



Severe Allergies Policy (including Nut- and Sesame-Free)

There are boys and staff at The Pilgrims' School with such severe food allergies that the accidental ingestion of their allergen could be fatal. Some boys are so sensitive that even contact with the allergen on another person's breath or contamination by touch could trigger a severe allergic reaction. The Pilgrims' School is therefore a nut- and sesame-free school to safeguard children and adults with severe allergies to these substances. The policy also protects children from visiting schools who may have severe allergies and who eat match teas at The Pilgrims' School.

Cakes for birthdays

The Pilgrims' School is extremely vigilant regarding food which is sourced from outside the school. No cakes may be brought into the school for birthdays; however, cakes and cupcakes can be provided on request, and these are baked on site. Cakes are pre-bookable and paid for by parents through My School Portal. Requests must be received one week in advance.

Food must not be brought into school

Parents and guardians must **not** bring food onto the school premises to distribute at times when boys are around (eg pick-up) as this could put some members of our community at risk. **This includes bringing food onto trips, choir and sporting events.**

Packed lunches during holiday multi-Sport courses

Some boys have severe allergies to **pine-nuts, nuts, sesame, mustard, eggs, and fish**. Any packed lunches during the holidays in the multi-sport courses **must not** contain any of these items:

Eggs, almonds, Brazil nuts, cashews, macadamias, peanuts, pecans, pistachios, walnuts, sushi, hummus, sesame seeds, peanut butter, pine-nuts (pesto), or hoisin sauce with sesame.

If a staff member discovers any of these items in school, they will be discarded.

Nicki Beaumont
Head Nurse
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