



# Guru Nanak Sikh Academy

Aspire ~ Acquire ~ Achieve

Founder: Sant Baba Amar Singh Ji

Chief Executive Officer: Mr Jaskamal S. Sidhu

19<sup>th</sup> March 2024

Dear Parent,

## RE: Preventing Allergic Reactions in School – Allergy Information

At Guru Nanak Sikh Academy, we want to make sure our pupils with allergies feel safe at school. So, we are asking everyone in our school community to do their bit to become allergen aware.

Please take a look at the enclosed factsheet from The Allergy Team, to find out more about allergies.

### Why is this important?

At our school we have pupils with a range of allergies. These pupils are at risk of serious harm if they have an allergic reaction, so we ask that everyone does what they can to help us keep them safe.

### How can you help?

#### Let us know if your child has an allergy (If possible with a care plan)

Talk to your child about allergies and the importance of:

- Taking allergies seriously
- Washing their hands before eating
- Not sharing food with their friends
- Being supportive of their friends who have allergies (being an allergy ally)
- Learning about how to react if one of their friends has an allergic reaction.

Anaphylaxis (allergic reaction) can occur as a result of **digestion**, **inhalation** or **any other contact** with an allergen. At GNSA the most common allergen is nuts. For the safety of our pupils who have an allergy to nuts, we request that your child does not bring nut-based products onto the school premises.

#### Potential allergens could include the following:

- Spreads, e.g. chocolate spread, peanut spread
- Cereal bars
- Some types of biscuit containing nuts
- Condiments, e.g. satay sauce
- Cakes containing nuts
- Some snack pots containing nuts

To ensure the safety of all members of our school community, pupils should not bring food into school as treats to share with the class. This includes special events e.g. birthdays

If your child invites a friend over, ask them if they have an allergy, and contact their parents to discuss what their needs are. Try your best to exclude the allergen, not the child.

If you have any questions or concerns about allergies, please get in touch with the Welfare Team at [welfare@gnsa.co.uk](mailto:welfare@gnsa.co.uk)

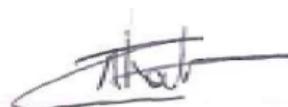
Yours faithfully



Mrs D Soneji  
Vice Principal  
GNSA Secondary



Miss A O'Leary  
Vice Principal  
GNSA Primary



Miss A Chatur  
Vice Principal  
Nanaksar Primary