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Dear Parents/Carers

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 have no nut products in the lunch boxes or brought into the school as treats.

For example

Peanut butter sandwiches
Nuttela and other Nut based chocolate spreads
Cereal bars
Some granola bars
Cakes that contain nuts
Biscuits / Cookies that contain nuts
Peanut butter cakes
Some Asian food, including satay
Sauces that contain nuts
Chocolate bars with nuts (Snickers, Kinder Bueno)

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

We appreciate that this is an additional thing to check and 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.

Other foods to avoid or limit for a healthier packed lunch:-

• Crisps, cakes and plain biscuits • Meat products such as sausage rolls, individual pies, corned meat and sausages. These items should be included in packed lunches no more than once per week.

Packed lunches should not include any of the following:-

• Fizzy/sugary drinks in cartons, bottles or cans (including diet or energy drinks which can contain high levels of caffeine and other additives which are not suitable for children) • Confectionary such as chocolate bars and sweets

The school recognises that some pupils may require special diets, which will not necessarily follow the recommendations laid out in this policy. In this case parents/carers are asked to make sure that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items. If you have any questions, please do not hesitate to speak to a member of staff.

Yours sincerely,

Mrs L Hackfath
Headteacher