

Dear Parents and Carers,

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 several pupils in school who suffer from a severe nut allergy please could I take this opportunity to remind everyone that our school is a 'no nuts school'. Should these pupils come 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 (this includes lunches for trips):

- 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 / Nutella products
- Peanut butter
- Cakes made with nuts
- Museli bars
- Baklava
- Any nuts
- Biscuits containing nuts

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.
- Any bread based foods

We do make regular checks on the children's lunches to ensure these rules are being followed so that we can keep our allergy sufferers safe. Also, if your child has a nut allergy, please inform us as soon as possible so that we can ensure your child does not come into contact with any triggers.

Please help us in providing a nut free school and assisting those parents who have children who may have a life threatening reaction.

Many thanks for your support.

Yours sincerely

Mrs L Carlisle
Head of Academy