



Longstone CE (VA) School

The Cross

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Headteacher: Mrs. Sophie Rawding

Wednesday 20<sup>th</sup> March 2024

Dear parents/Carers,

At Longstone 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:

- Peanuts, Sesame, Kiwi, Milk and Mustard.

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 foods containing nuts or mustard into school. **From 1<sup>st</sup> April 2024 we are now a Mustard free and nut free school.**

When sending in food for your child to share with friends:

- Include a full list of ingredients
- Let us know if there has been any risk of contamination with an allergen
- Let us know in advance so that we can warn any parents of pupils with allergies

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.

We know that mustard may be a new allergen to many of you. Now that we are a mustard free school, please bear in mind the food that may contain mustard and avoid bringing them into school. These could include:

- Salad cream
- Mayonnaise
- Salad dressings
- Many other sauces such as brown sauce, BBQ sauce, ketchup, tartare etc
- Chutneys, pickles and pickled items
- Coleslaw and potato salad

- Ready-made sandwiches
- Pate
- Quiches
- Pasties, sausage rolls, pork pies and other savoury snacks
- Spices, curry powders and seasonings
- Salads that contain mustard leaves
- Mustard cress

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

Thankyou for helping us to work together to keep all of our children safe.

Yours Sincerely,

Sophie Rawding

Headteacher