Allergy Aware School – Important Information for Families

Dear Parents and Carers,

At Bilton Church of England Junior School, the safety and wellbeing of everyone in our school community is a priority. Some of our pupils and staff have severe food allergies, including allergies to nuts and strawberries. Exposure to an allergen can cause a serious reaction.

To help reduce the risk, we ask all families not to bring nuts, strawberries or foods containing these ingredients into school. This applies to packed lunches, snacks, treats and food brought in for school activities.

Please do not send into school

Nuts or foods containing nuts, including peanut butter, other nut butters, chocolate-hazelnut spreads and nut-containing cereal or snack bars.

Strawberries or foods containing strawberries, including strawberry jam, strawberry yoghurts, strawberry-flavoured products made with strawberries, and cakes or snacks with strawberry ingredients.

Choosing suitable alternatives

There are plenty of options for packed lunches and snacks, such as sandwiches with cheese, ham or other suitable fillings, vegetables, and fruit other than strawberries. Please always check ingredient labels, as recipes and ingredients can change.

Our previous guidance explained that a “may contain nuts” precautionary label is different from nuts being listed as an ingredient. Please follow any further guidance communicated by school about precautionary allergy labelling, and contact us if you are unsure whether a product is suitable.

Working together to keep everyone safe

We recognise that avoiding certain ingredients can make lunchbox planning more difficult, and we appreciate your understanding and cooperation. While no school can guarantee an entirely allergen-free environment, these precautions help us reduce avoidable risks.

If your child has a food allergy, or you have questions about this guidance, please contact the school office so that we can discuss appropriate arrangements.

Thank you for helping us keep our pupils, staff and wider school community safe.

Kind regards,

The BJS Team