

Dear Parents & Carers,

Peanut and other nut-based allergies are the second most common food allergy in children and increasing. It is estimated that such allergies occur in 1:50 children.

We have a number of children at school who have food allergies, but would remind all parents of the danger that even small amounts of an allergen pose to these children. Most severe allergic reactions are the result of ingestion but other reactions can be triggered by touching surfaces, such as computer keyboards, books or a piano, if these surfaces have previously been used by someone who has eaten nut products, and these can be potentially life-threatening in some cases.

We have decided that, in the best interests of our child who suffer from these allergies, we will have a 'No Nuts' policy in terms of our school dinners, packed lunches and snacks brought in from home

Nuts and seeds are part of a healthy diet for those without chronic allergy, but we would appreciate that pupils eat such snacks at home rather than bring them into school. Therefore, we would ask all parents not to provide pupils with school snacks which include nuts: e.g.

- Fruit and cereal bars which contain nuts
- Chocolate bars or sweets which contain nuts (would not be allowed anyway due to our 'Healthy School' policy)
- Nutella
- Peanut butter
- Cakes made with nuts
- Muesli bars
- Baklava / Nougat / Turkish Delight
- Any packets of nuts

The school appreciates that "trace" amounts of nuts may be found in other types of foods, and we cannot guarantee a completely "nut free" environment at school. However, we do feel that it is the whole school community's responsibility to work together to try and minimise the risk of a potentially life threatening allergic reaction occurring.

Thank you in advance for your support in this matter.

Kind regards,  
Dr C. Early