



**CLOVER HILL
PRIMARY
SCHOOL**

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Allergy Awareness in School: Keeping Every Child Safe

At Clover Hill, the safety and wellbeing of every child is our top priority. As we begin the new academic year, we would like to remind families about the importance of allergy awareness and share information about **Benedict's Law**, which strengthens allergy safety in schools across England.

What is Benedict's Law?

Benedict's Law is named after **Benedict Blythe**, a five-year-old boy who tragically died following a severe allergic reaction at school in 2021. The law introduces stronger allergy safety measures to help protect children with allergies and ensure schools are prepared to respond quickly in an emergency.

From September 2026, schools are expected to:

- Have a dedicated whole-school allergy policy – **awaiting approval from governance then will be shared with parents**
- Provide allergy awareness training for all staff – **scheduled for all staff**
- Keep spare adrenaline auto-injectors (AAIs) on site for emergencies – **in place**
- Maintain individual healthcare plans for pupils with serious allergies – **in place for specific children**

How Parents Can Help

We ask all families to work with us to create a safe environment for everyone by:

- ✓ Informing school immediately of any allergies or medical conditions.
- ✓ Providing up-to-date medication, including prescribed adrenaline auto-injectors where required.
- ✓ Ensuring emergency contact details are correct.
- ✓ Talking to your child about not sharing food, drinks, utensils, or lunch items with others.
- ✓ Supporting healthy hand washing habits before and after eating.

Understanding the 14 Main Allergens

Food allergies can vary from mild to life-threatening. In the UK, food businesses are legally required to identify the **14 major allergens** that most commonly cause allergic reactions.

These are:

Celery	Eggs	Fish	Lupin	Milk	Mustard	Peanuts
Cereals containing gluten (such as wheat, barley, rye and oats)	Crustaceans (such as prawns, crab and lobster)	Molluscs (such as mussels, squid and oysters)	Sulphur dioxide and sulphites (often found in dried fruit and some drinks)	Tree nuts (almonds, hazelnuts, walnuts, cashews, pistachios and Brazil nuts)	Sesame	Soya

Children can be allergic to one or more of these foods, and even a very small amount can trigger a reaction in some individuals.

How You Can Help

- ✓ Read food labels carefully before sending snacks or treats into school.
- ✓ Check ingredients when preparing food for school events, bake sales or celebrations.
- ✓ Remind children not to share food, drinks, utensils or lunch items with friends.
- ✓ Encourage children to wash their hands before and after eating.

By being aware of the 14 allergens and supporting our allergy-safe practices, we can all play an important part in protecting children with allergies and creating a safe, inclusive school environment for everyone.

Allergy-Aware School Community

Many allergic reactions can happen by accident. While we cannot guarantee an allergen-free environment, we can all take simple steps to reduce risks. Clover Hill Primary School is an 'allergy aware school' and advocates a culture of allergy awareness and education where we teach children that 'any food can lead to an allergic reaction.'

While we state that nuts specifically should not be brought onto school site, we also ensure that we remain actively aware of the risk posed by all allergens, take steps to minimise the risk of exposure and to have robust emergency response plans in place.

Please:

- Check ingredients carefully when providing food for events and celebrations.
- Items containing nuts in packed lunches or KS2 snacks must not be brought into school.
- Respect the needs of children with allergies and encourage kindness and understanding.

Recognising an Allergic Reaction

Symptoms may include:

- Itchy rash or hives
- Swelling of the lips, face, or tongue
- Difficulty breathing
- Wheezing or coughing
- Dizziness or collapse

A severe allergic reaction (anaphylaxis) is a medical emergency and requires immediate treatment. Staff receive training to recognise and respond appropriately.

Working Together

Children with allergies should feel safe, included, and able to enjoy all aspects of school life. By working together, we can create an environment where every child can learn, play, and thrive with confidence.

If you have any questions about allergies or your child's healthcare needs, please contact the school office.
Thank you for helping us keep all children safe.