

21 November 2025

Parent/Carers – Years 7-13

Dear Parent/Carer

Managing Food Allergies and Intolerances at School

To ensure the safety of all students, our school kitchen has introduced additional measures for managing allergies and intolerances in line with UK Food Safety Regulations.

Under food law, caterers are legally required to identify and manage the following 14 recognised allergens:

- Celery
- Cereals containing gluten (such as wheat, barley, rye, oats)
- Crustaceans
- Eggs
- Fish
- Lupin
- Milk
- Molluscs
- Mustard
- Peanuts
- Sesame seeds
- Soybeans
- Sulphur dioxide/sulphites
- Tree nuts (such as almonds, hazelnuts, walnuts, etc.)

As such, to support our students to manage their safety, the following will apply:

- Students with a confirmed allergy to one of the 14 allergens listed above will not be able to purchase any item containing their specific allergen.
- Students with other dietary needs or sensitivities (not one of the 14 allergens) will be supported, but these are classed as intolerances rather than allergens. Students with intolerances will be advised by catering staff if any food they are considering may contain ingredients that could affect them. It is then for the student to choose whether they continue to purchase this food item.

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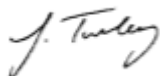


Allergen information for every meal and snack is clearly displayed on menu boards at the serveries and on the tills. Please remind your child/ward that they must check this information carefully before selecting their food. This also helps avoid food waste if an item cannot be served after it has been chosen. Food should not be eaten before it is paid for due to the safety risks involved.

We will be contacting parents/carers of students who have indicated that their child/ward has an allergy or intolerance. If you do not receive further communication but believe dietary information should be recorded for your child/ward, please email firstaid@taverhamhigh.org so we can update our records accordingly.

Thank you for your support in helping us maintain a safe and compliant environment for all students.

Yours faithfully



Miss J Turley
Senior Operations Manager



Healthy School