

Larkhill Primary School

Wilson Rd, Larkhill, Salisbury SP4 8QB

Tel: 01980 348079 Email: office@larkhill.wilts.sch.uk

Head Teacher: Mrs. Fiona Jenkins

Allergy Awareness

Dear Parents and Carers,

At Larkhill Primary School, we ensure pupils with allergies feel safe at school at all times. We also ask everyone in our school community to do their part in helping everyone become allergen aware. Please take a look at the factsheet below from The Allergy Team, to find out more about allergies.

Why is this important?

At our school we have pupils with a range of allergies including (but not limited to):

- Nuts
- Dairy
- Soy
- Egg
- Lentil
- Shellfish/Fish

These pupils are at risk of serious harm if they have an allergic reaction. Not every pupil will have the same reaction, so we must be extra vigilant in supporting their needs and ensuring that everyone does what they can to help us keep them safe.

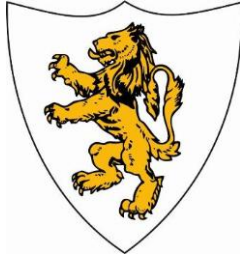
How can you help?

- Let us know if your child has an allergy.
- Talk to your child about allergies and the importance of:
 - ✓ Taking allergies seriously
 - ✓ Washing their hands before eating
 - ✓ Not sharing food with their friends
 - ✓ Being supportive of their friends who have allergies (being an allergy ally)
- Label your child's water bottle and lunch box with their name, to avoid any confusion.
- Avoid sending in food that contains nuts for your child's packed lunch or snack.
- Avoid sending in food as treats to share with the class (including on birthdays). Instead, please consider finding another way to mark a celebration, such as sending in a game or stickers.



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Please help us to support children outside of school time. When inviting your child's friends over for a playdate or party, talk to their parents or carers about their allergies and think about how you can accommodate their needs. Try your best to exclude the allergen, not the child.

If you have any questions or concerns about allergies, please get in touch with myself or Mrs Ball in the school office.

Thank you for your continued support and understanding.

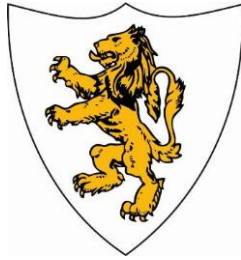
Best wishes,

Fiona Jenkins
Head Teacher



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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:

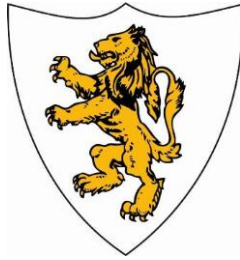


Venom (such as wasp and bee stings), medication, latex, animals and some vaccines can also cause serious allergic reactions.



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HOW PARENTS CAN SUPPORT PUPILS



5-7% of children have a food allergy, so it's likely there are pupils in your child's class with a food allergy. There are ways you can do to support these children.

HOW YOU CAN HELP



Learn about food allergies and take them seriously. Talk to your child about what it means to live with a food allergy.



Be Allergen Aware. If you are bringing food into school (perhaps for a packed lunch or cake sale) and your school has asked you not to bring in a specific ingredient, please take this seriously. It's not always obvious that a food will contain a specific allergen, so read the ingredients and allergy labelling carefully.



Children with allergies may be coping with higher levels of anxiety on a daily basis. Their friends can be their biggest supporters. Encourage your child to be an allergy ally.



If your child is older and it is appropriate, why not encourage them to learn how to deliver potentially life-saving adrenaline in an emergency. [Check out this free training from The Allergy Team.](#)



It's understandable that you might feel nervous, if your child has a friend with food allergies who is invited over for a playdate or party. These are some things you can do to help keep them safe and feel included:



Speak to their parent or carer to find out what they are allergic to and find out what foods they need to avoid.



If you're catering, think about all the ingredients that go into your recipes and make sure you read all the ingredients' labels on bought produce. [Here are some recipes free from the main allergens.](#) Be mindful of cross-contamination eg. make sure you use clean pans and utensils.



Please don't be offended if the parent/carers wants to send their child to your house with their own food. Sometimes this is more comfortable for everyone, especially if it's the first time they are visiting.



If you are worried about anything, speak to the parent/carers, they are likely to be very happy to help and keen for their child to be included in as many activities as possible.

theallergyteam.com

2



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