



St Cuthbert's Catholic Primary School & Nursery

30 Church Road Liverpool L13 2BA

Head Teacher Mrs Claire Bellis-Knox

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www.stcuthberts.school



In love with Christ; Be the best I can. Be kind to one another.

Dear Parents and Carers,

At St Cuthbert's Catholic Primary School, we want to make sure that all of our children feel safe, supported, and included. We are 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, children live with a wide range of severe food allergies (including nuts, dairy, egg, sesame, and fruit). Any food can trigger a reaction. Therefore, we do not label our school 'allergen-free', but ask everyone to exercise extreme care with food brought on site.

Our children are at risk of serious harm if they have an allergic reaction, so it is vital that our whole community works together to keep them safe.

How can you help?

For children with allergies:

- Inform us immediately if your child has an allergy
- Share a copy of your child's Allergy Action Plan (this will have been given by a medical professional upon diagnosis)
- Complete a Health Care Plan with school ensuring emergency medications (such as Adrenaline Auto-Injectors or inhalers) are up to date and provided to school

For all children:

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)
- Labelling their water bottle and lunch box with their name, to avoid any confusion

Packed lunches & snacks: Please exercise care when packing lunches and snacks, avoiding prominent allergen ingredients

Celebrations: Home-baked treats and commercial birthday cakes cannot be accepted for classroom sharing

PTA events or cake sales: All donated items must be pre-approved by school and include a full ingredients list

Events outside of school: 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 liaise directly with Mrs Bellis-Knox who, as Designated Allergy Lead, has overall responsibility for managing allergies.

Kind regards

Mrs C. Bellis-Knox

Head Teacher & DAL

Mrs D. Hegarty

Chair of Governors

Mrs L. Marlton

Named Allergy Governor