



## Priory Junior School

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Dear Parents,

### **Re: Sandwiches / Snacks Brought into School**

We have several children in school who suffer allergies through eating particular foods. We are very aware of who these children are and already have measures in place to ensure they are kept safe.

All children with allergies react at varying levels of severity and we continually urge parents to work with us to ensure we fully understand the children's needs in these cases. If a child with a severe nut allergy eats nuts (or in some cases, comes into contact with them) this can cause an allergic reaction- difficulty breathing, wheezing, swelling in the throat and fall in blood pressure which often leads to collapse.

### **So, How can we all play our part in helping the school to be as safe as it can be for children with allergies?**

Our school kitchen offers a nut free zone and all school dinners are nut free. For any child with an allergy, or specific diet eg. gluten free, parents are requested to complete the relevant forms available from the school office.

However, it is not so easy to monitor packed lunches as we cannot monitor the home environments where the packed lunches have been prepared and we cannot always see nut products clearly in the foods we eat. There are often unseen nut ingredients in foods like cakes, breakfast cereals, cereal bars, sweets and biscuits. Packaging for these products often states that it cannot ensure they have been made in a nut-free factory.

Therefore, we are asking for all parents to help us ensure the safety of all children with allergies in our school, especially those with more severe allergies to nuts.

### **Please do not include products with nuts in packed lunches or snacks:**

Nutella, peanut butter spreads, hazelnut bars, nutty cereal bars or anything else where it is obvious that it contains nuts. This includes speciality breads that obviously contain nuts too.



- All staff in school are trained to deal with allergic reactions;
- Children are not allowed to share food they bring into school. Children are also taught not to take food from others. This is particularly important in helping children to manage their allergies too, as they get older.
- Break snacks allowed are fruit or vegetables only.
- Midday lunch supervisors continue to be vigilant and ensure that safe foods are brought in lunch boxes.
- **All children wash /sanitise their hands before and after eating. This is managed in the classroom currently, with tables also being cleaned by the staffing team in the class bubble.**
- We continue to ensure the children's cookery curriculum contains suitable recipes to ensure a nut safe environment.
- Cleanliness will be our first priority- especially where food is evident. Classrooms will continually be monitored for safe nut environments.

We hope this information will be helpful for you to understand the importance of protecting children with allergies and I hope you will continue to work with us to ensure that all children are kept as safe as possible, by ensuring our school is as nut-safe as possible.

If you have any questions, please ask.

Yours sincerely,

Tracy Keefe

