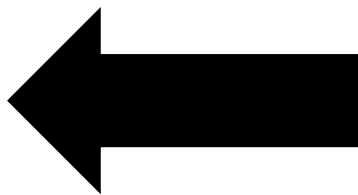


British Values	Hall Park Value	At Hall Park, we believe...
Democracy	Democracy	everybody has a role to play and people should be able to voice their opinions about the issues that matter to them in a <b>DEMOCRATIC</b> way.
The rule of law	Responsibility	laws and rules are there to keep us safe. Everyone needs to respect them and take <b>RESPONSIBILITY</b> for their actions.
Individual liberty	Independence	in the importance of individuals developing the self-esteem, confidence and initiative necessary to think <b>INDEPENDENTLY</b> .
Tolerance of those of different faiths and beliefs	Value	everyone's beliefs, religious or otherwise, should be <b>VALUED</b> and respected unless they encourage hatred or harm towards others.
Equality	Equality	people should be treated <b>EQUALLY</b> regardless of their race, gender, sexuality, religion or background.

Which of the **DRIVE** Values would allergies come under?



Responsibility

We have a responsibility to each other to protect against allergies.

# Hall Park Learner

- **H**ard-working
- **A**mbitious
- **L**earners
- **L**eaders
- **P**articipants
- **A**mbassadors
- **R**esilient
- **K**ind

How does HPL link to today's assembly?



# What do these have in common?



Most common allergies:

- tree and grass pollen (**hay fever**)
- house dust mites
- foods, such as peanuts, milk and eggs (**food allergy**)
- animals, particularly pets like cats and dogs
- insect stings, such as bee and wasp stings
- certain medicines



**BEE**

CH<sub>3</sub>

CH<sub>3</sub>

COOH

# Three key things you should know:

- Allergies can strike at any age
- An allergy can make other health conditions such as Asthma worsen
- Getting a diagnosis for an allergy matters: it is the key to accessing the right care

Allergy awareness week 2025



# Symptoms

- a runny nose or sneezing
- pain or tenderness around your cheeks, eyes or forehead
- coughing, wheezing or breathlessness
- itchy skin or a raised rash ([hives](#))
- diarrhoea
- feeling or being sick
- swollen eyes, lips, mouth or throat



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# How much of the population suffer with an allergy?

- Put your hand up if you are in year 7 and 8
- Look around

Half the population are expected to have an allergy by 2026

# The 14 Common Allergens



**Celery**



**Cereals containing  
gluten**



**Crustaceans**



**Eggs**



**Fish**



**Molluscs**



**Sesame**



**Lupin  
Beans**



**Dairy**



**Peanuts**



**Tree nuts**



**Soy**



**Mustard**



**Sulphites**

# Food allergies should be taken seriously

Thankfully, deaths because of a food allergy are decreasing due to understanding, training and medicine.

However, in the UK we do unfortunately still have some allergy related deaths.

Allergic reactions to food can be from touch or ingestion.

yasai<sup>★</sup>

## SESAME SHRIMP PASTA BOWL

Pasta bowl containing stir-fried noodles  
along with shrimp, tofu, and edamame

INGREDIENTS: Linguine pasta (**wheat**  
flour, calcium carbonate, iron, niacin,  
thiamin), tofu (fermented **soy**), red  
bell pepper, **shrimp**, edamame (**soy**),  
green onions, chopped garlic, carrots,  
**peanuts**, **soy** sauce, **sesame** oil,  
ginger, **sesame** seeds, canola oil,  
**barley** malt vinegar, salt, colour  
(**sulphite** ammonia caramel).

£9.50

# How to protect yourself:

All allergens can  
be seen clearly  
in bold writing.



# What should you do if someone is having a severe reaction (anaphylaxis) ?

- Call 999
- Ask if they have an epi-pen, locate it and pass it to them so they can use it
- If they are unable to use it themselves, use it for them



# What do you need to do now?

- If you have a food allergy, please stay behind to ensure I have it logged on my tracker.

# Natasha's law



Named in honor of Natasha Ednan-Laperouse, who died from a severe allergic reaction, is a UK law that requires food businesses to clearly label pre-packaged for direct sale (PPDS) foods with a full list of ingredients, including the 14 major allergens.

This law aims to protect consumers with food allergies by providing them with clear and accurate information about the food they are buying

