Date: 06.05.25

Dear Parents and Carers,

Please remember that we are a **nut free school**. Children who suffer from nut allergies can develop a severe, potentially life-threatening allergic reaction.

We have children in the school with nut allergies and 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. However, **we cannot have nuts in school in any form**. So please can we ask that you have no nut products in lunch boxes or brought into the school as treats. For example:

* Peanut butter sandwiches
* Chocolate spreads
* Cereal bars
* Some granola bars
* Cakes that contain nuts
* Biscuits / Cookies that contain nuts
* Peanut butter cakes
* Some World foods, including satay
* Sauces that contain nuts
* Food Flavourings i.e. almond oil

This list is not exhaustive, so please check the packaging of products you send into school very carefully. We appreciate that this is an additional thing to check and we know that you recognise the importance of it. 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.

If you have any questions, please do not hesitate to speak to a member of staff or call the school office

Yours sincerely,

Mrs E Rushen-Gough

Head Teacher

Haydon Wick Primary School