



7th September 2026

Dear parents/carers,

I hope this letter finds you well as we begin another exciting academic year at St Thomas Becket Catholic Secondary School. I am writing to you today about two important matters that directly affect the health, safety, and wellbeing of our pupils: Benedict's Law and Allergy Awareness.

Benedict's Law (also known as the Food Allergy Regulations) requires schools to provide clear information about food allergens in meals served to pupils. This legislation exists to protect young people with food allergies and ensure they can make informed choices about what they eat.

Parents can now find information about allergens in school canteen food, on our school website, under the 'parents' tab. This information will be regularly updated according to our weekly menus.

Additionally, we would like to make you aware of our nut allergy policy. Several students here have a life-threatening reaction to nuts. It isn't only about eating them, for some students, being touched by someone who has handled nuts or breathing nut particles from the air, is enough to cause a serious allergic reaction. For this reason, we ask that students and staff refrain from eating and bringing nuts or products containing nuts into school.

We take nut allergies seriously and identify as an 'allergy aware' school. We cannot claim to be a nut free school, because nuts are one of fourteen common allergens and a great deal of food says, "may contain". We are also not always aware of the ingredients in foods students bring in from home.

All staff are receiving EpiPen and anaphylaxis training, so that everyone can spot the signs of an allergic reaction and knows what to do. Students who have serious allergies should have their own EpiPens in school alongside parent consent forms.



RESPECT



TRUTH



COMPASSION



JUSTICE



FAITH

The school also has several spare EpiPens stored on site. In the coming weeks, students will be learning about anaphylaxis in PHSE so that our whole school community is well informed and on the same page with allergy safety.

If your child has an allergy which the school is not aware of, please contact the school office as a matter of urgency so that we can update our medical records and make all staff aware.

Yours faithfully,



Mr. P McCahill
Headteacher

