

Our Ref: LMI.SHT/nutallergy

29 November 2023

Dear Families

Nut Allergy - Reminder

We have several students in our school who suffer from severe nut allergies and require emergency medication. For those who have severe nut allergies, coming in to contact with a nut product, can cause life threatening consequences. It can be easily contracted from a simple handshake or touching of a pupil's table who may have had some nuts in their food.

For this reason, it has been agreed that students, parents, and staff **must not** bring any products that contain nuts as a main ingredient in to school. We would appreciate parents and carers supporting us with the awareness and impacts of allergy, by sharing information with your child/children at home.

We do not claim to be a 'nut-free' school. As The Anaphylaxis Campaign advises that this is not a pragmatic approach, for the following reasons;

- It would be impossible to provide an absolute guarantee that the school is nut free.
- Pupils regularly bring in food from home and food bought on the way to school.
- There would be a risk that children with allergies might be led into a false sense of security.
- There is a strong case to be argued that children with food allergies will develop a better awareness and understanding of how to manage their allergies if they grow up in an environment where allergens may be present.

However, despite being unable to guarantee a nut free school environment, we would like to promote a restriction on these products, as much as is reasonably possible.

We ask that you or your child **do not bring any products containing nuts in to school**. Some examples are:

- Fruit and cereal bars that contain nuts
- Chocolate bars or sweets that contain nuts
- Nutella
- Peanut butter
- Cakes made with nuts
- Muesli bars
- Baklava

- Any loose nuts

Our school caterers provide us with nut-free products; however, they cannot guarantee free from nut traces. For more information, please see caterer's website, Edwards & Blake <https://edwardsandblake.co.uk>

Thank you for your cooperation.

Kind regards,

Mrs L Millerchip
Medical Officer