



**Opportunities
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Old Basford School

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Pupil Allergies

At Old Basford School, the safety and wellbeing of all children is a priority. As part of updated guidance from the Department for Education, introduction of Benedict's Law and Section 34 of the Children's Wellbeing and Schools Act 2026, all schools are strengthening the support they provide for pupils with allergies.

To help keep all children safe, we have:

- Trained all staff in allergy awareness and emergency response, including the use of EpiPens.
- Obtained spare emergency adrenaline auto-injectors for use when needed.
- Created an Allergy Safety Policy, available on our school website.
- Reviewed our procedures for Individual Healthcare Plans and emergency action plans.
- Worked closely with our catering provider to ensure safe practices are in place.

If your child has an allergy

Please let us know if your child has a known or suspected allergy. If a new allergy is diagnosed during the school year, please inform the school immediately.

If your child has prescribed medication, such as an EpiPen or inhaler, please ensure it is:

- In school every day.
- Clearly labelled with your child's name.
- Within its expiry date.

Nut-Free School

We would like to remind families that we are a nut-free school. Some children in our school have severe allergies, and even small traces of nuts can be extremely dangerous.

Please do not send any foods containing nuts into school. This includes:

- Peanut butter or nut-based spreads.
- Chocolate spread as we are unable to know which ones contain nuts or hazelnuts.
- Chocolate-filled waffles, pancakes or similar products that contain chocolate spread.
- Nut-containing cereal bars.
- Treats such as Snickers, Reese's Cups, or any other products containing nuts.

If you are unsure whether a product contains nuts, please check the packaging carefully before including it in your child's lunchbox. This does include products that state 'may contain nuts'.





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Healthy Lunchboxes and playtime snacks

We also encourage families to provide healthy lunchboxes and snacks that support children's learning and wellbeing. Please try to include:

- Sandwiches, wraps, pasta or other healthy main items.
- Fruit and vegetables.
- Yoghurts or other healthy snacks.
- Water or a healthy drink.

Please avoid sending large amounts of sweets, chocolate, or other high-sugar snacks. Please remember fizzy drinks are not acceptable.

How Parents Can Help

You can support us by:

- Informing the school of any allergies or changes to your child's medical needs.
- Clearly labelling lunchboxes, snacks and drinks.
- Reminding your child not to share food or drinks with other children.
- When providing cakes for sales, if they are homemade, please provide a list of ingredients

If you believe your child may have an allergy, even if they have not yet received a diagnosis, please contact the school. We will work with you to ensure appropriate arrangements are put in place while any investigations are ongoing.

Thank you for your support in helping us keep all children safe, healthy and included.

