

Brockley Primary School Newsletter

Issue Number 06

Friday 16th October

2026





Be kind
Be safe
Include everyone!

Be Aware of Allergens

Some of our friends have allergies. These foods can be serious for them.



Nuts



Eggs



Milk



Wheat (Gluten)



Fish



Shellfish



Soya



Sesame

Always check labels!
If you're not sure, ask an adult.

Food Safety



Wash your hands before you eat.



Keep your food covered until it's time to eat.



Keep hot foods hot and cold foods cold.



Don't leave food out for too long.



If food looks or smells funny, don't eat it.

In School We...



Sit and eat in our lunchtime area.



Use our own food and drinks.



Don't share food because of allergies.



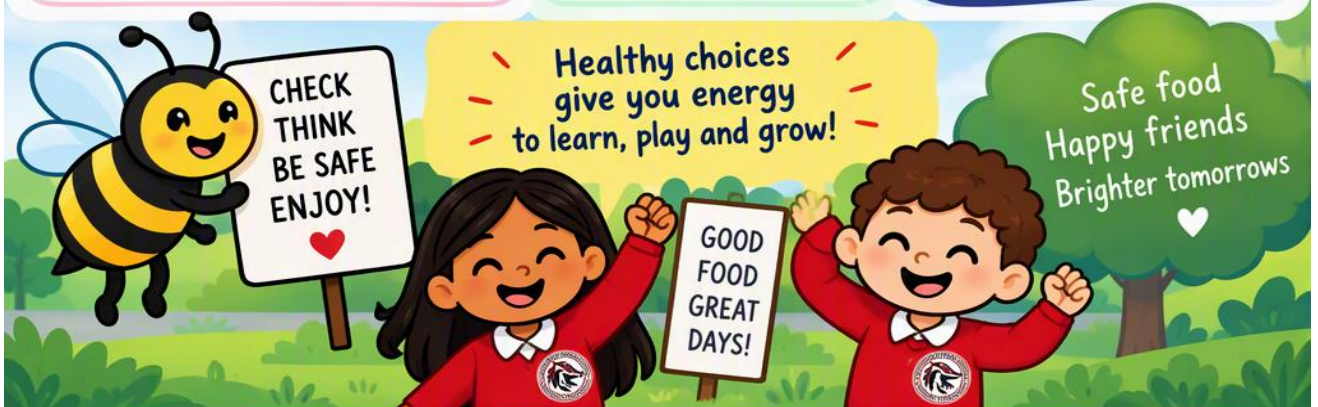
Keep our hands, tables and lunchboxes clean.



Be polite and include everyone.



Different foods. Same great friendship!



♥ Eat well • Be safe • Be kind • Belong • Do your best! ♥

Healthy Snacks and Food Allergy Safety

At Brockley Primary School, the health, wellbeing and safety of all our children are very important to us. We recognise the importance of a healthy lifestyle and balanced diet, and understand that establishing good eating habits in childhood supports learning, wellbeing and lifelong positive food choices.

Some children in school have food allergies or intolerances which can cause serious illness if they come into contact with certain foods. In some cases, even very small amounts can trigger a reaction. To help keep all children safe, schools are required to follow clear food safety and allergy guidance, and we ask families to work with us to reduce risks.

Common Food Allergens

There are 14 foods recognised by UK law as the most common allergens. These include:

- Milk
- Eggs
- Wheat and other foods containing gluten
- Peanuts and tree nuts
- Sesame
- Soya
- Fish and shellfish
- Mustard, celery and lupin
- Sulphites found in some dried or processed foods

Children can be allergic to one or more of these foods, and allergies can vary in severity.

Healthy Morning Break Snacks

In line with School Food Standards and to support children's health, we encourage families to provide a healthy snack for morning break.

Suitable snack ideas include:

- Fresh fruit and vegetables
- Plain rice cakes
- Malt loaf
- Cheese and plain crackers
- Unsalted popcorn
- Low-sugar granola or cereal bars

All children also have access to a choice of fresh fruit provided by school at break times.

To support healthy eating and reduce risks to children's health, chocolate bars, sweets, sugary snacks and crisps should not be brought into school for snack time but are permitted as a treat as part of a healthy diet for lunchtime.

What the School Does

To protect children with allergies and medical dietary needs, Brockley Primary School:

- Follows national school food and allergy guidance
- Shares allergen information for food provided by school
- Has clear procedures for managing allergies and medical needs
- Ensures staff are trained to recognise and respond to allergic reactions
- Works closely with families to support children with individual dietary needs

