

11th September 2024

Dear Families,

I am writing to remind you that we are a nut free school. We currently have some pupils with us who have severe allergies to nuts and, therefore, it is imperative that **no nut or sesame seed products are sent in to school.**

People who suffer from nut allergies can develop a severe and potentially life-threatening allergic reaction. We have, unfortunately, seen many incidences of this in the news recently. If someone has a nut allergy it is not just eating nuts or sesame seeds that can cause a severe reaction, just being touched on the skin or smelling the breath of someone who has consumed or touched nuts or a product containing nuts or sesame seeds, can trigger anaphylactic shock (which can cause breathing and swallowing difficulties).

Our staff are trained to know how to respond in an emergency however, to reduce any risk, we cannot have nuts in school in any form. Please can we request that no nut or sesame seed products are sent in via lunchboxes, snacks or as treats. Some examples below are:

- Chocolate spread/Nutella
- Peanut butter sandwiches
- Cereal bars
- Multi-seed products containing sesame
- Some granola bars
- Cakes that contain nuts
- Biscuits /cookies that contain nuts
- Peanut butter cakes
- Chicken satay
- Some processed foods and ready meals
- Some types of sauces



Please note that 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 thank you in advance for your consideration and understanding of the importance of this.

If you have any questions, please do not hesitate to contact me.

Yours sincerely,



Charlotte Downs
Deputy Headteacher