



September 2026



- **Welcome back**
- **Allergy Awareness\ Benedict's Law**
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It has been a pleasure to see how well all the pupils are settling into their new year groups, how well the BLOSSOM code is being followed and we are delighting in the easy access to the grass at playtimes!

Over the holidays Mr Beckett, our hard working Caretaker moved the fence back to officially separate our playing field space with Monkseaton Middle and we are very grateful. You will also notice the development of our Additionally Resourced Provision being built at the Nursery entrance - we are aiming to open this officially after half term. Meanwhile Miss Langley and Mrs Hobbs are working in the classrooms and Thrive room to support their pupils.

We say thank you to our wonderful team as we begin another term and share three awards that came in at the end of the Summer Term: The Healthy School Award, The School Games Platinum Award and The Eco - Award. Great work!

As always - there is lots to get involved in and we have an action packed term. Please refer to the [Autumn Term 2026 diary dates](#) for whole school events and Seesaw for class news and events.

The Appletree Gardens First School Team





Allergy and Anaphylaxis Awareness

Understanding Benedict's Law and Keeping Our School Safe

As part of our commitment to keeping all children safe, we would like to share some important information about **Benedict's Law** and how you can help us create a safe environment for pupils with allergies.

What is Benedict's Law?

Benedict's Law was introduced following the tragic death of five-year-old **Benedict Blythe**, who suffered a fatal allergic reaction at school in 2021. The law aims to improve allergy awareness, prevention and emergency response in schools across England. [anaphylaxis.org.uk]

From September 2026, Appletree First School has:

- A dedicated whole-school allergy policy. Please see the [school website](#)
- Provided allergy awareness training for all staff.
- Emergency adrenaline auto-injectors (AAIs) on site.
- Individual healthcare plans for pupils with diagnosed allergies.

Why Is This Important?

Food allergies can cause severe reactions, including **anaphylaxis**, which can be life-threatening. Even tiny amounts of an allergen can trigger a reaction in some children. A safe school environment depends on all of us working together.

How Parents Can Help

Please support us by:

- ☒ Informing the school immediately of any allergies or medical conditions your child has.
- ☒ Ensuring medication, including prescribed adrenaline auto-injectors, is in date and provided to school where required.
- ☒ Updating the school if there are any changes to your child's allergy care plan.
- ☒ Talking to your child about not sharing food, drinks, utensils or lunchbox items with others.
- ☒ Following our guidance on suitable snacks and packed lunches.

Snacks and Packed Lunches

To help protect children with serious allergies, we ask parents to be mindful of the foods sent into school.

Please avoid sending:

- Nuts of any kind (including peanuts).
- Nut-containing spreads such as peanut butter, Nutella or similar products.
- Mixed nuts, trail mixes or nut-based snack bars.
- Sesame products where possible.
- Any foods specifically identified as a risk within your child's class or year group.

Packed Lunch ideas:

- Sandwiches, wraps or rolls with safe fillings.
- Pasta salads.
- Cheese, ham or chicken portions.
- Fruit and vegetable sticks.
- Yoghurt or dairy-free alternatives where appropriate.
- Water as the preferred drink.

Checking Food Labels

When buying food for school, please check ingredient labels carefully. Manufacturers can change recipes without notice, so labels should be checked every time you purchase a product.

Look out for allergen information, which is usually highlighted in **bold** within the ingredients list.

Working Together

We appreciate your support in helping us keep all children safe. By following these simple precautions, we can reduce risks and ensure that every child can learn, play and thrive in a safe environment.

If you have any questions about allergies, medication or school procedures, please contact the school office.

Thank you for your cooperation and support.

Governor vacancy



We have a fantastic, friendly and forward-thinking governing body here at Appletree. We are committed to growing our learning community to support all our children and their families to thrive. Would you like to support our school to grow? Do you know a member of the community that would enjoy being a part of our school? We currently have a parent Governor and a co-opted Governor vacancy. This would involve meeting once per half term (six times a year - after the school day) as a Governor team to support, challenge and develop the school plan and vision for the future. Additionally, the Governing body meet in smaller committees four times a year to review resources and the school curriculum in more detail. New

Governors will be supported and receive an induction and further training is available. If you are interested, please contact the school office for more information at info@appletrreegfs.org.uk.

Communication



1. School Absences

This must be done by contacting the school office via phone 01912523546 or via Arbor. Please don't inform class teachers or use Seesaw. Attendance is a statutory requirement that Office staff must record.

2. Class queries

Staff are happy to speak to parents and carers at drop off and home time. This would be for small queries. Seesaw is another good way to contact staff directly for simple queries. Please use Seesaw responsibly and consider staff working hours when waiting for a response.

If you require a longer conversation with staff - you wish to discuss a more in depth or personal\ private matter please make an appointment to speak to the class teacher via the school office or with the teacher using Seesaw\at the door.

3. Safeguarding concerns

Ideally, contact the school and ask to speak to a Designated Safeguarding Lead: These are Mrs Wilkinson, Mrs Bruce, Miss McGregor, Susanne (Little Pips) and Mrs Johnson.

Supernanny support

Are you having any kind of difficulty or worry with you children at home? For example, picky eaters, poor sleepers, toileting issues, behaviour concerns, anxiety? Would you like some strategies? Some professional support? We are delighted to have our very own school nurse, Lauren, working at Appletree First. Lauren is Supernanny, Nanny McPhee and school health all rolled into one. She is available to work with parents on strategies to support a wealth of health and wellbeing issues. Lauren can also work directly with the pupils to support and identify health and wellbeing needs with parental permission. Lauren will be in school on the following Friday afternoon.

2.10.26

16.10.26