



In September 2020 we became an 'Allergen Aware School' after considerable research, consultation with parents, the school nursing service and the school's catering provider.

An allergy is a condition in which the body has an exaggerated response to a substance. This is also known as hypersensitivity. An allergen is normally a harmless substance that triggers an allergic reaction for a susceptible person. People who suffer from allergies can develop severe, potentially life-threatening allergic reactions. If someone has an allergy it is not just eating the product that can cause the reaction but it can also be triggered by being touched on the skin or carried on the breath of someone who has come into contact with the allergen product.

The most severe reaction is called Anaphylaxis which is a sudden, severe reaction and can cause death. We have an increasing number of children in school who have allergies and some of our children are at risk of Anaphylaxis. In order to safeguard all our children with both known and unknown allergies we have implemented the following:

- A 'No Sharing Food' approach
- Children will no longer be able to bring in sweets, cakes, buns or biscuits to share for birthdays.
- The school will no longer provide food items at Christmas parties or as competition prizes.
- Any curriculum learning involving food will continue to be risk assessed
- Playtime snacks can only be from the following list: fresh fruit, dried fruit, cheese, breadsticks or crackers.
- Only water or fresh juice will be allowed at lunchtime if your child has a packed lunch.

We cannot have some allergens in school in any form. So please can we ask you that you **do not include** any nuts or nut based products in children's lunchboxes. For example:

- nuts
- Peanut butter crackers/sandwiches
- Chocolate spreads which have nuts e.g. Nutella
- All cereal bars (as these often contain nuts).
- Cakes that contain nuts either in them or as toppings
- Biscuits/Cookies that contain nuts either in them or as toppings

This list is not exhaustive so please check packaging closely. The school will remove any item that falls into the above category and send it back home with a polite reminder about helping our school to stay 'Allergen Aware'.

We appreciate that this may cause some difficulty for children who may be 'picky' eaters but we know you recognise the importance of it. We know that for some children this is a life threatening condition and it is not only about avoiding eating the allergen but also about coming into contact with them too.

We look forward to working in partnership with you and thank you for your understanding in this serious matter.

With kind regards,

A handwritten signature in black ink, appearing to read 'D. J. Ward'.

Miss D. J. Ward
Deputy Headteacher and Inclusion Leader

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