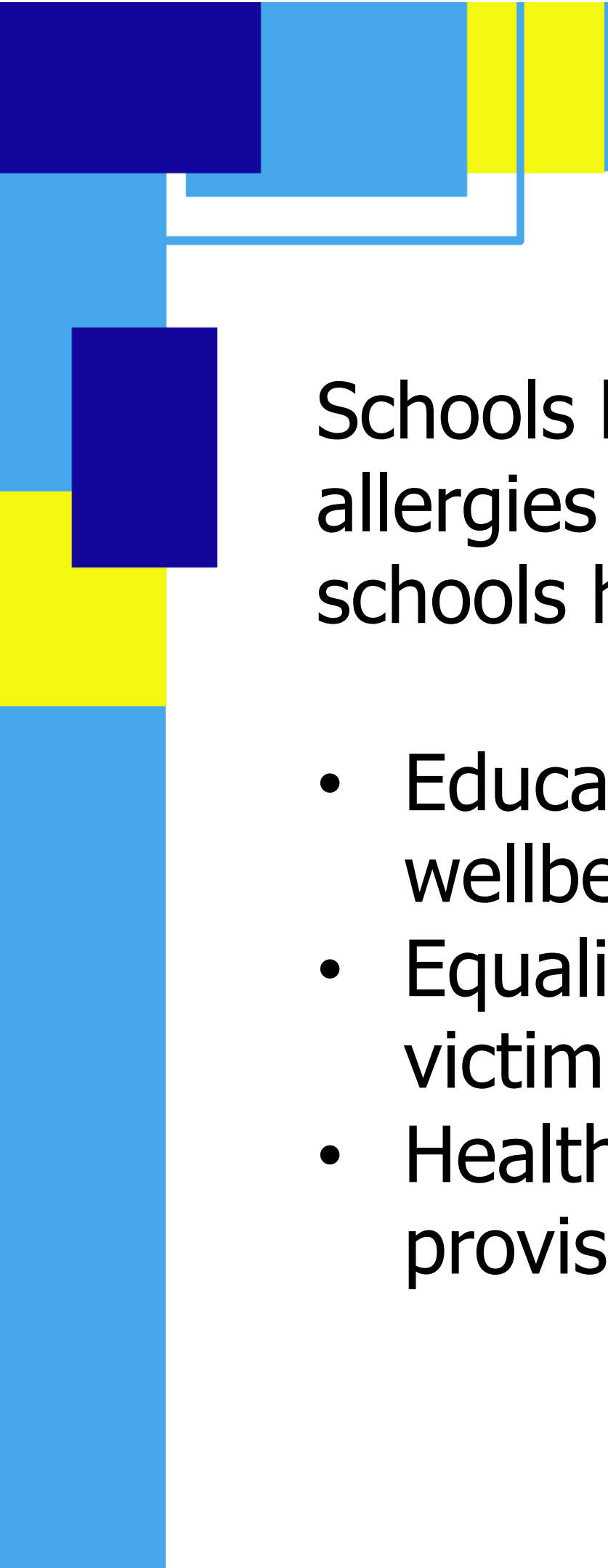


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Schools have legal obligations when it comes to managing allergies including food allergies and keeping students safe. All schools have duties towards pupils arising out of:

- Education Law: including safeguarding and supporting their wellbeing
- Equality Law: including disability, discrimination and victimisation
- Health and Safety Law: including exposure to risk and the provision of first aid

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What is an allergy?

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An allergy is when your body reacts to something that is normally harmless and releases a chemical called histamine.

This triggers the symptoms of an allergic reaction.

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What can you be allergic
to?



Common allergens include venom from stinging insects such as wasp and bees, medication, latex, animals, pollen and food.

A food allergy is different to a food intolerance or a dietary choice because it involves the immune system and serious reactions.



In the UK, there are 14 food allergens that are recognised as the most common ingredients that can cause allergic reactions.

What are they?





Cereals
containing gluten



Peanuts



Nuts



Milk



Soya



Mustard



Lupin



Eggs



Fish



Crustaceans



Molluscs



Sesame seeds



Celery



Sulphur dioxide



What are the signs and
symptoms of an allergic
reaction?



Tell me about the
Equality Act 2010?



Direct discrimination

Indirect discrimination



What can you do
to support?



START

S- Stop

Don't continue with the activity or conversation.

T-TELL

Inform the person having the allergic reaction that you are going to get them some help.

