

Headteacher: Mrs J Cooper

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Nut Free School

Dear Parents and Carers,

We have an increasing number of pupils in our school with food allergies. Due to the severity of these allergies, we wish to remind you that we are a **Nut Free School**. Anaphylaxis (allergic reaction) can occur as a result of digestion, inhalation or any other contact with nut-based products.

Please avoid any nut-based products for packed lunch or for special birthday treats – this includes products that may contain traces of nuts.

Potential allergens could include the following:

- Spreads e.g. chocolate spread, peanut butter
- Cereal bars
- Some types of biscuit/cookies containing nuts
- Condiments e.g. satay sauce
- Cakes containing nuts
- Some snack pots containing nuts

This list is not exhaustive therefore it is important that you check the packaging of food products before sending your child to school with them. We understand that this can be difficult therefore we may return food items in lunchboxes if we are made aware that they contain nuts.

Some useful information sources include –

<https://www.anaphylaxis.org.uk/>

<https://www.allergyuk.org/>

<https://www.sparepensinschools.uk/for-parents/reducing-risk-of-allergic-reactions-in-schools/>

Thank you for your understanding,

Mrs T Wyndham

Assistant Headteacher/SENCo

