

13 December 2024

Dear Parent/Carer,

Year 7 Food Club

I am excited to inform you that we will be running a Food Club for Year 7 students next term. The club will start on **Thursday 9 January** and **run for four weeks** every Thursday after school in the Food Technology room, finishing at 4.15pm. Students will prepare some food every Thursday, with a different focus each week.

Following some student voice, we are anticipating that this will be a popular activity. Therefore, it will be run on a first-come, first-served basis. We have limited numbers due to health and safety in the room. We are planning a repeat of the club that will start on Thursday 6 March.

If your son/ward would like to take part in Food Club, please complete the Expression of Interest form sent via email. **Please note that for students to have a chance to attend this club, you must complete the form** by the deadline of 9.00am on Thursday 19 December. We will inform the successful students by the end of Friday 20 December.

We will be offering the club for free and be buying all the ingredients for the students - this is to make it easy and accessible for all families. If you feel that you can contribute, you will be able to make a £10 donation towards ingredients once your place has been confirmed.

On the next page, you will find some frequently asked questions. If you have any additional queries, please do not hesitate to contact me at school.

Thank you for your continued support.

Yours faithfully,



Mrs D Wanli
Teacher of Design Technology

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Q. I think my child/young person has an allergy to certain foods, but I am not sure. What should I write on the form?

A. If you think your child/young person has a food allergy then we strongly advise you to seek the advice of either a medical or nutritional professional to obtain further information as soon as possible. If you tell us that your child/young person has an allergy, but you do not yet have an assessment of their condition from either a doctor or a dietician, their diet will be restricted to foods which we believe will be unlikely to induce any allergic reaction.

Q. I have already told you verbally about the food allergy, why do I need to fill in a form?

A. We need to keep a written record with details of any food allergies that your child/young person has so that we can share it in an emergency with medical professionals.

Q. What is the difference between an allergy, intolerance and medically related special dietary requirements?

A. A food allergy is when your immune system mistakenly thinks that certain foods are harmful to their body causing it to react.

The symptoms are usually those of 'classic' allergy such as a red raised, itchy rash (urticaria), wheezing, vomiting, severe gut symptoms or (very rarely) sudden collapse. These can occur within a few minutes of eating or coming in contact with the allergen.

Food intolerance doesn't usually involve your immune system. However, coeliac disease is an intolerance to gluten and does involve the immune system.

Q. My child/young person requires a specific cultural or religious diet. Should these be detailed on the form?

A. This policy is relevant to allergens. However, if we should consider cultural or religious diets, vegan, or vegetarian as 'special diets', please specify on the form.

Q. Can you promise to provide food that is created and served in 'nut free' environments?

A. We are unable to commit to ensuring that any establishment that it provides food to will be completely 'nut free'. Whilst we will not be using whole peanuts or tree nuts as ingredients within our premises, some ingredients come from manufacturers who have placed a 'may contain traces of peanuts or tree nuts' label on them. This means that food produced using these ingredients cannot be claimed to be 'nut free'.
