

Benedict's Law

Allergy Safety in Schools

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Background

- Benedict's Law in England is new national legislation that requires every school to put formal allergy-safety measures in place to protect children with serious allergies. It was created after the death of five-year-old Benedict Blythe, who suffered a fatal allergic reaction at school in 2021.
- You can learn more about Benedict at his family's website <https://benedictblythe.com/>
- Benedict's family have campaigned with others for this new legislation to be put in place.
- Since 2017 it has been optional for schools to have adrenaline autoinjectors on site within their first aid resources.
- Adrenaline autoinjectors include Epipen and Jext brands.

Why it matters:

- The law aims to create consistent, life-saving protections across all schools so that allergic emergencies are recognised and treated quickly. It replaces a patchwork of voluntary practices with mandatory national standards.
- Allergy is common, serious and potentially life-threatening in school settings.
- Around two children in every classroom have an allergy
- Schools are one of the most common locations for severe allergic reactions outside the home
- Up to 30% of severe reactions occur in children with no prior diagnosis
- Benedict's Law aims to ensure that children with allergies can attend school safely and that staff have the knowledge and tools to respond quickly when emergencies occur.

What Benedict's Law requires

- Schools in England must:
- Create and publish a whole-school allergy policy, reviewed regularly and available on the school website.
- Follow new statutory guidance “Allergy safety in schools” which becomes effective in September 2026.
- Provide allergy awareness and anaphylaxis-response **training for all staff**, including non-teaching staff.
- Stock spare adrenaline auto-injectors for emergency use. These are not tied to a specific child and can be used for **anyone** experiencing anaphylaxis. The autoinjectors must not be locked away, they need to be readily accessed.
- Maintain individual healthcare or allergy action plans for pupils with diagnosed allergies.
- Improve incident recording, communication, and reporting of allergic reactions.

Who it applies to

- Benedict's Law applies to **all schools in England**, including:
- Local authority schools
- Academies and free schools
- Independent schools (the same principles will apply through relevant standards)
- Special schools and alternative provision settings

Does it apply to nursery schools?

- Yes — Benedict's Law does apply to nursery schools in England, but only if the nursery is legally classified as a school.
- Does apply to:
 - Nursery classes within a primary school
 - Nursery schools that are registered as maintained schools
 - Independent schools with nursery provision
 - These settings **must** follow Benedict's Law.
- Does not automatically apply to:
 - Private, stand-alone early years nurseries (e.g., day nurseries, private nursery chains) are not explicitly listed in the law's scope. Current statutory guidance and legislation refer specifically to schools, not early years providers.

When it comes into force

- Section 34 of the Children's Wellbeing and Schools Act 2026 places a duty on maintained schools, academies and PRUs to “have regard” to statutory guidance on allergy safety issued by the Secretary of State. In addition, there is a statutory duty on maintained schools, academies and PRUs to have an allergy safety policy (see next page for link to the DfE Allergy Guidance and a policy template). These statutory duties will come into effect from **September 2026**.
- More specific duties on allergy safety will come into force in due course, through regulations. The DfE intend this to include the requirement for schools to stock “spare” adrenaline auto-injectors; allergy awareness training for all school staff; and the requirement to have a lead member of staff for allergy safety. DfE intend to bring these into effect in the new year (2027), though the timing remains to be confirmed. In the mean time these more specific measures would be good practice for schools though not a statutory duty.
- **Note:** the Government intends to introduce equivalent allergy safety requirements through the relevant regulatory standards for:
 - **independent schools** (including independent special schools)
 - **non-maintained special schools**

DfE Allergy Safety Guidance

- The Government has now published the guidance on this linked page:
- [Allergy safety in schools - GOV.UK](#)
- On that page you will see:
- The guidance itself
- Allergy safety policy – template
- Individual Healthcare Plan template

**How could you reduce
the risk of a reaction in
your school setting?**

Reducing the risk of a reaction

- Regular cleaning of surfaces and hand washing.
- If meals are provided, then known allergens should be excluded.
- Encourage allergic children and young people to check with the adult before eating or before certain activities if they can.
- “No sharing” policy when food is brought in from home.
- Arts and crafts: check art equipment for any known allergens.
- Outings: Risk assessment of the venue beforehand.

