**Model letter to Head Teachers**

Dear *{add name of head teacher}*

**Allergy School: Free resources to help teach children aged 3-11 about food allergies**

As the Member of Parliament for *[constituency],* I am incredibly proud to represent our communities and in particular our fantastic schools and nurseries.

I know how hard our local educators are working to provide a safe and inclusive environment for every young person in our community. That is why I am writing to let you know about an important, new initiative called Allergy School which I thought may be of interest.

Allergy School, launched by The Natasha Allergy Research Foundation, the UK’s Food Allergy Charity, offers free, high-quality resources to schools and clubs to empower, include and protect children with food allergies. It has been co-created in partnership with children’s health and wellbeing charity Coram Life Education, St John Ambulance and The King’s Foundation

The resources include fun and innovative films for children and staff, lesson plans, assembly packs and first aid advice. There is also a self-assessment checklist which gives access to Top Tips advice, an Allergy School certificate and logo, as well a free online training offer for staff.

**The resources are for children aged 3-11 years old and they are all completely free of charge. They can be found at the Allergy School website:** [**www.allergyschool.org.uk**](http://www.allergyschool.org.uk)

From the many conversations I have with local constituents, I am very aware of the challenges that the families of children with food allergies face, and the real anxiety they can often feel about entrusting their children to a school setting.

Around 1 in 13 children have food allergy. For schools, that’s roughly **two children in every classroom,** andone in five of these children will have an allergic reaction in school.

I understand the additional stress placed on teachers who may be trying to support food allergic pupils without appropriate support. A recent survey conducted by NASUWT in collaboration with The Natasha Allergy Research Foundation found that **67 per cent of school staff had not received allergy awareness training** – such as how to adapt classroom practices to reduce risk of allergic reactions, ensuring activities are safe yet inclusive, and the impact of food allergies on mental health and wellbeing.

I believe Allergy School can help schools and pupils to feel more confident around allergies so I hope you will sign up to use the free resources on offer.

I hope these resources prove to be a helpful tool for your school.

Your sincerely