



14th October 2015

Dear Parents

Re: **No Nuts Policy**

We have several pupils in school who suffer from a severe nut allergy. Nut allergy is the second most common food allergy in children and this is increasing, now occurring in 1 in 50 children. We are therefore asking your help to provide all pupils with a safe school environment.

Any exposure to peanuts/nuts may cause a life-threatening allergic reaction that requires emergency medical treatment. To reduce the chance of this occurring, we are asking that you do not send any peanut or nut containing products into school from next Monday 19th October, particularly in your child's packed lunch.

We ask **that you do not** provide the following foods in your child's lunch box:

- Fruit, cereal or chocolate bars that contain nuts
- Cakes containing nuts, baklava, nougat or Turkish delight
- Sesame seed rolls (children allergic to nuts may also have a severe reaction to sesame)
- Nutella
- Peanut butter
- Any nuts

Some alternatives to these products could include:

- Dried fruit
- Yoghurt
- Cheese sticks
- Chopped or tinned fruit
- Fruit strips

The school also has a policy not to use nuts in any of our food prepared on site at our school. Our suppliers provide us with nut-free products, however, we cannot guarantee freedom from nut traces.

If there are any issues that you feel arise as a result of this policy, please do feel free to come and see me to discuss them, but we ask that you join us in becoming a nut free school as of the 19th October 2015.

We appreciate your support of these procedures.

Yours sincerely

K Lee

Headteacher