



WHYTRIG MIDDLE SCHOOL

One of the Seaton Valley Federation of Schools

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Executive Headteacher: John Barnes

Head of School: Jonathan Souter

12th September 2025

Dear Parents / Carer

Allergy Awareness

We have a number of children who have different allergies on the Elsdon Avenue site. Currently we are aware of several pupils across the site who have nut allergies. 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 Epi-pens (an injection of adrenalin) which is required immediately if this happens.

We must not have nuts in school in any form. So please can we ask for your support in ensuring you do not include nut products in your child's packed lunch boxes brought into the school, or any treats brought in on special occasions.

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 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 but we know that you will recognise the importance of it. We know if this was your child you would expect that we all help, especially as this can be a life-threatening condition.

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

Yours sincerely

Mr J K Souter
Head of School



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