

Allergy Awareness and Food Agreement

Welcome back to Music Centre!

We are really looking forward to welcoming everyone back to Music Centre for another year of **making music, meeting friends and enjoying being part of a musical community**.

As we start the new Music Centre year, we have also made some changes to the way we manage food and allergies. We wanted to explain why, so that everyone understands what to expect and, most importantly, how we can all help to keep each other safe.

Why are we making a change?

You may have heard about **Benedict's Law**, which has introduced stronger requirements around allergy safety in schools in England.

These changes recognise how important it is that children and young people with allergies are properly supported and that staff know how to recognise an allergic reaction and respond appropriately. As part of these changes, allergy awareness training is now an important part of keeping children and young people safe.

Although our Music Centres take place outside the normal school day, we have thought carefully about how we can apply the same principles to our own provision.

The safety and wellbeing of everyone who attends Music Centre is really important to us.

We are therefore making some changes to the way we manage food:

 **All Music Centre staff have received allergy awareness training.**

Our staff have been trained to understand more about allergies, how to recognise the signs of an allergic reaction and what to do if someone becomes unwell.

 **We will no longer provide food at Music Centre.**

Please make sure you **bring your own snack and a drink** with you if you need something to eat or drink during your session.

 **Our Music Centres are nut-free environments.**

Please **do not bring nuts or foods containing nuts** to Music Centre.

We know that everyone has different food choices and preferences. Some young people also have allergies that can be very serious, so it is important that we are considerate of the people around us.

Even if you do not have an allergy yourself, **the choices you make about food can help to keep someone else safe.**

How can I help?

If you bring a snack to Music Centre:

- 🥜 **Please do not bring nuts or food containing nuts.**
- 👁️ Be mindful that another person may have a serious food allergy.
- 🍎 Keep your food and drink to yourself and do not share food with other people.
- 🧼 Wash or clean your hands after eating, particularly before returning to rehearsals.
- 🚫 Do not offer another person your food, even if you think it is safe for them.
- ❤️ If someone tells you that they have an allergy, please take it seriously and be respectful.

What if I have an allergy?

If you have an allergy, please make sure that **your parent or carer has told LMS about it** and that we have the information we need to help keep you safe.

If you are unsure about anything or are worried about an allergy while you are at Music Centre, please speak to a member of staff straight away.

You should never be worried about asking for help.

Looking after each other

Allergies are not always visible, and someone can have a very serious reaction even if they have never had a problem with a particular food before.

We can all play a part in keeping Music Centre safe by being **thoughtful about what we bring, what we eat and how we treat other people.**

Our Music Centre promise

When I come to Music Centre, I will:

🎵 **Be present** – I will enjoy making music and being part of my group.

🤝 **Be respectful** – I will think about how my choices might affect other people.

❤️ **Be safe** – I will follow our allergy and food expectations and tell an adult if I am worried.

☀️ **Be part of the team** – I will help make Music Centre a safe and welcoming place for everyone.

Look after yourself. Look after each other. Make music together. 🎵

Thank you for helping us to make Music Centre a positive, welcoming and safe experience for everyone.

We can't wait to make music with you!

Lincolnshire Music Service