**A group of children in a classroom

Description automatically generatedCopy onto your setting’s headed paper before use.**

Template letter for informing setting community about children with allergies

It’s time to take our AllergyWise® for Sschools course and be ready to support students living with allergies in your class and school.  Find out what you need to think about when planning your activities ensuring that they are safe and inclusive for everyone.  Learn about signs and symptoms of allergy, anaphylaxis and how to administer an adrenaline autoinjector.  You’ll even be able to access lesson resources and assembly materials to help your students learn about allergy and you’ll meetwhilst meeting the requirements of the RSE curriculum.

Dear Parents and Carers,

We have a new child/student joining our setting who has a number of allergies. He/she is not allowed to eat or drink a number of different foods: (insert the specific allergies here). We have to ensure that all foods offered to him/her are safe for him/her to eat. He/she could have an anaphylactic reaction if he/she eats or has contact with (insert allergies here). He/she has medication in the form of adrenaline auto injectors to help him/her recover but sometimes he/she has needed to go to hospital.

We need your help to keep him/her safe and healthy. You can do this by:

* Ensuring that he/she only eats his/her own food; please let your child know that touching his/her food or swapping food will make him/her poorly
* Ensuring that your child is able to wash their hands with soap thoroughly every time after eating so they don’t get any crumbs/splashes on anything in the setting.
* Helping the teachers / staff to talk to your child about allergies and how they can make the child feel (this is a good link for adults to view Leo’s Story; a very short video about a child’s experience living with an allergy: <https://youtu.be/MqncMJY1rL0>)
* Ensuring that you don’t send cake or sweets into setting for birthdays
* Ensuring that you talk to his/her parents about the best way to include him/her in out of setting parties and events

[Anaphylaxis UK](https://www.anaphylaxis.org.uk/) has a huge range of resources to help you understand more about allergies and anaphylaxis and support you if you or your child has allergies.

Thank you for reading this letter and for talking to your son/daughter about why we are asking them to do these things as their understanding will help him/her stay safe. If you have any questions, please do ask any of the staff.

Thank you for your understanding.

Yours sincerely

