

King Edward's School

Policy for pupils who have life threatening allergies

This policy applies when a parent notifies us that their child is prescribed an EpiPen or Emerade for treatment of a life threatening allergy.

New boys are introduced to the Catering Manager who will explain how they can get meals that are appropriate for them. The key thing is that if your son has any concerns or questions, he should ask any of the catering staff (in white coats) who will be very happy to help.

In line with the Human Medicines Regulations 2017, we provide spare EpiPens or Emerade both in the staff room and in the dining hall. Parents are therefore no longer asked to provide spares for us to keep in school. We also have Piriton in our medical room.

Note: there is currently a shortage of EpiPens in the UK and so the school is now providing Emerade pens as our backup. These have the same 300mg dose as EpiPens.

When children make the move to secondary school there is a change of emphasis in how they manage their allergy. We did a survey about allergies recently and a number of findings emerged:

- a) Some boys never carry their EpiPens to meals. On trips if they do remember to bring an EpiPen, they usually leave it in their luggage and don't bring it to meals. Some boys don't carry their EpiPen at all in school.
- b) Some boys are still being prescribed a 0.15mg EpiPen. However, patients whose weight is greater than 25kg should be carrying the adult EpiPen with a dose of 0.3mg. That means all KES pupils with an EpiPen should have the 0.3mg version.
- c) Some boys have never been shown how to use their EpiPens
- d) Some boys have been prescribed an EpiPen for many years and there has been no recent review of their need for an EpiPen

This letter will tell you about the use of EpiPens or Emerade in school and on trips, and we also have a couple of suggestions for you to think about as parents. The following notes refer to EpiPens, but also apply for Emerade.

Arrangements in school

- Boys should ALWAYS bring their EpiPen each day whenever eating. They should also have it with them on their journey to school. For many teenagers a visit to a shop or food outlet during their journey is almost a daily experience, which is a powerful reason for them to carry their EpiPen every day.
- All our teaching staff and Dining Hall staff have been trained in anaphylaxis and how to administer an EpiPen.
- We keep a spare EpiPen, both in the dining hall and also in the staff room – but boys must still carry their own. Parents do not need to lodge a spare EpiPen with the school.

On school trips

- Boys MUST bring an EpiPen from home with them on all trips, whether day trips or residential trips.
- Boys must bring that EpiPen to all meals.

- Staff will bring a spare EpiPen from school – but please ensure that your son also brings his own. Better safe than sorry and have both available. Note: staff do NOT carry a spare EpiPen on any sports fixtures, nor to theatre visits. It is usual for a snack to be provided to pupils on sports fixtures taking place away from KES, so if your son forgets his EpiPen, he should not eat the snack.
- Boys should of course also bring with them any other medication they use, for example antihistamines.
- For trips abroad, boys must bring TWO EpiPens and staff will carry a third, spare EpiPen. We will provide accompanying staff with a letter to explain to airlines that the EpiPen must be carried on board in carry-on luggage, not in checked-in suitcases.

At home

- If your son's EpiPen is 0.15mg, please ask your GP to change the prescription to a 0.3mg EpiPen, since his weight will certainly be above 25kg. The limit used to be 30kg (which your son will be above anyway), but this was revised to 25kg in May 2016.
- Please do arrange for your son to be shown how to use an EpiPen, and remind yourselves at the same time. Older brothers and sisters could learn too.
- As your son becomes a teenager and starts to eat in cafes and fast-food outlets with friends, consider sharing allergy information with close friends and ask whether they might be shown how to use an EpiPen.
- If it has been a long time since your son's first EpiPen was first prescribed, may we suggest that you ask your GP whether it might be appropriate for your son to have an 'allergy challenge' to determine whether they still need an EpiPen.

If you have any thoughts about the above, please do get in touch.

Chris Boardman

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