



## Policy for Bringing Food into School

There are occasions when it is appropriate for food to be brought into school, for example, birthday cakes for children to share with their friends and classmates; cakes for charity events; food for children with very specific dietary requirements.

We have a number of pupils with allergies and intolerances and it is our responsibility to keep them safe and ensure they don't consume foods that will harm them. To avoid putting children at risk, here are some guidelines to help clarify our protocols for brought-in food items.

- First and foremost, we are a nut-free school. This includes 'may contain nuts' products.
- Second, and equally as important, some of our children have allergies outside of the 14 'main' allergens (see attached sheet) and this is why we ask for all ingredients to be listed on any food items brought into school.

### Birthday celebrations

Cakes must be handed either to the school office or to your child's Form Teacher immediately they are brought into school. Please may we request that individual cakes are provided (such as cupcakes or doughnuts), as teachers do not have the resources to cut large cakes into slices. One exception to this is if your child is boarding – large cakes are allowed in the evenings.

If the item is a **pre-packed bought product**, the packaging must name the item and list all ingredients with any of the 14 allergens highlighted in bold.

If the item is **loose and unwrapped**, either a shop-bought item (e.g. from a bakery) or home-made, it must be accompanied by a list of all ingredients.

***Please note, children and parents must not feel any compulsion to bring in items for birthdays. It is absolutely fine not to!***

### Home-made foods for charity events

These items must be accompanied by a list of all ingredients. If the item is going to be consumed at school, the school will also send out an allergen tick sheet for you to complete and supply with the item.

### Special diets

If your child has been given special dispensation to bring in certain foods, they must be handed to the child's Form Teacher at the start of the school day. Your child should understand that they are not to share this food with any other children.

We hope this helps clarify our procedures and reassures those parents of children with allergies.

If you have any questions or comments, please feel free to contact either the School Nurse (schoolnurse@bps.school) or Mandy Platt, Domestic Manager (m.platt@bps.school).

# THE 14 FOOD ALLERGENS



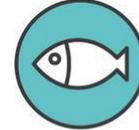
## MOLUSCS

Including land snails, whelks and squid.



## EGGS

Can be found in cakes, sauces and pastries.



## FISH

Found in pizza, dressings and Worcestershire sauce.



## LUPIN

Lupin can be found in bread, pastries and pasta.



## SOYA

Various beans including edamame and tofu.



## MILK

Butter, cheese, cream and milk powders contain milk.



## PEANUTS

Can be found in cakes, biscuits and sauces.



## GLUTEN

In food made with flour such as pasta and bread.



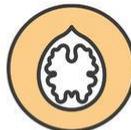
## CRUSTACEANS

Such as crab, lobster, prawns, shrimp and scampi.



## MUSTARD

Can be in liquid or powder form as well as seeds.



## NUTS

Including cashews, almonds and hazelnuts.



## SESAME

Found on burgers, bread sticks and salads.



## CELERY

Including stalks, leaves, seeds and celeriac.



## SULPHITES

Found in dried fruit like raisins and some drinks.