



## Please Support Allergy Awareness At Samuel Ryder Academy

There are children at Samuel Ryder Academy with life-threatening allergies to certain foods. As our school increases year on year, the amount of students with allergies will increase. We would hugely appreciate your help to take active, positive steps to keep them safe.

### What Is an Allergy

An allergy is a reaction the body has to a particular food or substance. Allergies are very common. They're thought to affect more than one in four people in the UK at some point in their lives.

Food allergies is caused when the body mistakenly makes an antibody to 'fight off' a specific food. Even when tiny amounts of that food are next eaten; it generates an immune system response which results in the release of histamine in the body. They are particularly common in children. Some allergies go away as a child gets older, although many are lifelong.

Allergic conditions can vary in severity from the mildest of hay fever to life threatening anaphylaxis. Many types of allergic conditions include allergies to food, drugs, airborne allergens, rubber latex, wasp, bee sting and those affecting the skin.

Severe reactions can even occur through skin contact via the offending food, by simply holding hands, a kiss or even just in the air. Children are tactile when they play and have skin to skin contact, even sharing a bouncy castle or apparatus equipment can leave traces of food.

Reactions can range from abdominal pain, vomiting, diarrhoea, hives, runny nose, sneezing, wheeze/cough or life-threatening Anaphylaxis.

### Anaphylaxis

Anaphylaxis is a **very** extreme, often life-threatening allergic reaction to an antigen to which the body has become hypersensitive.

Reactions can range from a swollen tongue/throat, difficulty in swallowing, hoarse voice, wheeze/persistent cough, difficult or noisy breathing, dizziness, collapse, loss of consciousness, stop breathing.

We strive to do our best to minimise the risk. However, we cannot guarantee that the food is 100% nut and sesame free.



## How Can I Support Children With Food Allergies At School

Samuel Ryder Academy has to have processes in place to minimise risk to children with food allergies, currently nuts and sesame.

### 1. A No Nut & No Sesame Guidance

This means parents are asked to please avoid foods that contain nuts or sesame.

### 2. No Sharing Food Rule At School

Usually, we encourage children to share, however sharing food at school can be very unsafe due to allergies. Please gently remind your children of this risk.

### 3. Food Exclusion Box

The following list of foods frequently contain nuts or sesame, this is consequently a high risk if children with food allergies come into contact with them. To ensure safety; **please exclude** the following food items during school times:

All Nuts & Sesame (See list on page 4)	Cereals/Cereal Bars	Seeded Bread/Buns
Nutella	Bread Sticks	Seeded Crackers
Peanut Butter	Houmous, Tahini	Sushi
	Milky Way, Magic Stars, Snickers	Sesame Snaps
	Mars Bar	

\*Please note this is not a comprehensive list of foods to avoid, labels must still be checked.

## Parent Role

Parents are responsible for providing, in writing, on-going accurate and current medical information to the school.

- Parents are to send a letter confirming and detailing the nature of the allergy; including:
- The allergen (the substance the child is allergic to)
- The nature of the allergic eaction (from rash, breathing problems to anaphylactic shock)
- What to do in case of allergic reaction, including any medication to be used and how it is to be used.
- Control measures – such as how the child can be prevented from getting into contact with the allergen.

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**Clear Guidelines for Adults/Parents**

- No Nuts & No sesame in 'main ingredients'.
- 'May contains' **ARE NOT** allowed if Allergy children will be eating the food supplied by the Teachers/PTA at any events where parents and carers are unable to attend with their children.
- 'May contains' **ARE** allowed if only that child will be eating their own food; **no food sharing**.
- Follow 'food exclusion box' available below.

