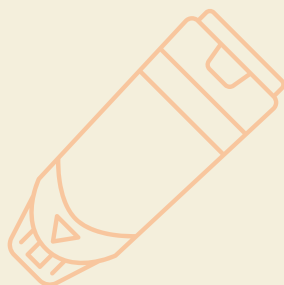


EMERGENCY MEDICATION

Since 1 October 2014, schools have been able to purchase emergency salbutamol inhalers without a prescription. From 1 October 2014, schools have been able to purchase salbutamol inhalers without a prescription for use in emergencies. These can be administered to children with asthma who have parental consent and have been prescribed a salbutamol reliever inhaler.

Similarly, from 1 October 2017, schools have been able to purchase spare adrenaline auto-injectors (AAIs) without a prescription for use in emergencies.



Under the new statutory guidance introduced through Benedict's Law, schools are now expected to hold spare adrenaline auto-injectors as part of their allergy procedures, alongside ensuring staff are trained to recognise and respond to anaphylaxis.

Spare emergency medication can be used if a child's own medication is not immediately available, has been lost, damaged or is out of date, or if a second dose of adrenaline is required while waiting for an ambulance.

Although children should always have their own prescribed medication available, knowing that the school also has spare emergency medication provides an additional layer of safety and reassurance for families, pupils and staff.

If you are unsure of your school's arrangements, ask how they are implementing the new statutory guidance under Benedict's Law.

GETTING PREPARED

Starting school is a huge transition for every family. For those managing allergies, asthma or other medical conditions, the transition can feel even bigger. Below is a checklist of things to consider before September to help you feel prepared and build strong communication with your child's school.

- **How will you communicate with school?** This could be through an app such as ClassDojo, regular meetings or another agreed method of communication.
- **Where will your child's medication be stored?** Emergency medication, including adrenaline auto-injectors and salbutamol inhalers, should be stored so that it is quickly accessible in an emergency, in line with your school's medical needs policy.
- **What will your child eat at school?** All children in Reception and Key Stage 1 are entitled to a free school meal (UFSM), or you may choose to provide a packed lunch. Speak to the school about how allergens are managed at mealtimes.
- **Are your Action Plans and Individual Healthcare Plan (IHP) up to date?** Schools should have the most up-to-date medical information for your child, and all relevant staff should know how to recognise and respond to an allergic reaction or asthma emergency.



FREE FROM FAMILIES GUIDE TO STARTING SCHOOL WITH ATOPIC DISEASE



The number of children with allergies, asthma and other allergic conditions continues to grow, meaning that most schools will support pupils with medical needs every year.

As a result, it is more important than ever that educators and everyone working with children develop their understanding of allergies, asthma, eczema and allergic rhinitis.

Under the new statutory guidance introduced through Benedict's Law, schools are expected to create an allergy-aware environment, ensuring staff are appropriately trained, medical needs are well managed and children can participate safely in all aspects of school life.

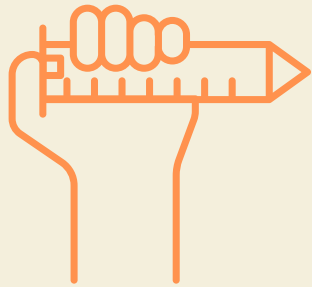


TRAINING

To help keep your child safe at school, all staff need up-to-date training on allergies, asthma and other medical conditions.

Under the new statutory guidance introduced through Benedict's Law, schools are expected to ensure that all relevant staff receive appropriate training so they can recognise symptoms, respond to emergencies and confidently support children with medical needs.

Your child's Individual Healthcare Plan (IHP) and Allergy or Asthma Action Plan should be developed in partnership with parents, the school and, where appropriate, healthcare professionals. These plans should be shared with all relevant staff before your child starts school.



Training on how to recognise an allergic reaction or asthma attack, administer adrenaline auto-injectors and inhalers, and follow your child's emergency plans should be completed before September. This helps to ensure staff feel confident and prepared, while giving families reassurance that their child will be supported safely throughout the school day.

ALLERGENS IN THE CURRICULUM

The curriculum is broad and varied, and allergens can sometimes be introduced through everyday learning activities. From cooking and food tasting to junk modelling, planting, sensory play and some art materials, children may be exposed to allergens in unexpected ways.

Under the new statutory guidance introduced through **Benedict's Law**, schools are expected to consider allergies when planning lessons and activities, making reasonable adjustments where needed so that children with allergies can participate safely alongside their peers.

Good communication between home and school is essential. Sharing information about upcoming activities and considering any necessary adjustments in advance can help ensure all children can take part safely.

School communication apps, such as ClassDojo, can be a quick and effective way to share information, ingredient lists or photographs where appropriate.

However, in an emergency, staff should always follow the child's Individual Healthcare Plan (IHP), Allergy Action Plan and the school's emergency procedures. Communication apps should never replace the correct emergency response, including administering medication and calling 999 where required.

MANAGING SNACK TIME AND LUNCHTIME



As part of the School Fruit and Vegetable Scheme, children aged 4–6 in state-funded schools are entitled to a free piece of fruit or vegetable each school day.

In many schools, children in Key Stage 2 are able to bring their own snacks from home. Whilst schools often encourage 'healthy' snacks, it is important to remember that what is suitable for one child may not be safe for another with food allergies.

Talk to your child's school about how allergens are managed during snack times, lunchtimes and classroom activities. Understanding the school's policies and discussing how the risk of cross-contact is reduced can help to keep your child safe.

Ensuring all of your child's belongings are clearly labelled can also help reduce the risk of accidental mix-ups. This includes obvious items such as lunchboxes, snack pots and water bottles, as well as less obvious items like coats, cardigans and PE kits.

As an added bonus, you'll probably earn yourself a gold star from school for being so organised!