

12th June 2026

Dear Parents and Carers,

Working Together to Be an Allergy-Aware School Community

The safety and wellbeing of our children is our top priority. We want to ensure that all children feel safe and included in school. To achieve this, we are writing to share details about our Allergy-Aware approach and ask for your support.

We have **children and staff** across the school with severe, life-threatening food allergies. Even minor exposure through touch, sharing food, or cross-contamination can cause a severe medical emergency.

Therefore, at Sproatley, we are committed to creating an **inclusive culture of allergy awareness and education**.

How We Protect and Educate Our Children:

- **Staff Training:** All school staff receive training on how to mitigate risks and confidently manage allergic reactions.
- **Pupil Education:** We teach our children about allergies, how to keep their friends safe, and how to spot if someone feels unwell.
- **Safe Protocols:** We implement strict handwashing and food policies during school hours.

How Can Parents/Carers Help:

- **Check Snack Ingredients:** Please carefully check the labels of any foods you send to school for snacks or packed lunches.
- **Avoid Key Allergens:** Please do not send items containing loose nuts, peanut butter, or sesame products.
- **Remind Your Child Not to Share:** Please remind your child that they should never share or trade snacks, lunches, or water bottles with others.
- **Encourage Clean Hands:** Talk to your child about the importance of washing their hands with soap and water after eating, which removes food proteins from skin and surfaces.
- If you would like to celebrate your child's birthday with the class, please consider bringing in **non-food items** such as stickers.
- If your own child has a medical condition or an updated allergy diagnosis that we are not aware of, please contact the school office **immediately** so we can update their Individual Care Plan.

If you would like to learn more about allergies, the following websites have useful information.

[Anaphylaxis UK](#) has a huge range of resources to help you understand more about allergies and anaphylaxis and support you if you or your child has allergies.

[AllergyWise](#) is an online learning platform where you can register and undertake a range of courses about allergies and anaphylaxis.

Thank you for your empathy, vigilance, and continued support in keeping our school environment safe for every child and adult. If you have any questions, please do not hesitate to contact us.

Kind regards,

Victoria Tippett and the staff at Sproatley.

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UNDERSTANDING FOOD ALLERGY

Allergic disease is the most common chronic medical condition in childhood. Food allergy will affect on average 1-2 pupils in every class.

WHAT IS A FOOD ALLERGY?

Food allergy is an overactivity of our immune system, instead of ignoring a food the immune system mistakenly sees it as harmful and reacts to it. A food allergy is very different to a food intolerance or a diet choice. An intolerance does not involve the immune system and is less serious.

Allergic reactions can vary in severity from mild and moderate, to severe and even life-threatening. Severe allergic reactions are called anaphylaxis and need to be treated as a medical emergency. To treat anaphylaxis you need to give adrenaline immediately using an adrenaline auto-injector eg. an EpiPen.

People with a food allergy must avoid their allergen. Even just a trace of the food they are allergic to, can cause an allergic reaction.

COMMON ALLERGENS

You can be allergic to any food but most reactions are caused by just 9 foods:

- milk
- shellfish
- soya
- peanut
- tree nuts
- sesame
- wheat
- fish
- egg

Venom (such as wasp and bee stings), medication, latex, animals and some vaccines can also cause serious allergic reactions.