

04 Health procedures

04.4 Allergies and food intolerance

Allergy's

Cottontails Preschool I is committed to promoting a whole school approach to health care, welfare and wellbeing and the safe management of those members of our preschool community who live with specific allergies. We believe that all allergies should be taken seriously and dealt with in a professional and appropriate way. By our actions we will work proactively to:

- minimise the risk of exposure within the preschool setting
- have robust plans for an effective response to possible emergencies
- ensure inclusivity for all pupils

Equalities statement

Cottontails preschool is clear about the need to actively support children with medical conditions at preschool We consider what reasonable adjustments need to be made to enable children to participate fully and safely within the setting.

Risk assessments will be carried out so that planning arrangements take account of any steps needed to ensure that children with medical conditions are included. In doing so, their parents and any relevant healthcare professionals will be consulted.

Cottontails will

- Take proactive steps to keep children safe.
- To work with the school catering team to establish a robust process and documentation for the school dinners Cottontails collects from the school.
- To provide an effective staff awareness on food allergies and intolerances, possible symptoms (anaphylaxis) recognition and actions to take.

Allergy management

- The child will have an Individual Healthcare Plan in place before starting at preschool
- ALL Preschool staff will be trained in allergy and anaphylaxis
- All expiry dates of any medication will be checked Monthly
- Laura Norman will complete an allergy risk assessment on individual children as needed as well as a general allergy risk assessment.

Cottontails Preschool will always identify and safeguard the wellbeing of children, and their individual allergy's,

Staff supervisions will include discussions about children's allergies, and staff meetings will include any further responsibilities of staff so they are adequately trained, competent and confident

Staff will be taught how to read food labels, and how to spot allergy symptoms

- Where anaphylaxis is suspected in an undiagnosed individual, we will call the emergency services and say ANAPHYLAXIS is suspected, then follow their advice.

All staff will be responsible for

Providing an appropriate food for snack to be consumed by the child.

- Be proactive in the care and management of their food allergies and reactions and medication
- Be sure no children exchange food with others

Storage and care of medication and risks

Medication will be stored in a suitable container and clearly labelled with the pupil's name. The pupil's medication storage container will contain all medications needed as well as an up-to-date action plan

It is the responsibility of the child's parents to ensure that the medication is in date, with the prescription label, and date subscribed when giving the preschool the child's medication.

Regulations 2014 which states that allergen information relating to the 'Top 14' allergens must be available for all food products.

The school menu is available for parents to view in advance with all ingredients listed and allergens highlighted

Cottontails preschool will talk to staff about children's individual allergies as well as having the child's photo and allergy displayed in both the kitchen and lunch room. Laura Norman will keep this up to date.

Preparing snack

All food preparation will be done separately for the children with allergies. There is a list in both the kitchen and lunch room of the appropriate knives, chopping boards and storage containers for staff to use for children with allergies.

Hands will be washed with warm soapy water in between preparing the snack items, as well as food preparation areas and utensils.

When a child is present with an allergen no food with this allergen will be used for the use of play. Eg playdough.

We are a nut free preschool; no nut products or chocolate spread is to be brought into the preschool.

All other Allergan products will be reviewed on an individual basis.

Risk assessment

Cottontails Preschool will conduct a detailed individual risk assessment for all new joining Children with allergies and any children newly diagnosed.

Allergy training will include

- Knowing the common allergens and triggers of allergy
- Spotting the signs and symptoms of an allergic reaction and anaphylaxis. Early recognition of symptoms is key, including knowing when to call for emergency services
- Administering emergency treatment (including AAls) in the event of anaphylaxis - knowing how and when to administer the medication/device
- Measures to reduce the risk of a child having an allergic reaction e.g. allergen avoidance
- Knowing who is responsible for what

- Associated conditions e.g. asthma
- Managing Allergy Action Plans and ensuring these are up to date

Information on allergies

The most common causes of food allergies relevant to this Policy are the fourteen food allergens:

- Cereals containing Gluten
- Celery
- Crustaceans
- Eggs
- Fish
- Soya
- Milk
- Nuts
- Peanuts
- Mustard
- Sesame Seeds
- Sulphur dioxide/Sulphites
- Lupin
- Molluscs

However, it is possible that any food has the potential to cause an allergic reaction. Contact with any food or materials containing a child's allergen has the potential to cause an allergic reaction for that child.

Latex, chemicals, medicines, grasses, pollen, weeds, trees, pets, insect venom and animal dander (shredded flakes of skin) can also cause allergic reactions.

Symptoms

Mild to moderate symptoms include:

- Swelling of the eyes, face and lips
- Runny or congested nose
- Raised itchy rash (hives), eczema flare, skin flushing
- Itchy mouth
- Stomach cramps, nausea, vomiting, diarrhoea

Severe symptoms include:

- Swollen tongue, hoarse voice or cry, difficulty swallowing and talking
- Chest tightness
- Breathing difficulties, persistent cough, wheeze
- Low blood pressure, feeling faint, collapse
- Pale and floppy (babies and small children)

All allergic reactions will be recorded, both if it is a child with a known allergy or a child with a suspected allergy.

All medication given will be written on a medication form and parents will be asked to sign this at the end of the day. If the child is taken to hospital this will be noted and kept until the child's return to preschool.

Oral Medication

- Oral medication must be prescribed or have manufacturer's instructions written on them.
- Staff must be provided with clear written instructions for administering such medication.
- All risk assessment procedures are adhered to for the correct storage and administration of the medication.
- The setting must have the parents/carers' prior written consent. Consent is kept on file.