



Headteacher's assembly 14th Sept 2026: **Be Allergy Aware**

Thinking time whilst the children enter assembly:

Be allergy aware.

What is an allergy?

The children demonstrated a fantastic knowledge of what an allergy was and different allergens. They could name so many and gave personal experiences of having an allergy. We looked at the definition together along with the top 14 allergens, and found we nearly named them all!

What is an allergy?

Some people are allergic to things, including foods. This means it can make them poorly.

Hen someone eats a food that makes them feel poorly, the body mistakenly thinks it is a bad germ and reacts to it.





Headteacher's assembly 14th Sept 2026:

Be Allergy Aware

7 in every 100 children have an allergy. If everyone in the world who had a food allergy held hands and made a circle, that circle would wrap around the world 6 times!

The children then shared their experiences of what signs to look at for if they thought someone was having an allergic reaction. We looked at them together afterwards:

What might happen to the body if someone eats an unsafe food?

The body might get a shaky feeling

The mouth might feel a bit dry

They might get a rash

The stomach might begin to ache

The head might begin to ache

The tongue might become sore, tingly and swollen

The person might start coughing or find it difficult to breathe

We reflected on what we need to do if we see someone we think might be having an allergic reaction, of course the children knew to find an adult as quickly as possible. We then thought about how someone with an allergy might feel, what are their emotions walking into a dinner hall? The children demonstrated terrific empathy and understanding for the anxiety a person with an allergy might feel. We then finished with the following quiz:

★ ★ ★ ★ ★

Question 1

Which of these foods are allergens in the Top 14?

Meat

Apples

Wheat

Shellfish

Eggs

Milk



Headteacher's assembly 14th Sept 2026:

Be Allergy Aware

Question 2

How many children
out of every 100 could
have a food allergy?

2

3

7

15

Question 3

Which one is not a symptom
of a food allergy reaction?

Sore tongue

Swollen knee

Difficulty breathing

Headache



Headteacher's assembly 14th Sept 2026:

Be Allergy Aware

★ ★ ★ ★ ★

Question 4

Someone with a severe food allergy has to always carry around their...

Mobile phone	Change of socks
Medicine	Reading book

★ ★ ★ ★ ★

Question 5

What should you do if someone is having an allergic reaction?

Sing them a song	Ask them to jump up and down
Quickly fetch a grown up	Give them some water to drink