



Beam County Primary School
Oval Road North, Dagenham, Essex, RM10 9ED.

Thursday 14th September 2023

Allergy Awareness

Dear Parent/Carer,

At Beam County Primary School, 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 and adults with a range of allergies, including but not limited to:

- Peanuts, tree nuts and fish

These pupils and adults 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.

**PLEASE DO NOT SEND IN FOOD CONTAINING NUTS
OR FISH FOR YOUR CHILD'S PACKED LUNCH**

Email: office@beam.bardaglea.org.uk, Telephone: 020 8270 4700, Fax: 020 8270 4699
beamcountyprimary.co.uk

Headteacher: Miss T A Whittington, NPQH, BA (Hons), PGCE



How can you help?

- Let us know if your child has an allergy
- Talk to your child about allergies and the importance of:
 - Taking allergies seriously
 - Washing their hands before eating
 - 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
- Avoid sending in food that contains NUTS OR FISH for your child's packed lunch or snack
- Avoid sending in food as treats to share with the class. Instead, please consider finding another way to mark a celebration, such as sending in a game or stickers
- 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 contact the school office who will pass on your query to the relevant member of our school team.

Yours sincerely,

Miss Mooney

SENCo

Mrs Gholampour

Deputy SENCo