

No Nuts Policy

Dear Parents,

Peanut allergy is the second most common food allergy in children and this is increasing. It now occurs in 1 in 50 children. As we have a pupil in school who suffers from a severe nut allergy I would like to take this opportunity to make sure everyone is aware that our school now has a "No Nuts Policy."

If the pupil comes in contact with a nut product, they can suffer 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.

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

- Fruit and cereal bars that contain nuts
- Chocolate bars or sweets that contain nuts
- Sesame seed rolls (children allergic to nuts may also have a severe reaction to sesame)
- Nutella
- Peanut butter
- Cakes made with nuts
- Chocolates
- Museli bars
- Baklava
- Any nuts
- Nougat
- Biscuits
- Turkish Delight

What can you put in your child's lunchbox that is nut free?

- Marmite or Vegemite sandwiches
- Cheese sandwiches
- Dried fruit
- Yoghurt
- Cheese sticks
- Chopped or tinned fruit
- Fruit strips
- Check all biscuit labels and if you are not sure please leave it out.



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□ Any bread based foods

As the consequences of exposure to nuts can be extremely severe, children's lunches will be monitored to ensure these rules are being followed. If your child has a nut allergy could you please inform the school and their teacher as soon as possible so that we can ensure your child does not come into contact with any triggers.

We do not use nuts in any of our food prepared on site at our school and the caterers also have a 'No Nuts Policy', 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.

Yours sincerely,

Mrs Suki Pascoe

Executive Head teacher

