



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).

Due to a number of children and staff having an allergy to nuts, we cannot have nuts in school in any form. Please can we ask that you have no nut products in lunch boxes or brought into the school as treats. For example

- Peanut butter sandwiches
- Chocolate spreads (all except 1 contain nuts)
- Cereal bars
- Some granola bars
- Cakes that contain nuts Biscuits / Cookies that contain nuts
- Peanut butter cakes

This list is just a few examples, so please check the packaging of products closely. 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 Miss O'Neil.

Yours Sincerely,

Mrs Leonard  
Head Teacher