



52 Park Avenue, Porthcawl CF36 3ES

52 Park Avenue, Porthcawl CF36 3ES

Telephone: 01656 774100

Ffôn: 01656 774100

Ysgol Gyfun
PORHCRAWL
Comprehensive School

Email: info@porthcawlschool.co.uk

Ebost: info@porthcawlschool.co.uk

Headteacher/Pennaeth: M. J. Stephens NPQH, P Dip Ed, BA (Hons)

Deputy Headteacher/Dirprwy Bennaeth: D.W.A Beard BA (Hons)

Deputy Headteacher/Dirprwy Bennaeth: C-A. Painter BA (Hons)

Dear Parent/Carer,

Does your child have any special dietary needs?

Food allergies, intolerances and other dietary-related medical conditions are a growing concern for schools. Children who are affected can suffer a severe or even fatal reaction if they eat or come into contact with food they are allergic to. It is therefore important that accurate information is held at Porthcawl Comprehensive School.

So please:

Complete the attached form as accurately as you can, describing any:

- Food allergies
- Food intolerances
- Other dietary related medical conditions

If your child does not have any of the above, please indicate and return to school.

Please do not use the form to describe your child's food likes and dislikes.

Once we have this information, we will update our electronic systems (to reflect this on our cashless catering system) and share it with the appropriate staff, so that accurate and up to date information is held in the canteen facility.

If your child's condition changes after you send us the form, you need to tell the school as soon as possible.

We have attached answers to frequently asked questions as well as information on the difference between allergies, intolerances and dietary requirements.

Thank you for taking the time to read this letter and filling in the attached form. At Porthcawl Comprehensive School we want to ensure details about all the pupils in our care are accurate and together we can provide a safe school environment for your child.

Yours sincerely

Mr M Stephens
Headteacher

Special Dietary Needs

Child's Full Name	
Form Class	
Your Name	
Your Relationship to the Child	

Please tick the appropriate box:

My child has a food allergy, intolerance or other dietary related medical condition.
(Please complete the sections below)

My child does **NOT** have a food allergy, intolerance or other dietary related medical condition. (Please sign the bottom of the form and return to school)

Food Allergy Details

Does your child have a food allergy?	Tick if YES	Please include as much information as possible about your child's food allergy in the space below.
Celery		
Cereals containing gluten – please indicate which cereal(s)		
Crustaceans		
Eggs		
Fish		
Lupin		
Milk		
Molluscs		
Mustard		

Nuts - please indicate which nut(s)				
Peanuts				
Sesame seeds				
Soya				
Sulphur dioxide				
Other food allergies – please provide as much information as possible about your child’s condition here:				
Does your child carry an auto-injection device e.g. EpiPen? (Please circle) <table style="margin-left: auto; margin-right: auto;"> <tr> <td style="padding: 0 20px;">YES</td> <td>NO</td> </tr> </table>			YES	NO
YES	NO			

Food Intolerances

<p>Does your child have any food intolerances? This may or may not be medically diagnosed. If YES, please provide as much information as possible about your child’s condition here.</p>
--

Other dietary related medical conditions

<p>Does your child suffer from a medically diagnosed dietary related condition (like coeliac disease)? If YES, please provide as much information as possible about your child’s condition here.</p>
--

Signed:

Date:

Allergen and Food Intolerance Frequently Asked Questions

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, they will only be able to purchase foods which our canteen believes are unlikely to induce any allergic reaction. Once you have been able to provide a doctor or dietician's assessment of your child/young person's condition we may be able to offer them a wider menu appropriate to their needs.

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. We also need to ensure that we are sharing accurate information about your child/young person's food allergy with the canteen.

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 to contact with the allergen. A food intolerance doesn't usually involve your immune system. However, coeliac disease is an intolerance to gluten and does involve the immune system. Some medical conditions may require a special diet, such as a modified texture diet such as fork mashed, smooth or pureed. All of the above should be recorded on the form.

Q. My child/young person requires a specific cultural or religious diets, vegan or vegetarian diets, should these be detailed on the form?

A. There is no requirement to list this as we do not consider cultural or religious diets, vegan or vegetarian as 'special diets' as we believe our menus offer a diverse range of foods to cater for pupils for all backgrounds.

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

A. We are unable to commit to ensuring that we provide food to be completely 'nut free'. Whilst we do not use whole peanuts or tree nuts as ingredients within the premises (unless specifically requested to do so), some of those 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'. We do not operate an allergy free kitchen.

Q. My child/young person has packed lunch. Why do I need to complete the form?

A. Children/young people who eat meals prepared by our canteen will sit with those who eat packed lunches. Some children/young people with food allergies can suffer a reaction by either coming into contact with or being in close proximity to the particular ingredient that they are allergic to. By understanding which child/young person has a food allergy we are able to limit the potential of an incident occurring.