

23rd September 2025

Dear Parents & Carers,

Pupil allergy

We take all allergies seriously and work with parents to limit the opportunity for any reactions. Kai Waring in Kestrels class suffers with life threatening allergies to tree nuts and sesame seeds. Kai's parents have asked that we share his allergy details with you so you can consider these when packing items for lunch.

We already ask parents not to use nuts in packed lunches and they are not used in school dinners. We would like to remind parents that tree nuts including hazelnuts are present in a lot of cereal and snack bars and should not be sent into school.

Other allergens found in foods can be less obvious, for instance sesame which is one of the allergies Kai has. Common food items which contain sesame are, breads, breadsticks, bagels and dips such as tahini and hummus, there are also many items made with sesame oil.

Good hand hygiene plays an important part in limiting the transmission of allergens and all children in school are taught this. It would be helpful if you would reinforce this at home with your child.

We appreciate the challenges all parents face when making a packed lunch but would be grateful if you would be mindful when sending in snacks and packed lunches for your child that any allergens are avoided where possible and we will continue also to ensure all children follow good hand hygiene.

Thank you in advance,

Alexia Cook
Business Manager

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Mrs Rebecca Clarke

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Mr Lewis Wright

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