



Keeping Every Child Safe – Allergy Awareness and Food Safety

Dear Parents and Carers,

At Edleston Primary School, the safety and wellbeing of all our pupils is our highest priority. As part of our ongoing commitment to safeguarding children and in preparation for the introduction of **Benedict's Law** from September 2026, we have been raising awareness of allergies and food safety across the school.

Recently, pupils have taken part in assemblies and classroom discussions to help them understand what allergies are, why they can be serious, and how they can play a role in keeping their friends safe. Our allergy policy includes age-appropriate education for pupils about allergies and the importance of not sharing food.

Why is this important?

Some children have food allergies which can cause reactions ranging from mild symptoms to severe allergic reactions (anaphylaxis), which require immediate medical attention. Even a very small amount of the wrong food can sometimes trigger a serious reaction.

One of the most important messages we have shared with children is that **you cannot always tell whether someone has an allergy simply by looking at them**. This means that sharing food, snacks, sweets or drinks can unintentionally place another child at risk.

Our School Rule

To help keep all pupils safe, we ask children to follow one simple rule:

Eat your own food. Drink your own drink.

This means:

- No sharing of packed lunch items.
- No sharing of snacks or sweets.
- No sharing of school meal food.
- No sharing of drinks or water bottles.

How You Can Support at Home

We would be grateful if you could reinforce these messages with your child by reminding them to:

- ✅ Eat only their own food.
- ✅ Drink only from their own bottle.
- ✅ Never offer food, sweets or drinks to friends.
- ✅ Tell an adult if they are concerned about a classmate who may be feeling unwell.

By working together, we can help children understand that while sharing is usually a kind thing to do, when it comes to food the kindest action is often to **keep everyone safe by not sharing**. This supports our commitment to providing a safe and inclusive environment for all pupils.

Pupils have been encouraged to politely say, *"Sorry, we're not allowed to share food or drinks at school"* if a friend asks for something from their lunchbox. This helps ensure that all children, including those with allergies, can enjoy school safely.

Thank you for your continued support.

Kind regards,

Kirsty Goldsmith

Headteacher

Edleston Primary School

Remember: *Kindness is sharing smiles, not sharing snacks!* 😊