**Main ingredients** →

**Ingredients:** Milk chocolate (48%) (**Milk**, Sugar, Cocoa butter, Cocoa mass, Vegetable fats (Palm, Sal and Shea, in varying proportions), Emulsifiers (**Soya** lecithin, E476), Flavourings), **Wheat** flour (with added Calcium, Iron, Niacin and Thiamin), Palm oil

→ **May contains**

**Ingredients:** **Wheat** Flour, Vegetable Oils (Palm, Rapeseed, Coconut), Dried Powdered Cheese (5%) (**Milk**), Dried Whey  
**Allergy advice**  
 For allergens, including cereals containing gluten, see ingredients in **bold**.  
**May also contain Peanuts, Nuts, Sesame Seeds.**

**Some more examples of main and may contain ingredients:**

**CRISP BISCUITS COVERED WITH CADBURY MILK CHOCOLATE.**

**Ingredients:** Milk chocolate (48%) (**Milk**, Sugar, Cocoa butter, Cocoa mass, Vegetable fats (Palm, Sal and Shea, in varying proportions), Emulsifiers (**Soya** lecithin, E476), Flavourings), **Wheat** flour (with added Calcium, Iron, Niacin and Thiamin), Palm oil, Sugar, Partially inverted sugar syrup, Salt, Raising agents (Ammonium bicarbonate, Sodium bicarbonate), Flavouring.

**May contain: nuts.**

Energy
Fat
of which Satur
Carbohydrate
of which Sugar
Fibre
Protein
Salt

**Ingredients**  
**Wheat** Flour, Olive Oil (7%), Yeast, **Barley** Malt Extract, Salt.

**Allergy advice**  
 For allergens, including cereals containing gluten, see ingredients in **bold**.  
**Also, may contain sesame seeds.**

**Suitable for vegetarians**

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## Please Talk To Your Children About Allergies

Children are naturally inquisitive and will want to know why their friends may not be able to eat everything that they can due to an allergy. It is important that a child with an allergy feels included, accepted and secure. Please try to keep things as normal as possible around them by appropriate support and understanding.

## Junk Modelling

Traces of unsafe foods may be left in food boxes/containers, so this is a risk. If teachers request junk modelling to be brought into school, or used for homework, please bring/use non-food junk modelling only, e.g. tissue boxes, toy boxes, cardboard boxes etc.

## Birthdays At School

If your child wants to bring in a treat for their class to celebrate their birthday at home time, please ensure you follow the **NO NUT & NO SESAME** Guidance.

## Packed Lunches

Please follow the **NO NUT & NO SESAME** Guidance.

## School Trips

Please follow the **NO NUT & NO SESAME** Guidance.

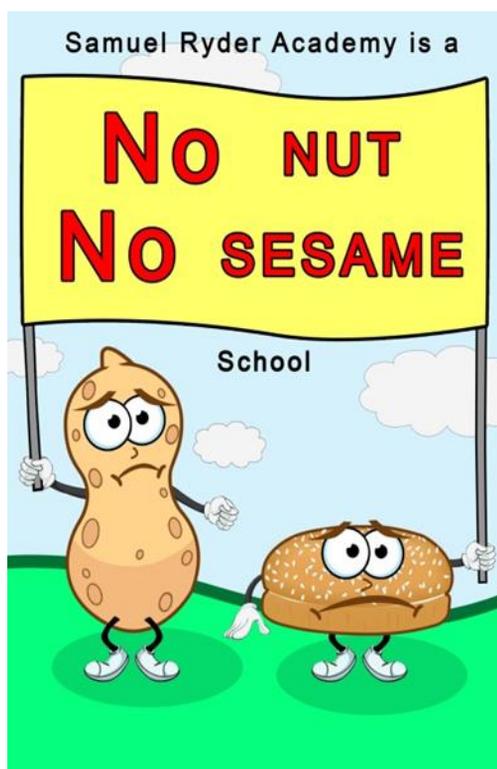
### Example List Of Seeds & Nuts To Avoid

#### Sesame

#### Peanuts

#### Tree Nuts

- Almond
- Beech nut
- Brazil nut
- Bush nut
- Cashew nut
- Chestnut
- Ginkgo nut
- Hazelnut
- Hickory nut
- Lichee nut
- Macadamia nut
- Pecan nut
- Pine nut
- Pistachio
- Shea nut
- Walnut



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Education for a changing world

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## **How Can I Find Out More?**

We're here to help should you have any questions, please contact Mrs Claydon  
[I.claydon@samuelryderacademy.co.uk](mailto:I.claydon@samuelryderacademy.co.uk)

**Thank You For Helping Keep Children With Allergies Safe**

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