

Allergies Policy – Junior School

ISI Regulation	3: Welfare, Health and Safety of Pupils
Reviewed by	Kate Cheetham, Assistant Head Pastoral (Upper Junior School) & Alexandria Rowland Assistant Head Pastoral (Lower Junior School)
Date	September 2026
Date of next Review	September 2027

From September 2026, the School's allergy procedures will align with the Department for Education's statutory guidance on Allergy Safety in Schools, including a whole-school allergy policy, staff training, Individual Healthcare Plans for relevant pupils, and the availability of spare adrenaline auto-injectors. Pupils with allergies may also be identified through school-specific measures such as lanyards and wristbands. See [whole school allergy policy](#) for more details.

Junior School

We enforce a strict no-nuts policy throughout our school, extending to all staff members. Nuts of any kind are prohibited on the premises.

Breaktime

Lower Junior School

- For the Lower Junior School, girls receive fruit and milk provided by the school; personal snacks are not allowed. Whilst children in the EYFS are eating there will always be a member of staff in the room with a valid paediatric first aid certificate (see EYFS Allergy Policy).

Upper Junior School

- In the Upper Junior School, girls may bring their own snacks, but there is a strict rule against swapping, and nut-containing items are not allowed.
- Parents are encouraged to provide snacks that sustain their daughters until lunchtime. We discourage the inclusion of chocolate, sweets, or crisps.

Lunchtime

For all students

- For students in Years R-6 with allergies and special dietary requirements, identification is managed through the use of lanyards (see EYFS Allergy Policy) worn at lunchtime. In addition, from **September 2026, all girls with an allergy requiring an epi pen will wear a wristband at all times.**

Reception & Year 1

- For **Reception and Year 1**, at the beginning of each term, our lead lunchtime supervisor and school nurse meet with the catering team to review allergies for new students.
- The catering team and lunchtime supervisor team receive allergy updates from SIMs.



- The catering team supplies supervisors with an allergy matrix, allowing them to ensure that the correct food is served to girls. **An updated allergy matrix must be provided daily.**
- Whilst children in the EYFS are eating lunch, there will always be a member of staff in the room monitoring with a valid paediatric first aid certificate (see EYFS Allergy Policy).

Year 2-6

- When serving students, the server must ask about the student's allergy or dietary requirements and ensure that the appropriate food options are provided.
- The catering team and lunchtime supervisor team receive allergy updates from SIMs to stay informed.

Co-curricular activities

It is essential that all external club providers are fully informed of any allergies and emergency medical information pertaining to the pupils participating in their clubs. This ensures that providers are equipped to respond appropriately in the event of a medical emergency and can take necessary precautions to prevent exposure to allergens or other health risks. Sharing this information is a critical part of safeguarding and promoting the wellbeing of all children, and it supports the provider in delivering a safe and inclusive environment.