



Love . Hope . Courage

Nursling Street

Nursling

Southampton

SO16 0XH

Email: admin@nursling.hants.sch.uk

Website: www.nurslingprimary.co.uk

Telephone: 02380732289

Headteacher: Mrs Joanne Jearrad BEd Hons.

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Dear Parents/Carers,

At Nursling C of E Primary School, we want to make sure our pupils with allergies feel safe at school. So, we're asking everyone in our school community to do their bit to become **allergen aware**.

Please take a look at the enclosed factsheet 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:

- Nuts
- Dairy
- Gluten
- Soya
- Milk protein

This is not an exhaustive list. These pupils are at risk of serious harm if they have an allergic reaction, so we ask 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)
- Avoid sending in food that contains nuts for your child's packed lunch or snack
- Check ingredients on packaging to ensure the product are nut free
- Label your child's water bottle and lunch box with their name, to avoid any confusion
- Please avoid sending in food as birthday treats to share with the class

When sending in food for PTA events such as cake sales, please ensure:

- You include a full list of ingredients if home made
- State if there has been any risk of contamination with an allergen
- Send shop-bought food in its original packaging

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.

### What will school do?

- We will always air on the side of caution and ask children to put any products that may cause harm back in their lunch box to take home
- We ensure our staff are first aid trained and know how to administer adrenaline using an auto-injector
- We will phone for an ambulance if a child is showing signs of an allergic reaction
- We are currently seeking advice and reviewing our policies

If you feel that your child's details need updating, please speak to a member of the office team.

We thank you for your ongoing support.

Best wishes,



Mrs J Jearrad  
Headteacher

*The Lord says "I will guide you along the best pathway of your life.  
I will advise you and watch over you."  
Psalm 32:8 NLT*

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