

Middleton Parish Church School

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A Voluntary Aided Primary School in the Diocese of Manchester

Head teacher: Jackie Cooke

Deputy Head teacher: Sara Thomas

“Excellence, Truth and Grace”

NUT FREE SCHOOL

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 pupils in school who suffer from a severe nut allergy please could I take this opportunity to remind everyone that our school has a ‘No Nuts’ Policy. These pupils, if they come into contact with a nut product, can suffer life threatening consequences. This reaction can begin from a simple handshake from someone who has been eating nuts or by touching another pupil’s table who may have had some nuts in their food.

We ask politely therefore, that you do not provide your child with any products containing nuts in their lunch box.

Some examples of foods that contain nuts:

- Fruit and cereal bars
- Chocolate bars or sweets, e.g. Snickers
- Sesame seed rolls (children allergic to nuts may also have a severe reaction to sesame)
- Nutella
- Peanut butter
- Cakes made with nuts

Please also note that children with this allergy can be affected by **any nuts**, not just peanuts.

School will be making regular checks on the children’s lunches to ensure that 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 have a policy not to use nuts in any of our food prepared on site at our school. Our suppliers provide us with nut-free products; however, we cannot guarantee freedom from nut traces.

If there are any issues that have arisen as a result of this policy, please do feel free to come and see me to discuss them.

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,

Helen Majerski
Children’s Welfare Officer