

9th October 2026

To: All Schools, Parents & Carers

Ref: Allergy Awareness Reminder

Dear All,

I am writing to remind all our families the importance of ensuring your child does not bring any food containing nuts into our schools.

We have a growing number of students and staff with allergies. For those with severe nut allergies, a reaction can be triggered through airborne contamination, and we need to remain vigilant. All of our schools are nut free, and the food served by our in-house catering teams abide by these rules and clearly highlight other allergens in all food served. Please support us in keeping everyone safe and check any food sent in from home does not contain nuts.

We ask parents of children with severe allergies to ensure their child carries their own EpiPen and/or medication in the event of an allergic reaction. Whilst all schools hold EpiPens on site with our medical team and first aiders trained in how to administer them should an incident ever occur, but none of us want to be in that position.



Aside from nuts, it is well worth being aware of the Top 14 allergens highlighted in this image.

Whilst we take steps to avoid these foods being prepared in our school kitchens, we understand that some students will enjoy these foods in their lunches brought from home.

Please take the time to consider this when preparing your child's lunch and remember that nuts are an absolute non-negotiable. Our staff are trained to remove any nut products bought into school, and if found they will be confiscated and disposed of.

I would like to encourage any parents with children who have allergies ensure our school teams are aware of them. I understand medical information is an extremely private and emotive matter for some, but we cannot support your child, if we do not know about their needs.

We have many children whose records have not been updated, and despite our school teams trying to contact parents they have been unsuccessful. Please contact your schools Medical Officer, they are there to help.

Our utmost priority is the safety and wellbeing of your children in our schools. If you have any questions, do not hesitate to reach out to us. Thank you for listening and taking appropriate action.

Yours sincerely

A handwritten signature in black ink, appearing to read 'Jemma Arnold-Gunning', is placed over a light pink rectangular background.

Jemma Arnold-Gunning
COO Insignis Academy Trust