

Dear Parents

Nut Free School - no nuts in school

People who suffer from nut allergies can develop a severe, potentially life-threatening allergic reaction. If someone has a nut allergy it is not just eating nuts that can cause a severe reaction, just being touched on the skin or smelling the breath of someone who has had nuts or a product containing nuts can trigger anaphylactic shock (which can cause breathing and swallowing difficulties).



First aid staff in the school are trained to use the Epi-pens (an injection of adrenalin) which is required immediately if this happens.

We cannot have nuts in school in any form. So please can we ask that you ensure your child has no nut products in their snack boxes. Also please check that all birthday treats are 'nut free' if in doubt please do not bring the product in.

For example:

- Chocolate spreads
- Cereal bars
- Some granola bars
- Cakes that contain nuts
- Biscuits / Cookies that contain nuts

This list is not exhaustive, so please check the packaging of products closely.

It is also important that you **clearly label** your child's **snack** and only your child is allowed to eat their snack. The quickest way to do this is to have a dedicated box or bag for your child's snack.

We appreciate that this is an additional thing to check however we know that you recognise the importance of it. We do have to insist we are a nut free school. I know if this was your child you would expect that we all help, especially as it is a life-threatening condition.

If you have any questions, please do not hesitate to speak to a member of staff.

Kind regards,

Gina Thomson
Deputy Head