ST ANSELM'S CATHOLIC SCHOOL

A Catholic Academy in the Archdiocese of Southwark
Member of the Kent Catholic Schools' Partnership

Headteacher: Mr J Rowarth
BA (Hons) NPQH

"faith seeking understanding"

Dear Parents and Carers,

We are writing to ask for your support in helping us keep all students safe at St Anselm's.

A new piece of legislation in England, known as **Benedict's Law**, will require all schools from **September 2026** to take additional measures to safeguard children with allergies. This is particularly important for students who may be at risk of severe allergic reactions, including anaphylaxis.

While St Anselm's has always taken allergy management seriously and worked closely with families to support students with medical needs, these measures will now become a statutory requirement.

What We Need From You

Please inform us of any allergies your child has **before 1 September 2026** by:

- Contacting the school directly; by email office@st-anselms.org.uk

Once we receive this information, we will contact you, where appropriate, to develop an individual allergy action plan to ensure your child receives the support they need.

What the School Is Doing

From September 2026, the school will:

- Keep emergency anaphylaxis kits at the main reception;
- Ensure all staff receive training on recognising and responding to allergic reactions;
- Hold spare adrenaline auto-injectors for emergency use in school.

Please note that students who have been prescribed an adrenaline auto-injector should continue to bring their own prescribed medication to school.

Working Together to Keep Students Safe

Ensuring the safety of all students is a shared responsibility. In addition to keeping allergy information up to date, we ask parents and carers to take care when preparing packed lunches and snacks, particularly where nut-containing products are concerned.

As a **nut-free school**, students must not bring products containing nuts onto the school site. This includes items such as peanut butter, Nutella, and other foods containing nuts. Even trace amounts can pose a significant risk to those with severe allergies.

Understanding Allergies and Intolerances

It is important to recognise the difference between an allergy and an intolerance:

- An allergy involves the immune system and can trigger a serious or potentially life-threatening reaction within minutes.
- An intolerance does not involve the immune system and is generally less severe, although it may still cause discomfort.

This guidance focuses on allergies because of the potential for severe reactions and the need for urgent medical intervention.

Why Accurate Information Matters

Providing up-to-date allergy information helps us protect your child throughout the school day, including when they are:

- Purchasing and consuming school meals;
- Eating packed lunches brought from home;
- Participating in school activities and events.

Please note that from September we will no longer be administering non-prescription medications to students unless accompanied by a letter from your child's doctor stating the reason they are required. Any non-prescription medications we hold that do not meet this criteria will be disposed of in September.

Thank you for your cooperation and support. By working together, we can help create a safe and inclusive environment for all students.

Yours sincerely,

Mr J Rowarth
Headteacher