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**Headteacher:** Mrs J. Cutbush

**Deputy Headteacher:** Mrs R. Winter



Dear Parents/Carers



**We do have to insist we are a nut free school. I know if this was your child you would expect that we all help, especially as it is a life-threatening condition.**

People who suffer from nut allergies can develop a severe, potentially life-threatening allergic reaction.

If someone has a nut allergy it is not just eating nuts that can cause a severe reaction, just being touched on the skin or smelling the breath of someone who has had nuts or a product containing nuts can trigger anaphylactic shock (which can cause breathing and swallowing difficulties).

First aid staff in the school are trained to use the Epi-pens (an injection of adrenalin), which is required immediately if this happens.

We cannot have nuts in school in any form so we must insist that you have no nut products in the lunch boxes or brought into the school as treats.

In particular we ask that you **do not** send your child with:

Peanut butter sandwiches

**Chocolate spread sandwiches (I must insist that no chocolate spread is brought in to school even though nut-free versions are available. It is becoming increasingly impossible for us to police this.)**

Cereal bars that contain nuts

Some granola bars

Cakes that contain nuts

Biscuits / Cookies that contain nuts

Peanut butter cakes

Some Asian food, including satay

Sauces that contain nuts

This list is not exhaustive, so please check the packaging of products closely.

We appreciate that this is an additional thing to check and we know that you recognise the importance of it.

If you have any questions, please do not hesitate to speak to a member of staff.

Yours sincerely

Mrs J Cutbush  
Headteacher

**Assistant Headteachers:** Mrs J. Taylor & Mrs S. Clamp