How Parents Can Help

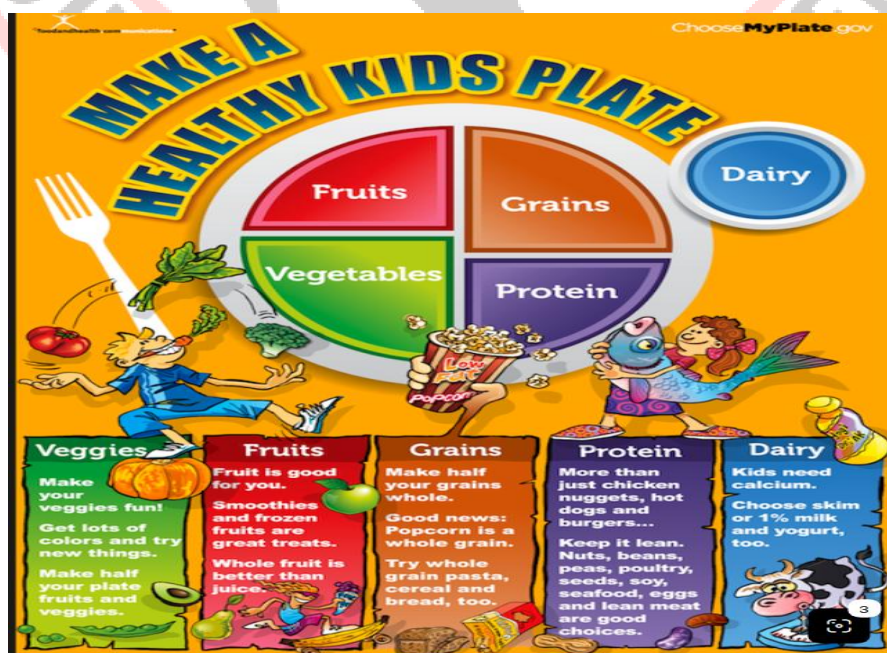
We ask families to support us by:

- Providing nut-free snacks, including avoiding foods that may contain nuts
- Sending snacks that are safe, healthy and suitable for school
- Not sending foods containing chocolate, sweets or crisps
- Talking to your child about not sharing food
- Informing school immediately of any new or changing allergies
- Cutting/chopping fruit including grapes
- Making sure sandwiches are wrapped
- Ensuring lunchboxes/bags are regularly cleaned

Important Safety Information

- Snacks should be nut-free for allergy safety
- Snacks should be easy to eat and not pose a choking risk
- Children should only eat their own food and not share snacks with others

Children should only eat food provided by school or food brought from home with parental knowledge. Sharing food puts children with allergies at risk and is not allowed.





Birthday Treats

We love celebrating birthdays at Brockley and know that many families enjoy sending in a small treat for children to share with their classmates.

However, as we have a number of children with allergies, intolerances and specific dietary requirements, we do need to be careful about any food brought into school. In many cases, individually wrapped mini packets of Haribo are often a suitable option, but ingredients and allergen information can vary between products. Therefore, we kindly ask that you check with your child's class teacher before purchasing any birthday treats. This helps us ensure that any treats are suitable for the children in that class and avoids disappointment on the day.

As an alternative, you may wish to consider non-food treats such as stickers, pencils or bookmarks. These can be just as exciting for children and allow everyone to join in the celebration safely.

Thank you for helping us make birthdays special while ensuring that all children can be included safely.

We really appreciate your support.



Pupil Leadership Team News



The votes are in and our Pupil Leadership Team has spoken!

After gathering ideas from adults across school, our pupil leaders considered the suggestions and chose four brilliant names for our brand-new Brockley teams:

Alexa leads Team Bluebell = Blue

Aria leads Team Fern = Green

Alieu leads Team Rose = Red

Chase & Teddy lead Team Buttercup = Yellow

Every child will join a team and, alongside earning their usual Dojos, children will collect tokens for their team.

At the end of every term, we'll count the tokens and the team with the highest total will earn a special reward.

And there is an even bigger prize to play for! At the end of the year, every child will join in with our end-of-year treat, but the overall winning team will have an extra-special celebration to recognise their achievement.

It's a lovely way to bring children together across school, build team spirit and celebrate all those everyday positive choices that make Brockley such a special community.

Ready, set, collect! Which colour will come out on top? ♡ ♡ ♡ ♡

Keeping Brockley Children Safe

Paediatric First Aid Training

School Closed to children

INSET Day Friday 23rd October

Keeping children safe is at the heart of everything we do at Brockley. This commitment is not only about safeguarding children from harm, but also ensuring that we are prepared to respond confidently and appropriately if a child becomes unwell or is injured.

Staff not already trained are undertaking Paediatric First Aid training, developing and refreshing the practical knowledge and skills needed to respond to medical emergencies involving children. This forms an important part of our wider approach to children's health, safety and wellbeing.

First aid provision in schools matters because accidents and sudden illness can happen at any time. Department for Education guidance makes clear that schools must have appropriate first aid arrangements, including suitable equipment, facilities and personnel so that immediate attention can be provided when someone is injured or becomes ill.

This also sits alongside our wider safeguarding responsibilities. Keeping Children Safe in Education 2026 (KCSIE), which came into force on 1 September 2026, sets out schools' responsibilities to safeguard and promote the welfare of children. At Brockley, our safeguarding policy reflects this whole-school approach, recognising that children's physical health and safety form part of our wider commitment to their welfare.

Training helps ensure that staff have the knowledge and confidence to act quickly when those first few moments really matter. For us, it is another important part of creating a school where children are known, cared for and kept safe.

A huge thank you to our staff for continuing to invest their time in this important training and for the responsibility they take every day for the children in our care. Keeping children safe is everyone's responsibility, and at Brockley we take that responsibility incredibly seriously.

