



Dear Parents and Carers,

At Highfield, 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.

### Why is this important?

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

- Nuts, egg, dairy, fish, gluten and soy

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)
- Label your child's water bottle and lunch box with their name, to avoid any confusion
- Avoid sending in food or bringing food onto the school site that contains nuts, including for your child's packed lunch or snack. It is for these reasons that we also do not allow sweets and treats for birthdays
- Avoid sharing food on the school playground

If you have any questions or concerns about allergies, please get in touch with me. You can find out more on our website at: <https://highfield-primary.co.uk/medical/> where there is a range of information about allergies and keeping safe.

Kind regards,

Mr Feeley  
Headteacher