



20th November 2018

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 produce containing nuts can trigger anaphylactic shock (which can cause breathing and swallowing difficulties).

First aid staff in the school are trained to use 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 lunch boxes or brought into school as treats.

For example

Peanut butter sandwiches

Cereal bars containing nuts

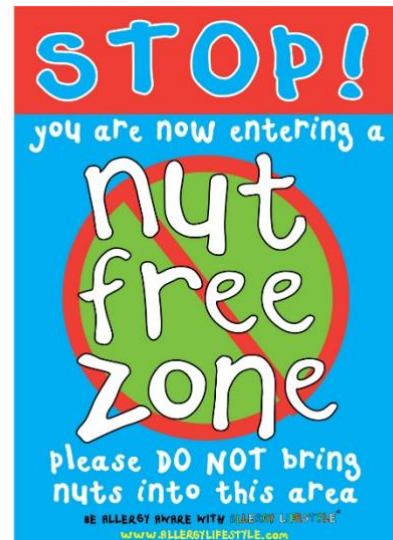
Some granola bars

Cakes that contain nuts

Biscuits/ cookies that contain nuts

Peanut butter cakes

Sauces that contain nuts



This list is not exhaustive, so please check the packaging of products closely. We appreciate that this is an additional thing to check, however I also know that you will recognise the importance of it.

I do need to insist that we are a nut free school.

Kind Regards

Gemma Spence

SENCO