



NEWSTEAD WOOD SCHOOL

"creating opportunities for success"

7 July 2026

Dear Parent/Carer,

Year 7 Residential Camp - Important Medical and Food Safety Information

As we prepare for the upcoming Year 7 Residential Camp at Polaris Camps, Downe Activity Centre on Monday 13 and Tuesday 14 July, I am writing to make you aware of an important health and safety requirement for the trip.

A number of students attending the residential have serious food allergies, including severe nut allergies, which require careful management throughout the visit. The safety and wellbeing of all students remain our priority, and we are therefore asking for your full support.

In order to ensure that all students can participate safely, we will be running a completely nut-free residential trip.

This means that no students and no staff members will bring any food items containing nuts to the Year 7 Camp. We kindly ask all families to support this important safety measure by ensuring that your child does not bring any food products containing nuts onto the trip.

This includes, but is not limited to:

- Peanut butter sandwiches
- Chocolate bars containing nuts
- Cereal bars containing nuts
- Mixed nuts or trail mix
- Cakes, biscuits or snacks containing nuts
- Any other food products where nuts may be an ingredient

We kindly ask that you check food packaging carefully before packing any snacks or food items for your child.

The camp provider, Polaris, has confirmed that meals provided onsite will be prepared in a way that supports students with allergies. They have also confirmed that there will be no nuts available on camp.

As part of our safeguarding and medical procedures, this request is extremely important and will help us ensure that all students can fully participate safely and enjoy the residential experience.

We appreciate your support and cooperation in helping us maintain a safe environment for all students attending the trip.

Headteacher: Mr Paul Norman MA, MSc, BSc (Hons), PGCE

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If you have any questions regarding the medical arrangements for the residential, please do not hesitate to contact the school.

Thank you for your understanding and continued support.

Yours sincerely,

P Bongout

Mrs P Bongout
Assistant Headteacher