



Headteacher: **Mrs Claudia Thiele** BEd Hons NPQSL, NPQH

10th September 2026

Dear Parents and Carers,

I am writing to share important information about Benedict's Law which is the new [legislation](#) which is designed to strengthen allergy safety in all state-funded schools across England.

The law is named in memory of five-year-old Benedict Blythe, who tragically died from an anaphylactic reaction at school in 2021. The legislation aims to ensure that children and young people with allergies are supported through clear, consistent and effective safety measures when attending school.

An allergy occurs when the body's immune system reacts to a substance that is normally harmless. Allergens can include foods, insect stings, medicines, contact allergens and substances in the environment. Some people with allergies, particularly food or insect-sting allergies, can experience anaphylaxis. This is a serious allergic reaction that can develop very quickly and requires immediate treatment.

What Benedict's Law means for schools

All schools must now:

- Publish and regularly review a whole-school allergy safety policy
- Ensure all staff receive training to recognise allergic reactions and use adrenaline auto-injectors (AAIs)
- Keep spare, in-date AAIs on site for emergency use for all pupils and staff who do not have a prescribed AAI
- Maintain Individual Healthcare Plans for pupils with diagnosed allergies
- Strengthen incident tracking and reporting so concerns are spotted early and acted on quickly
- These requirements apply to all state-funded schools and become mandatory from January 2027.

What this means for our school community

We are committed to keeping every child safe. Over the coming weeks, we will:

- Ensure an allergy policy is in place for school and shared with all stakeholders
- Work alongside the NHS nursing team to review staff training, emergency procedures and medication storage
- Review Individual Healthcare Plans
- Publish our allergy safety policy on the school website

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How we will work to keep pupils and staff with allergies safe at our school

Our aim is to make sure families feel confident, informed and supported. Working together, we can create a school environment where every child thrives safely.

We will therefore continue to review our school's policies, procedures and risk assessments in the following areas to ensure we are compliant with Benedict's Law:

- Lunchtimes/snack times – Please provide healthy snacks for your child.
- Pupils' Eating and Drinking Plans – These outline all requirements for a safe and positive mealtime for each of our pupils, including information about allergies. Staff supporting at mealtimes receive regular training.
- Working with the catering team to ensure everyone is aware of pupils' allergies and dietary requirements.
- Promoting good hygiene to avoid cross-contamination.
- Cooking/Food Tech lessons and other curriculum/school activities involving food.
- Birthday treats – To help us create a safer and more inclusive environment for all pupils, we have made the decision not to accept food items as birthday treats in school. We hope you understand that this approach helps us reduce unnecessary allergy risks.
- Going on educational visits – We will review and strengthen our risk assessments and procedures to ensure pupils are safe when participating in trips and visits.
- Whole-school events – These add great value to our community and are fantastic opportunities to celebrate together. To ensure whole-school events are safe for everyone with allergies, we will only accept clearly labelled and shop-bought food and drink donations.

Please support us in continuing to be a nut-free school by ensuring that your child does not bring in snack or lunch items containing nuts.

Although nuts are classified as a major food allergen globally, there are 14 allergens listed in food allergen labelling regulations in the UK that are recognised as the most common ingredients that cause food allergies and intolerances. These are:

- celery
- cereals containing gluten (such as wheat, rye, barley and oats)
- crustaceans (such as prawns, crabs and lobsters)
- eggs
- fish
- lupin (including lupin seeds and products made from them, like lupin flour)
- milk
- molluscs (such as mussels and oysters)
- mustard
- nuts, specifically tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)

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- peanuts
- sesame
- soya beans
- sulphur dioxide and sulphites

For further information on allergies, allergens, anaphylaxis and the new school guidance surrounding Benedict's Law, please visit the below links:

<https://anaphylaxis.org.uk/education/benedicts-law/>

<https://www.gov.uk/government/publications/allergy-safety-in-schools>

Thank you for your support and working together to ensure everyone with allergies at Lonsdale School is safe and protected.

Yours sincerely

Mrs Claudia Thiele
Headteacher

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