

Thursday 18<sup>th</sup> January 2024

## RE: Nut-based products

Dear Parents and Carers,

We have an increasing number of pupils in our school who have nut allergies. Anaphylaxis (allergic reaction) can occur as a result of **digestion**, **inhalation** or **any other contact** with nut-based products. For their safety, all nut-based products have been banned from the school premises.

**Therefore, from Monday 29<sup>th</sup> January we will be a 'nuts-free' school.** Please do not send your child into school with any nut-based product for packed lunch or for break time snacks – this includes products that may contain traces of nuts.

### Potential allergens could include the following:

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

It is important that you check the labelling of food products before sending your child in to school with them – it is not always apparent that products contain nuts or traces of nuts.

We also ask that, if your child consumes any nut-based product before school, they wash their hands thoroughly and rinse their mouth before entering the school grounds. We understand that these measures may seem extreme; however, we want to ensure the health and safety of all our pupils, and some of the pupils with the allergy are severe enough that even the slightest of contact with nuts could cause a severe and potentially life-threatening reaction.

We appreciate that this is a big change for all and apologise for any inconvenience this may cause.

Thank you in advance for your cooperation with this matter.

Kind regards,

Andy Mitchell

Laura Morris

Headteacher

Deputy Head