



St Augustine's Catholic College

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Dear Parent/Guardian

We are writing this letter as your child will be taking part in Food Technology classes at some point during the academic year at St. Augustine's College in either Year 7, 8 and 9 or is taking the GCSE Food Preparation and Nutrition course.

The college is not a 'nut-free'/gluten or wheat free environment following guidance received from the Department of Education, as students of this age need to learn to manage whatever medical condition they may have. But we have made the decision, in food lessons, not to knowingly make dishes containing nuts and ask that students do not bring either peanuts or tree nuts into the food classroom.

However, we are committed to supporting all our students to understand fully their particular situation and to develop good practices and coping strategies which will stand them in good stead once they leave college. The Design & Technology department has procedures and policies in place to ensure students' safety in the classroom and these include specific ways to minimize the risk for those who suffer from food allergies. Students with allergies need to take the following precautions when attending Food lessons:

1. They may need to provide a written note from yourselves to the teacher regarding the nature and seriousness of the allergy and treatment involving Epi-pens.
2. Students with allergies must take great care to monitor the ingredients that they bring into the lesson. Cross-contamination is a danger if ingredients of other students come into contact with your child's ingredients.
3. If a student is in doubt about an ingredient, they must ask the Food teacher without delay for confirmation.
4. We endeavour to keep the Food room area a 'Nut Free Zone'. However, considering around 80 students may be bringing in a range of ingredients in one day, we cannot guarantee that there will never be traces of nuts in evidence.
5. Please help us to keep our Food room area a 'Nut Free Zone' by double-checking the ingredients your child is bringing in. If in doubt, then ask your child to check with the teacher before the start of the lesson.

The top 14 allergens:

- Celery
- Cereals containing gluten-including wheat, rye, barley and oats
- Crustaceans – such as prawns, crabs and lobster
- Eggs
- Fish
- Lupin
- Milk
- Molluscs – such as mussels and oysters
- Mustard
- Tree nuts – including almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios & macadamia nuts
- Peanuts
- Sesame seeds
- Soybeans
- Sulphur dioxide and sulphites (if they are at a concentration of more than ten parts per million)

Yours sincerely



D Forster
Headmaster