

Food Allergies/Intolerances AT PRIMROSE HILL

A food intolerance is difficulty digesting certain foods and having an unpleasant physical reaction to them.

It causes symptoms, such as bloating and tummy pain, which usually happen a few hours after eating the food.

The number of people who believe they have a food intolerance has risen dramatically over recent years, but it's hard to know how many people are truly affected. Many people assume they have a food intolerance when the true cause of their symptoms is something else.

Known symptoms are:-

- [tummy pain](#), bloating, [wind](#) and/or [diarrhoea](#)
- skin rashes and itching

These symptoms usually happen a few hours after eating the food.

It can be difficult to know whether you have a food intolerance as these are general symptoms that are typical of many other conditions.

The management of Food Intolerances or allergies

All parents are asked to let the office know of any food intolerances or allergies that their child may have. This data is stored on SIMS so that all staff are able to access this information about children in their class. Food menus are given to parents for them to pick their child's meal and so they are aware of any potential allergens. All kitchen staff are made aware of any dietary requirements and ensure that this is managed for the specific child/children.

Whereby a parent may feel cautious about what their child is eating a food diary is created between home and school to alleviate any anxieties.

Primrose Hill Primary School:-

- Encourages and helps children with food allergies/intolerances to participate fully in all aspects of school life.
- Recognises that food intolerance is a condition affecting many school children.
- Ensures that the school environment is favourable to children with food intolerances, eg. Ensuring that alternative options are available for our children
- Ensures that other children understand food intolerance so that no stigma is attached to the condition.

- Works in partnership with parents, school governors, health professionals, school staff and children to ensure that children with food intolerances can integrate in the everyday workings of our school.

We ask our parents:

- To update us if their child needs medication at home/in school for their condition.
- Ask parents to inform the school office if their child develops the condition.

Current School Practice

Parents are asked if their child has any medical problems on admission. Food Intolerance is noted on the child's information sheet and registered on SIMS. This information is passed up through the school. Each member of staff has a copy or has access to a copy of this documentation.

COVID UPDATE 2020

According to: <https://www.anaphylaxis.org.uk/covid-19-advice/covid-19-faqs/>

From what we know, there is no reason to think that having underlying food allergies would increase the risk of contracting coronavirus. Having the same risk as everyone else still means a responsibility to follow the government's current advice on social distancing and other measures such as frequent hand washing.