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*'Learning at its heart'*

## Products containing nuts in packed lunches

**Thursday 9<sup>th</sup> September 2021**

Dear Parents/Carers,

As you may already be aware, we have more than one pupil in school with a severe nut allergy. The pupil's anaphylaxis (allergic reaction) can occur as a result of digestion, inhalation or any other contact with nut-based products. We have previously notified existing parents about this issue. However, with new children and parents in school, we felt that a reminder would be helpful.

Can we kindly request that you do not send your child into school with any nut-based product for a snack or packed lunch – this includes products that may contain traces of nuts. Potential allergens could include the following:

- Spreads, e.g. Nutella and other chocolate spreads
- Cereal bars
- Some types of biscuit containing nuts
- Condiments, e.g. satay sauce
- Cakes containing nuts
- Some snack pots containing nuts
- Birthday sweets which contain nuts (e.g. Snickers in Celebrations)

It is important that you check the labelling of food products before sending your child in to school with them – it is not always apparent that products contain nuts or traces of nuts.

We also ask that, if your child consumes any nut-based product before school, they wash their hands thoroughly and rinse their mouth before entering the school grounds. We understand that these measures may seem extreme; however, we want to ensure the health and safety of all our pupils, and the pupil in question's allergy is so severe that even the slightest of contact with nuts would cause a severe and potentially life-threatening reaction.

Due to the severity of the pupil's allergy, if any pupil is found with a nut-based product after this letter has been distributed, the school will have to confiscate and dispose of the item immediately. I am sure you will understand why this course of action will be necessary.

We apologise for any inconvenience this may cause but as this is a health risk, we are acting purely to ensure the safety of children in our care.

Thank you in advance for your cooperation with this matter.

Kind regards,

Kevin Riley  
Head of School

