

Tuesday 13th February 2024



Dear Parents and Carers,

We would like to once again remind you we are a [nut free school](#).

People who suffer from nut allergies can develop a severe, potentially life-threatening allergic reaction. 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 [anaphylaxis](#).

We cannot have nuts in school in any form and we respectfully ask that you have do not send any items into school that contain (or may contain) nuts.

Some examples of these are:

- Peanut butter and chocolate spreads (within sandwiches or pre-packaged items);
- Some cereal/granola bars;
- Cakes that contain (may contain) nuts;
- Biscuits/cookies that contain (may contain) nuts;
- Some Asian food, including satay;
- Sauces that contain nuts.

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

We do have to insist we are a [nut free school](#). We appreciate that this is an additional thing to check but we request that you recognise the importance of doing so.

We know if this was your child you would expect that we all help, especially as nut allergies are a life-threatening condition.

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

Kind regards,

Mrs Hobson

Mrs Hobson
Principal