Communication

- School to ask about allergies before children start.
- Parents/guardians to provide child's allergy management plan.
- Parents/guardians to provide in date medication.
- School staff to be aware of children's allergies.
- School staff to reduce risk of allergies.

Recommendations

- Pupils who have prescribed auto-injectors to always have 2 with them at school
- Older primary age pupils can carry auto-injectors themselves if school feel they are responsible enough to do this
- Auto-injectors must be always kept close by and accessible to pupils - not kept locked away in the office for example
- Secondary age pupils should carry auto-injectors themselves

Spare adrenaline auto-injectors in schools

- Mandatory.
- Purchased from pharmacy (template letter available – Anaphylaxis UK website).
- Either EpiPen or Jext.
- Pupils <30kg require 150mcg dose.
- Pupils >30kg require 300mcg dose.
- Kept in central location.

Kent School Health Anaphylaxis awareness

Aim: To raise awareness of anaphylaxis and the emergency administration of medicines.

Learning outcomes:

- Have a basic understanding of anaphylaxis and how to recognise the signs and symptoms of a reaction
- Be able to identify potential triggers for anaphylaxis and understand how to reduce the risk of a reaction
- Develop a basic understanding of how to respond effectively to an allergic or anaphylactic reaction within a school setting, including use of emergency medication according to a management plan
- Develop a basic understanding of why adrenaline auto-injectors are used for anaphylaxis, how to administer them correctly and how they should be stored in a school.

Online booking via: <https://family.kentcht.nhs.uk/education-resource-hub/health-information/> (and click on the anaphylaxis awareness drop down)

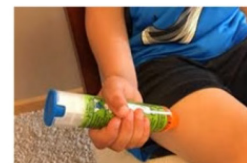
Sessions available to book for Anaphylaxis

These sessions are not compatible to view on mobile phones.

- [Anaphylaxis awareness](#) on 17 July at 3.45pm
- [Anaphylaxis awareness](#) on 1 September at 9.30am
- [Anaphylaxis awareness](#) on 2 September at 3.45pm
- [Anaphylaxis awareness](#) on 2 October at 3.45pm

Anaphylaxis awareness

Kent School Health



Signposting resources



<https://allergyschool.org.uk>



<https://www.allergyuk.org>



<https://www.anaphylaxis.org.uk>

Eatsafe

- [EatSafe - Kent Safeguarding Children Multi-Agency Partnership](#)

**Kent Safeguarding Children**
multi-agency partnership

Worried about a child?

Search

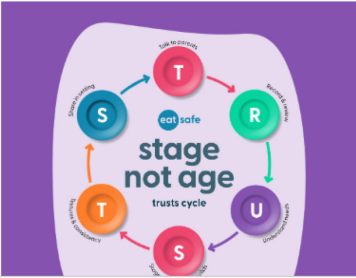
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EatSafe

EatSafe is a campaign designed to support safer eating in early years non-familial settings. The campaign was developed following the tragic death of Oliver Steeper in September 2021.

A child dies in the UK every month from choking and hundreds more require hospital treatment. EatSafe has been designed to support early years settings providers and management to ensure the safeguarding of mealtimes and to reduce the risk of serious harm whilst eating. Whist primarily designed for early years settings, the principles and guidance may also be of use to other settings providing food to children in their care.



EatSafe Resources

[Guidance for Safer Eating in Early Years Settings](#)
(PDF, 3.1 MB)

[Practitioner Resource Pack](#)
(PDF, 1.9 MB)

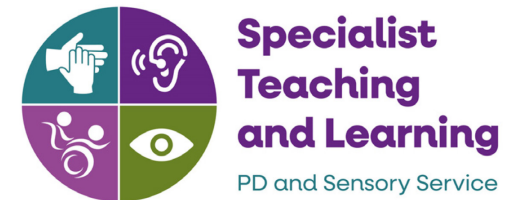
[Kitchen Crib Sheet](#)
(PDF, 71.4 KB)

[TRUSTS Cycle](#)
(PDF, 246.1 KB)

[What to consider and asking when considering childcare: questions for parents](#) (PDF, 2.7 MB)

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Overview December 2024
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