

24th September 2026

Dear Parents and Carers,

Allergy Awareness, Anaphylaxis Safety and Healthy Eating at St Martin's

At St Martin's, the safety, wellbeing and inclusion of all children are our highest priorities. We have recently adopted the updated KMAT Allergen and Anaphylaxis Policy (September 2026), which sets out how we work together to reduce the risk of allergic reactions and ensure that all children can participate safely in school life. The policy emphasises the importance of close partnership between schools and families in identifying and managing allergies.

Please Keep Us Informed

If your child has an allergy, intolerance, dietary requirement or has experienced any allergic reactions, it is essential that the school is informed immediately. Parents are responsible for notifying the school of their child's allergens, the nature of any allergic reactions, required medication and any preventative measures that should be in place. Parents are also responsible for ensuring that medical information remains up to date. Please ensure that:

The school is aware of any allergies or medical conditions your child has.

- We are informed promptly if there are any changes to your child's condition or treatment.
- Any prescribed medication, including antihistamines, inhalers or adrenaline auto-injectors (EpiPens), is provided to school and remains in date.
- Replacement medication is supplied before expiry dates.

Having accurate information and appropriate medication available allows us to respond quickly and effectively if a child becomes unwell. The policy requires pupils who need life-saving medication to have this available in school and on educational visits.

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"though many, we make up one" (1 Corinthians, 12:12)

Spring Hill, Worle, Weston-super-Mare, BS22 9BQ



Tel: 01934 628651

Email: office@stmartins.kmat.co.uk

www.stmartinsschool.org.uk



Allergy Awareness and Packed Lunches

While it is not possible to guarantee an allergen-free environment, we are committed to taking reasonable steps to minimise risks and promote allergy awareness across our school community.

To help keep all children safe, we ask parents to:

Not send any nut-containing products into school.

- Talk to their children about the importance of not sharing food, snacks, drinks or lunch items with others.
- Ensure packed lunches contain healthy, balanced choices that support children's wellbeing and learning.
- Clearly label lunch boxes, drinks bottles and food containers where appropriate.

Supporting a Healthy School

As part of our commitment to promoting healthy lifestyles, we encourage families to provide nutritious packed lunches that include a variety of healthy foods such as fruit, vegetables, protein-rich foods and wholegrains.

Developing healthy eating habits in childhood supports concentration, learning, physical wellbeing and lifelong health. We appreciate your support in helping us create a culture where healthy choices are valued and encouraged.

Birthday Celebrations

We know that birthdays are special occasions and we enjoy celebrating them with children at school. However, in order to reduce risks associated with allergies and to support our healthy school approach, we will **no longer allow cakes, sweets or other food treats to be brought into school to share with classmates.** This decision has been made to:

- Help protect children with food allergies and intolerances.
- Reduce the risk posed by foods with unknown ingredients or allergen content.
- Support our commitment to healthy eating and wellbeing for all pupils.

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St Martin's Church of England Primary School



Executive Headteacher: Mrs Elliott

Head of School: Mrs Thomas

Families who wish to mark their child's birthday may do so in alternative ways, such as donating a book to the class, sharing a favourite story, or discussing other non-food celebration ideas with the class teacher.

Working Together

The updated policy recognises that keeping children with allergies safe is a shared responsibility between school, parents and pupils. By working together and ensuring that medical information and medication are always up to date, we can provide a safe, inclusive and welcoming environment for every child.

Thank you for your support and cooperation.

Yours sincerely,

S Elliott

Sue Elliott

Executive Headteacher
St Martin's C of E Primary School

Please contact the school office if you need to update your child's allergy information or discuss any medical concerns.

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