

Rationale: Allergy Allies Scheme of Work

This scheme of work has been developed in direct response to the rising prevalence of allergies among children in the UK and the critical need for awareness, inclusion, and safety in educational settings. Designed by an experienced teacher with lived experience of navigating allergies both personally and professionally, this resource is built to be practical, curriculum-linked, and fully inclusive of all key stages.

Why Allergy Awareness Matters in Schools

- 1 in 13 children now live with a food allergy - on average, that's at least 2 children per classroom.
- The number of hospital admissions for anaphylaxis has more than doubled in children over the last decade.
- Children with allergies face heightened risks not only medically, but socially: up to 1 in 3 report bullying related to their condition.
- Allergies are not limited to food—they include environmental triggers, medication, and insect stings.
- Many allergic reactions occur when others are unaware of an allergen's presence or assume it has been removed.

A Whole-School Approach to Safety and Inclusion

This scheme supports schools in delivering a clear, consistent message about allergy safety, food-sharing, and inclusion across year groups. It emphasises that all staff have a role, and that early education is essential in fostering empathy and responsible behaviours from a young age.

What the Scheme Covers:

- EYFS: Story-based learning (e.g. Aurora's Special Lunchbox), group discussions, and simple worksheets to promote understanding and empathy.
- KS1 and KS2: Age-appropriate storybooks, guided discussions, creative activities, and curriculum-linked lesson plans aligned with PSHE, literacy, and healthy eating themes.
- Staff awareness: storing and carrying medication, allergens in the curriculum, understanding triggers.

An adrenaline auto-injector is like a fire extinguisher—something you hope you'll never need, but everyone must know where it is, how to use it, and ensure it's in working order. Just as with fire safety, allergy safety is a shared responsibility.

Supporting Safe Practice

The scheme includes up-to-date advice on:

- How to store and carry adrenaline auto-injectors (AAIs) and Neffy
- The importance of temperature control and expiry dates
- Spare Pens for Schools legislation and how to register
- The use of child-friendly medication carriers like those provided by Allerpack to support independence, especially during key transitions

Whole-School Integration

This scheme is designed to complement:

- Health & Safety policies
- Healthy eating and food-sharing guidelines
- SEND and safeguarding frameworks
- Curriculum areas such as PSHE, literacy, art, and science
- Parental engagement initiatives and allergy-awareness events

This is more than a scheme, it's a movement toward safer, more inclusive schools where every child feels seen, supported, and protected. By embedding allergy education into the heart of school life, we help children grow up to be not only allergy-aware, but also kind, empathetic, and informed members of society.

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