A-ALERT

Get a member of staff as quickly as you can. They will be able to help and support the young person or staff member having an allergic reaction. Shout if you need to.

R-REMOVE

Take yourself away from the situation and ask others to do the same. Allow the person having the allergic reaction some privacy.

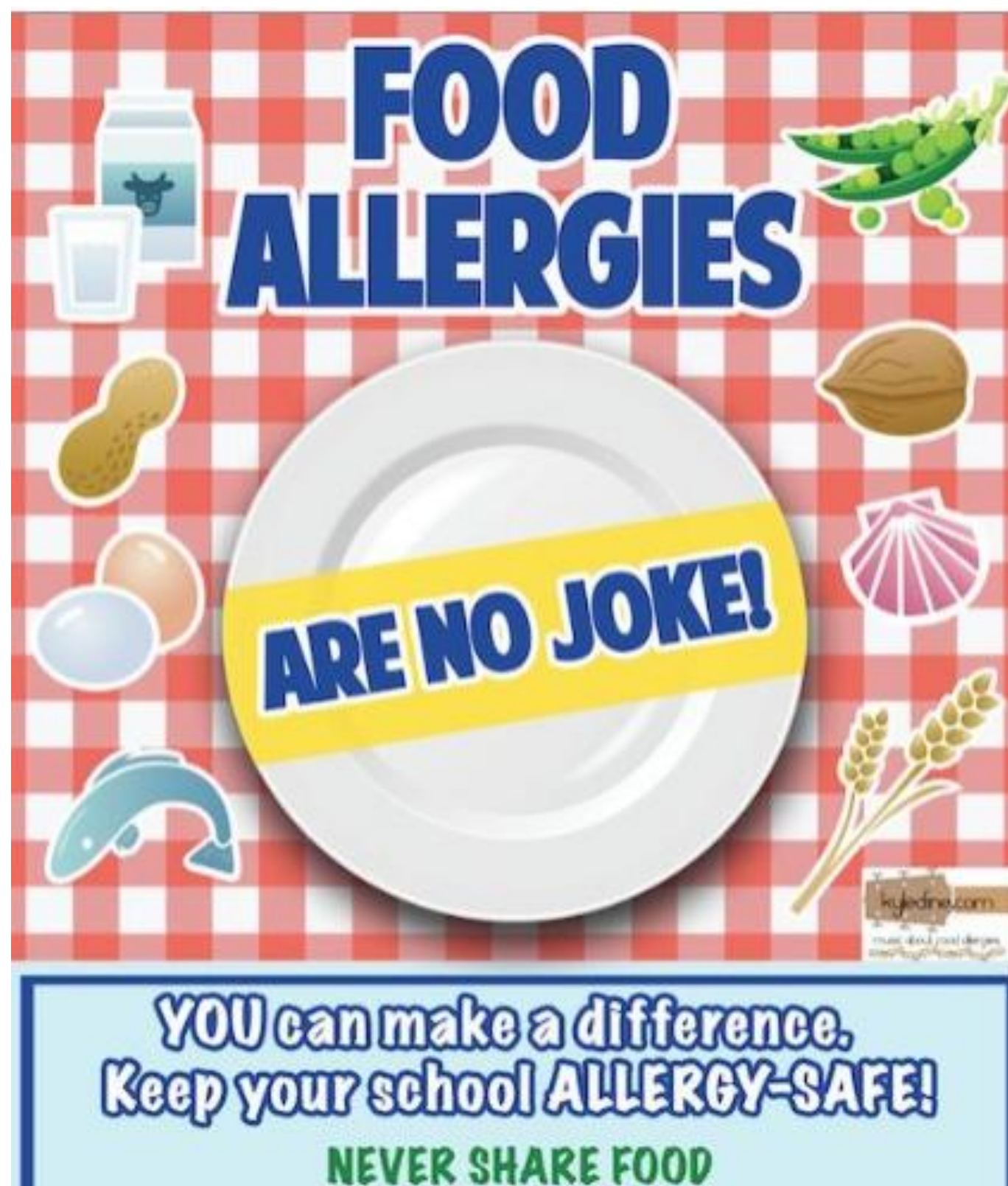
T- TALK

Speak to a member of staff after witnessing an allergic reaction to talk about your feelings. Speak to the person who has suffered an allergic reaction and check that they are ok.

**Be an Upstander,
Not a Bystander**

**Kindness
is not
Weakness**





Allergy
friendly school



QUESTIONS

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