



# Wingrove Primary School

Date: 3 September 2026

Dear parents and carers,

We are writing to you about Benedict's Law and important changes to how we manage food and allergens at Wingrove Primary. The new law and the accompanying national allergy guidance reinforce our duty of care to keep pupils with allergies safe and to reduce the risk of allergic reactions while ensuring inclusion for every pupil.

What is changing at Wingrove

We will no longer accept cakes, sweets or chocolates brought in to celebrate birthdays or for other classroom events.

- This includes home-baked items and shop-bought cakes. The risk of hidden allergens means we cannot guarantee safety for pupils with serious allergies.

Packed-lunch expectations (these will continue to be monitored):

- Do not include fizzy drinks, sweets or chocolate bars.
- Do not include any nut products — this also includes all chocolate spreads (for example, products containing hazelnut/cocoa spreads).
- Please read ingredient labels carefully before sending food into school and label your child's lunchbox with their name.

Why these changes are necessary

- Benedict's Law requires schools to strengthen how we prevent and respond to allergic reactions, including having a whole-school allergy policy, trained staff and clear procedures for managing food allergens. These changes reduce the risk of accidental exposure to pupils with life-threatening allergies and help us meet statutory expectations. ([allergyuk.org](http://allergyuk.org))

What you must tell us

- If your child has a diagnosed allergy, or if you suspect they may have one, tell the school immediately. We will invite you to meet with the school nursing team/lead and the child's class teacher to create or update an Individual Healthcare Plan (IHCP). The IHCP will record the allergy, required reasonable adjustments (including food provision), and emergency arrangements (for example, storage and use of adrenaline auto-injectors where prescribed). ([anaphylaxis.org.uk](http://anaphylaxis.org.uk))



## How we will support families

- We will work with parents and our caterer to ensure safe meal choices are available for pupils with allergies.
- Where appropriate, we will ask parents of pupils with prescribed emergency medication (e.g. an adrenaline auto-injector) to supply it and to keep it in school according to our medicines policy.
- We will provide alternatives for class activities that traditionally use food (for example, craft or cooking), and ensure staff are trained in how to minimise cross-contamination. ([allergyuk.org](http://allergyuk.org))

## Practical points

- If you need help deciding what to send in a packed lunch, speak to your child's class teacher or to the office — we can provide examples of safe, healthy lunch options.
- If your child requires an IHCP, please arrange an appointment via the school office. Bring any relevant medical information or a clinic letter if possible.
- Please do not give or send food for sharing at school events unless you have discussed it with a senior leader in advance and it is agreed as safe.

## Our shared responsibility

Keeping pupils safe from allergens is everyone's responsibility. By following these rules and being open with the school about allergies, you help us keep all pupils included and protected.

If you have any questions or need to tell us about an allergy, please contact the school office on 0191 2735466 or email [admin@wingrove.newcastle.sch.uk](mailto:admin@wingrove.newcastle.sch.uk) and we will arrange to meet with you.

Thank you for your cooperation and understanding.

Yours sincerely,

Jane Mullarkey  
Head Teacher, Wingrove Primary School

## Sources

- Benedict's Law / school allergy guidance — Allergy UK. ([allergyuk.org](http://allergyuk.org))
- Benedict's Law: what schools need to know — Anaphylaxis UK. ([anaphylaxis.org.uk](http://anaphylaxis.org.uk))