



WILLIAM HARDING SCHOOL  
Aim high... Work hard... Be kind...

# WILLIAM HARDING SCHOOL

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Head Teacher: Miss T Cotchin BA(Hons) PGCE NPQH NPQEL



03 May 2024

Dear parents and carers,

**Re: Allergies**

At William Harding, 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:

**Nuts, peanuts, hazelnut, tree nuts, cashew, walnut**

**Egg**

**Kiwi**

**Seafood**

**Legumes**

**Dairy**

**Banana**

**Pesto**

**Sesame**

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, so we can support them with a Health care plan.
- > Talk to your child about allergies and the importance of:
  - o Taking allergies seriously
  - o Washing their hands before eating

**Our School Values are: Inclusion, Perseverance, Honesty, Respect, Responsibility and Collaboration.**



- 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
- > We are a nut free school so **do not** send in food that contains **Nuts** for your child's packed lunch or snack
  
- > If you want to send in some food for your child to share with friends, we can only accept shop-bought food in its original packaging. This is so that we can check the ingredients list and be sure that the food is safe for all our pupils to eat
- > As an alternative to sending in food as treats to share with the class, you could consider sending in stickers or small party bag fillers to mark the celebration.

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.

If you have any questions or concerns about allergies, please get in touch with Mrs Collins

Kind regards,

Dawn Collins  
Medical FLO

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