



# The Eliot Bank and Gordonbrock Schools Federation



Executive Headteacher: Mrs Kathy Palmer

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Head of School: Miss Maria Gilmore

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Dear Parents and Carers,

## FOOD ALLERGIES

As I'm sure you are aware there are a number of children across the school with food allergies and intolerances. Some of these are life threatening and we work closely with families to ensure that we do the best to minimise risk for every child. In addition it is important that every member of the school community, children and adults, understand how important it is to be aware of possible risks and how we can all help to manage them.

If your child has an allergy make sure the school knows. Read class letters carefully as these will contain information about any food allergies which your child's classmates may have. If you need more information please talk to your child's class teacher.

The allergies which we are currently aware affect children at Eliot Bank are listed below.

- **NUTS** – including tree nuts (hazel, brazil etc) ground nuts (peanuts etc)  
Because of the number of children suffering from nut allergies, this school, like many others, has a NO NUT policy. That means no nuts can be brought on to site in any shape or form. This includes packed lunches, snacks, peanut butter, biscuits, staff meals etc. Chartwells, our school lunch providers, also adhere to this policy. Please check the ingredients of any product you are considering sending in to school with your child.
- **SESAME SEEDS**  
This is an increasingly common allergy which can be life threatening. Sesame seeds are a topping on some breads or cakes, but are also an ingredient of common foods such as humus. Whilst at this time these products are not banned, we would really appreciate your consideration when sending these items into school and avoiding them whenever possible.
- **LEGUMES**  
This allergy can be linked to nut allergy. The food group includes lentils, soybeans, chickpeas, peas and other beans. Children can be allergic to some or all of these foods.



- WHEAT

This includes rye, spelt, barley and oats. Some children have an intolerance, but for others this allergy is life threatening. As well as bread, they cannot be in contact with wheat pasta, cereal or any cakes or biscuits made with a wheat flour.

- FRUIT

At present we have children in school with allergies to pineapple, kiwi fruit, apples and peaches.

- MILK

This can include dairy products such as cheese and yoghurt.

- EGGS

This can include eggs as an ingredient in other foods.

- FISH

This can include prawns and shellfish.

- CHOCOLATE

This includes foods such as chocolate spread and chocolate as an ingredient in other foods.

If your child is allergic to a food, or to any other substance, not listed above, please contact Mrs Roberts via the school office as soon as possible.

If your child is bringing any of the above foods to school, for example in a packed lunch, please make them aware that some children cannot eat or touch that food and remind them to wash their hands after eating. Whilst this is something which we monitor closely at school, it is very helpful if we get your support at home as well.

It is possible that in the future we will extend the ban on nuts to other foods and we will keep you informed about all decisions. We constantly review and up-date our procedures. We have 13 first aiders at school who regularly update their training by going on courses. Trainers come in to update, for example, our epi-pen training, on an annual basis. We are always looking to improve our understanding of allergies and how we can support families.

If you have any further questions about food allergies please do contact us.

Yours sincerely,



Jenny Klein  
Head of School



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