

Dear Parents,

Below is a copy of a letter which was recently sent out to parents. I have highlighted the section relevant to After School activities.

Dear Parents / Guardians,

You will all have seen in the headlines the news stories related to food allergies. This is a growing concern for schools and we regularly review our own systems and policies to ensure that all of our pupils are safe in school. There are several children in our school who have severe allergic reactions to certain foods that could rapidly result in anaphylaxis. These allergies include but are not limited to peanuts and ALL nuts, dairy, soy, fish and products that contain gluten. These reactions can occur even if the child is within close proximity to the allergen.

#### **What is Anaphylaxis?**

**The majority of allergic reactions to food are mild. Hives, eczema and vomiting are the most common complaints. Some individuals develop difficulty breathing due to asthma or throat swelling, or a drop in blood pressure. This is known as anaphylaxis. An allergy to peanuts is one of the most common triggers; however other food sources such as cheese, eggs etc can evoke similar responses in some children.**

Some of these children are in your child's class. **All** of these children share the playground, the dining room and other communal areas around school. To support their safety and welfare, we ask that you very carefully consider the foods that you send to school with your child. Contact with of these foods may trigger a possibly life threatening situation. Your support in this will ensure a safe school environment for the affected children.

These are some of the measures that the school has already taken to safeguard these children:

- The school kitchen, Breakfast and Afterschool Club, and Reception Snacks are all nut free
- Children are not allowed to take milk onto the playground
- Children are only allowed to bring in fruit for their morning snack

These are some of the measures that we are now implementing to further manage this situation:

- Packed lunches must be nut and chocolate free
- Children with hot dinners and packed lunches will sit on separate tables at lunchtime in the dining hall

**If you wish to send your child to school with an additional snack to be consumed before an activity or club which takes place at the end of the school day, this must still be a healthy snack and must be nut free. We ask that you do not send any food to school with your child for lunch or break containing nuts. We also ask that in line with NHS guidance, all packed lunches contain a healthy balanced meal and a healthy drink (water/sugar free juice).**

The Senior Leadership Team will be monitoring lunch boxes and break times. With your support in this matter we can greatly manage these risks in our school.

Despite this we have still had incidents in after school clubs of parents sending in chocolate containing nuts, not only for their child to eat but with instructions for it to be "shared" with other children; resulting in one child having an allergic reaction.

Could parents please ensure that snacks for After School Clubs are also healthy and nut free and make sure that children know not to share them.

Thank you for your support.

Safeguarding Team