



### Healthy Appetite and Activities Medical Conditions Policy

Healthy Appetite and Activities welcomes and supports children with medical conditions. Healthy Appetite and Activities want to provide all children with any medical condition the same opportunities as others.

Healthy Appetite and Activities endeavour to make sure all staff understand their duty of care to children and young people in the event of an emergency, and that all staff feel confident in knowing what to do in an emergency.

Healthy Appetite and Activities understands the importance of medication and care being taken as directed by healthcare professionals and parents. The named member of Healthy Appetite and Activities responsible for this medical conditions policy and its implementation is: *Matt Zadel*

Healthy Appetite and Activities will ensure:

- Children and parents feel confident in the care they receive and that the level of care meets their needs.
- Staff understand the medical conditions of children and that they may be serious, adversely affect a child's quality of life and impact on their ability to understand direction.
- All staff understand their duty of care to children and young people and know what to do in the event of an emergency.

All children with a medical condition should have an individual healthcare plan (IHP) which details exactly what care a child needs in camp, when they need it and who is going to give it. This should be drawn up with input from the child (if appropriate) their parent/carer, relevant school staff and healthcare professionals, ideally a specialist if the child has one. A child's IHP should, explain what help they need in an emergency. The IHP will accompany a child should they need to attend hospital. Parental permission will be sought and recorded in the IHP for sharing the IHP within emergency care settings. Healthy Appetite and Activities has a centralised register of IHPs, and an identified member of staff has the responsibility for this register. Healthy Appetite and Activities make sure that the child's confidentiality is protected and will seek permission from parents before sharing any medical information with any other party.

All staff understand and are trained in what to do in an emergency for children with medical conditions. All staff, including temporary or supply staff, are aware of the medical conditions at this school and understand their duty of care to children in an emergency. All staff receive training in what to do in an emergency and this is refreshed at least once a year.

If a child needs to attend hospital, a member of staff (preferably known to the child) will stay with them until a parent arrives, or accompany a child taken to hospital by ambulance. They will not take children to hospital in their own car.

When administering medication, for example pain relief, staff will check the maximum dosage and when the previous dose was given. Parents will be informed. Children under 16 will not be given aspirin unless prescribed by a doctor. Parents should understand that they are to let the school know immediately if their child's needs change.



If a child misuses their medication, or anyone else's, their parent is informed as soon as possible and the Healthy Appetite and Activities disciplinary procedures are followed. Healthy Appetite and Activities will make sure that all medication is stored safely, and that children with medical conditions know where they are at all times and have access to them immediately. Healthy Appetite and Activities will store medication that is in date and labelled in its original container where possible, in accordance with its instructions. The exception to this is insulin, which though must still be in date, will generally be supplied in an insulin injector pen or a pump. Parents are asked to collect all medications/equipment at the end of the holiday term, and to provide new and in-date medication at the start season.

Healthy Appetite and Activities understands the importance of all children taking part in physical activity and that all relevant staff make appropriate adjustments to physical activity sessions to make sure they are accessible to all children. All relevant staff are aware that children should not be forced to take part in activities if they are unwell. They should also be aware of children who have been advised to avoid/take special precautions during activity, and the potential triggers for a child's medical condition when exercising and how to minimise these. Staff will make sure that pupils have the appropriate medication/equipment/food with them during physical activity. Healthy Appetite and Activities make sure that children with medical conditions can participate fully in all aspects of the curriculum and enjoy the same opportunities as any other child, and that appropriate adjustments and extra support are provided.

Staff at Healthy Appetite and Activities know their roles and responsibilities in maintaining and implementing an effective medical conditions policy. The medical conditions policy is regularly reviewed, evaluated and updated. Updates are produced every year.

### Allergies

To reduce the risk of an allergic reaction occurring, and in view of *Natasha's Law*, any child attending Healthy Appetite and Activities are asked not come on to the premises with any food containing nuts. Should a child choose to ignore this rule, we reserve the right to confiscate the item in question and take further action should this rule be repeatedly breached. It is our duty to ensure the continued safeguarding of children and therefore ask for cooperation to ensure we can uphold this duty of care.

To reduce the risk of an allergic reaction:

- **Bottles, other drinks and lunch boxes** should be clearly labelled with the name of the child for whom they are intended.
- Where food is provided, staff should know how to read labels for food allergens and instructed about **measures to prevent cross-contamination** during the handling, preparation and serving of food. Examples include: preparing food for children with food allergies first; careful cleaning (using warm soapy water) of food preparation areas and utensils.
- Children should also be taught to **check with catering staff and read ingredients labels before buying food**. Many children of primary school age are able to do this.
- Food should not be given to food-allergic children without parental engagement and permission (e.g. **birthday parties, food treats**).
- Implement policies to **avoid trading and sharing of food**, food utensils or food containers.



- **Use of food in crafts, cooking classes, science experiments and special events** (e.g. fêtes, assemblies, cultural events) needs to be considered and may need to be restricted, depending on the allergies of particular children and their age.
- In **arts/craft**, an appropriate alternative ingredient can be substituted (e.g. wheat-free flour for play dough or cooking). Consider substituting non-food containers for egg cartons.
- When planning **out-of-school activities** such as sporting events, excursions (e.g. restaurants and food processing plants), outings or camps, think early about the catering requirements for food-allergic children, and emergency planning (including access to emergency medication and medical care).
- use an easily accessible Allergy register as part of initiating the emergency response.

Designated members of staff are trained in:

- recognising the range of **signs and symptoms of severe allergic reactions**;
- responding appropriately to a request for help from another member of staff;
- recognising when emergency action is necessary;
- administering AAIs according to the manufacturer's instructions;
- making appropriate records of allergic reactions.
- Staff are permitted – but not obligated – to administer an AAI, but only to the person the AAI device has been prescribed. They cannot use an AAI prescribed to child 'A' to treat anaphylaxis occurring in child 'B'.

Healthy Appetite and Activities must conduct a risk-assessment for any child at risk of anaphylaxis taking part in a holiday camp, in much the same way as is required with regards to safeguarding etc. children at risk of anaphylaxis must have their adrenaline auto-injector(s) (AAI) with them, and staff trained to administer an AAI in an emergency must be available. Under some circumstances, it may be appropriate for "spare" AAI(s) obtained for emergency use to be taken on some trips.

The "spare" AAI(s) can be used if the child's own prescribed AAI(s) are not immediately available (for example, because they are broken, out-of-date, have misfired or been wrongly administered). "Spare" AAI devices can be used in any child known to be at risk of anaphylaxis, so long as Healthy Appetite and Activities have medical approval for the "spare" AAI to be used in a specific child, and the child's parent/guardian has provided written authorisation.

Healthy Appetite and Activities must also ensure that:

- a named individual is responsible for overseeing the protocol for use of the "spare" AAI, and monitoring its implementation and for maintaining the allergy register;
- at least two individuals are responsible for the supply, storage care and disposal of the AAI.

Healthy Appetite and Activities have appropriate levels of insurance in place to cover staff when supporting children with medical conditions; this includes liability cover relating to the administration of medication such as AAIs.