



Temple Meadow Primary School

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Temple Meadow Primary School

Our Ref: AVS/CH

Tuesday 8th September 2026

Keeping Children with Severe Allergies Safe

Dear Families,

At Temple Meadow, we have a number of children who live with **severe allergies**, some of which could result in a life-threatening allergic reaction known as anaphylaxis.

In line with the latest national guidance on supporting children with medical conditions and the increased focus on allergy awareness following **Benedict's Law**, we are asking for the continued support of all families in helping us create a safe environment for every child.

An allergic reaction can occur very quickly and, in some cases, even a small amount of an allergen can cause a serious reaction. While we cannot guarantee an allergen-free environment, we are committed to taking all reasonable steps to reduce risks and ensure that children with allergies are safe, included and able to participate fully in school life.

We ask all families carers to support us by:

- Being mindful of common allergens when preparing packed lunches and snacks.
- Checking food labels carefully before sending food into school.
- Reminding children not to share food, drinks or eating utensils with others.
- Encouraging good handwashing practices before and after eating.
- Supporting your child in understanding why these measures are important for the safety and wellbeing of their classmates.

Examples of foods that may unexpectedly contain nuts:

- Pesto sauces (often contain pine nuts or cashews)
- Breakfast cereals and granola
- Cereal and protein bars
- Cakes, muffins and pastries
- Biscuits and cookies
- Chocolate spreads and confectionery
- Ice cream and desserts
- Flavoured yoghurts
- Salad dressings
- Curry sauces and ready meals
- Satay and other Asian sauces
- Marzipan and almond-flavoured products
- Some breads, rolls and crackers
- Vegetarian and vegan products



We know that keeping children safe is a shared responsibility and we greatly appreciate your understanding and cooperation. By working together, we can help ensure that all children feel safe, supported and able to thrive within our school community.

Thank you for your continued support.

Yours sincerely,

A handwritten signature in purple ink that reads "AVStraaten". The letters are cursive and slightly slanted.

Mrs Van Straaten
Headteacher