Keeping Everyone Safe from Food Allergies at Selsted CE Primary School!

At Selsted,CE Primary School we want our school to be a happy, fun, and safe place for everyone. Some of our pupils have food allergies. This means certain foods can make them very poorly.

Here is our child-friendly guide on how we all work together to keep everybody safe and healthy!

1. No Nuts Allowed!
Nuts can make some children extremely ill, even if they just touch them or sit near them.

Never bring nuts into school. This includes packed nuts, peanut butter, Nutella or chocolate hazelnut spreads, cereal bars with nuts, or satay sauces.

Keep our events safe: We don’t sell or share foods containing nuts at school events or FOSS sales.

2. Super Safe Habits
We follow a few simple rules every single day to look after each other:

Wash your hands: Always wash your hands with soap and water before and after eating your snack or lunch.

Don't share food: Sharing is usually caring, but sharing food, snacks, or drinks can accidentally make a friend with an allergy very ill. Stick to your own food!

Use your own water bottle: Always drink from your own named bottle.

3. Lunchtime Rules
Wearing Lanyards: If you have an allergy or special dietary need, you will wear a lanyard in the hall at lunchtime. This helps our lunchtime team and dinner ladies know exactly what foods are safe for you.

Yellow Bags for Medicine: If you need special allergy medicine or an EpiPen/Jext pen, we keep it safely in a special yellow bag.

In class, these bags hang in safe spots.

At lunchtime, they bring the bags into the hall so your medicine is always nearby if you need it.

4. What To Do If You Feel Unwell (If You Have an Allergy)
If you eat something and start to feel funny, tell an adult immediately!

Listen to your body. Tell a teacher or adult straight away if you notice:

An itchy mouth, tongue, or lips

Swelling on your face or lips

Itchy spots or a rash on your skin

Feeling dizzy, sleepy, or confused

Feeling tight in your chest, wheezy, or having trouble breathing or swallowing

5. How You Can Be a Great Friend
Know the signs: If you see a friend looking unwell, struggling to breathe, or complaining of a swollen tongue or itchy mouth, call a teacher right away.

Be kind: Having an allergy can be scary or annoying sometimes. Always be supportive, never tease or play food-related tricks, and include everyone in games! Allergy bullying is taken very seriously at our school.

Remember: If you ever have questions about food allergies or feel worried, you can always talk to your class teacher, the Allergy Leads, or the Headteacher!