Framlingham
Sir Robert Hitcham's
CEVAP School

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ALLERGIES

VERY IMPORTANT - PLEASE READ CAREFULLY

Dear Parents and Carers,

I am writing to you about the need for your help in keeping our children with allergies safe and healthy when we start in September.

We have children in school who are extremely allergic to Nuts.

Everything that they eat has to be checked (even if it says 'may contain') because it may not be safe for them to eat. **They will become extremely ill if they eat any nuts/nut traces or even if they are touched by someone who has been handling nuts/nut traces.** This could trigger an anaphylactic reaction which is life threatening - they have medication in the form of adrenaline auto injectors to help them recover but sometimes they have needed to go to hospital.

We need your help to keep these children safe and healthy, please. You can do this by:

- **Be vigilant and check that your child's lunch box contents (and snacks) do not have any items containing nuts or nut products** *for example: Peanut butter, Nutella, some cereal bars, and any product that says 'May contain traces of nuts' or nut oils or nut essences.*
- Similarly, if you bring snacks for your child at the end of the day to eat before going home ensure that they do not contain nuts or traces of nuts and that leftovers are not abandoned on the playground.
- Ensuring that you **don't send cake or sweets into school to share for birthdays**.
- Letting your child know that touching or swapping food with other children could make that child poorly.
- Ensuring that your child remembers to wash their hands with soap thoroughly after eating so they don't get any food crumbs on anything in the classroom.
- Talking to your child about allergies and how they can make the child feel *(this is a good link for adults to view Leo's Story; a very short video about a child's experience living with an allergy: https://youtu.be/MqncMJY1rL0)*

The children with allergies are just like your child; they love to play and be with their friends, but their parents do worry because they want them to enjoy school and all the experiences as much as your child will do. If we find that children have brought in any food that contains (or may contain) nuts, it will be confiscated from the child and returned to the parent/carer after school.

Thank you for reading this letter and for talking to your child about why we are asking them to do these things as their understanding will help these other children stay safe. If you have any questions, please do ask any of the staff.

The Anaphylaxis Campaign has a huge range of resources to help you understand more about allergies and anaphylaxis and support you if you or your child has allergies – please see overleaf.
Thank you for your understanding. We cannot stress how important this is.
Yours sincerely

LaCann

Mrs L Cann
Headteacher

Be Allergy Aware and Save a Life

Life threatening Anaphylaxis is a severe reaction to allergens including food, insect stings, medication & latex

The body thinks it is fighting something which shouldn't be there and sends out special chemicals to fight back

People may experience mild or moderate symptoms including:

- Itchy skin rash
- Itchy/tingling mouth
- Swelling of lips, face or eyes
- Tummy pain or vomiting

What are the signs of a severe allergic reaction?

- Hard to swallow / coughing
- Difficult to breathe / noisy breathing
- Feeling dizzy, floppy or sleepy

1. A severe allergic reaction can become serious quickly so a **special adrenaline pen must be used immediately**
2. **Then call 999** and tell them the person is suffering from anaphylaxis (anna-fill-axis)

Anaphylaxis Campaign
Supporting people at risk of severe allergies

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