

Miers Court



"Let's make
EVERONE
aware!"

Newsletter

April 2026

Allergy Awareness Week

We recognised Allergy Awareness Week during the week of 20th April 2026. We have so many members of our school community who are affected by allergies, that we wanted to highlight how this impacts their lives and recognise what we can do to support them and keep them safe.

Assemblies

Mrs Fordyce spoke to the whole school to begin Allergy Awareness Week. We found out which foods can trigger allergies and how to help others.

PSHE Lessons

Every single class had an allergy awareness lesson where we learned how to check ingredients in food and we found out what life feels like for people with allergies



Student Spotlight

Our Mental Health Ambassadors met with some of the children who suffer with allergies in school. We know that it is important that these children have their voices heard. These are the things they want us all to know.

Being around others who eat food that we are allergic to can make us feel anxious and scared to eat.

Things like lip balm, make-up and sun creams can contain nuts and fruit oils that we are allergic to.

An allergic reaction can present as a tummy ache, tingly mouth, sore throat, rash, swelling, drowsiness, itchy skin, confusion or just a feeling of being "unwell".

We don't need to eat the food to have an allergic reaction, allergies can happen through contact or can be air borne.



Amazing News!



We are so thrilled to let you know that one of our families has kindly made a very generous donation, which has enabled us to continue our kitt Medical epi pen subscription.






A huge thank you to the Kehoe family, from all of the Miers Court School community.



Everyone should know how to administer an epi pen - it could save someone's life!

Action plan for a severe reaction

- Lie flat** with your feet up until help arrives. If breathing is difficult you can sit, but do not stand or walk.




- Use your EpiPen®.**
- Call 999** for an ambulance and say you are having anaphylaxis ("ana-fil-ax-is").
- If there is no improvement after 5 minutes use your second EpiPen® in the other leg.
- Take antihistamines as prescribed (if not already taken). If you are asthmatic use inhaler.

If in doubt or rapidly deteriorating, use your EpiPen®.

Medical observation in hospital is recommended after anaphylaxis.

Each EpiPen® is for single use only.

Always keep your 2 EpiPens with you at all times.

Follow the action plan below if you have symptoms of a mild or moderate allergic reaction, such as:

- Swelling of lips, face, or eyes.
- Hives or welts.
- Itchy / tingling lips, mouth or tongue.
- Abdominal pain / vomiting.

Action plan:

1. Locate your EpiPen®.
2. Take antihistamines as prescribed.
3. Phone family / emergency contact.
4. **Watch for worsening symptoms; if in doubt or rapidly deteriorating use your EpiPen®.**

How to give EpiPen®

- 1 Pull off Blue Safety Cap.**
Grasp EpiPen® in dominant hand, with thumb nearest blue cap and form fist around EpiPen® and pull off the blue safety cap.
Remember: "Blue to the sky, orange to the thigh".



- 2 Position Orange Tip.**
Hold the EpiPen® at a distance of approximately 10cm away from the outer thigh. The orange tip should point towards the outer thigh.



- 3 Jab Orange Tip.**
Jab the EpiPen® firmly into outer thigh at a right angle (90° angle). Hold firmly against thigh for 3 seconds. EpiPen® should be removed and safely discarded. The orange needle cover will extend to cover the needle.



(listen for click)

- 4 Dial 999.**
Dial 999, ask for ambulance and state "anaphylaxis".



Store EpiPen® in a cool dark place at room temperature. Keep out of direct sunlight. Keep away from extreme temperatures (like fridge). Check the expiry date regularly.

For more information and to register for a free expiry alert service visit: www.epipen.co.uk

For more information on anaphylaxis visit:

- www.allergyuk.org
- www.anaphylaxis.org.uk