

9 January 2023

Dear Parent or Carer,

**RE: Nut-based products in school**

Happy New Year! I hope you have all had a good break over the Christmas period.

After the return from the holiday, I would like to again remind students, parents and carers that we have a number of students and staff in our school who suffer from nut and peanut allergies. Foods that contain nuts and peanut products, even in trace amounts, can for some of our students result in a severe allergic reaction (anaphylaxis) which can be fatal. Anaphylaxis can occur as a result of ingestion, inhalation and physical contact of nut and peanut based products.

For this reason, we ask all students, parents and carers that products containing nuts or peanuts are not brought onto, or consumed on, our site.

Common foods that contain nuts or peanut products include:

- Spreads, e.g. chocolate spreads such as Nutella, and peanut and other nut butters
- Cereal bars
- Some types of chocolates and chocolate bars
- Some types of biscuits
- Some sauces and dips, such as satay
- Cakes that contain nuts
- Some seed mixes.

It is advised that food labelling is checked as it is not obvious that some products contain nuts or peanut products.

We fully appreciate that asking students not to bring in such products, and checking products labels, is an inconvenience, however the safety and well-being of all our students is paramount.

I would also like to take this opportunity to reassure parents and students that our first aid team are aware of all information relating to student allergies and in the event of an allergic reaction they are aware of the measures that need to be taken. If you have any concerns about your child's allergies, or would like to discuss anything further, please do not hesitate to make contact with the school.

I appreciate that I have written to you all before about this, but the safety and well-being of our students is extremely important to us.

Many thanks for you continued support.

Yours faithfully,



Mr M Evans  
Assistant Headteacher