



St Elphege's Catholic Schools

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Executive Head Teacher: Mr M Jones

Head Teacher: Mr L Hawkes

Deputy Head Teachers: Mrs R Duffy & Mrs N Hawkes

3rd October 2025

Dear Parents and Carers,

PACKED LUNCHES & SNACKS MUST BE NUT FREE

A number of children across The Federation suffer with food allergies. Nuts are the cause of some of the most severe allergies present in our community. For some of these children, merely being in the same room as nuts or products which contain nuts can induce a life-threatening allergic reaction called anaphylaxis. Anaphylaxis typically develops rapidly and results in swelling of the airways, severely restricting the individual's ability to breathe.

It has come to our attention that nuts are being brought into school for packed lunches and snacks.

This is in breach of the **Nut Free Policy** which is in place across both schools.

Whilst we cannot guarantee that food products containing nuts are not brought onto the school premises, we ask for your support in ensuring that measures are taken to ensure that all members of our school community are as safe as practically possible.

Parents and carers are asked to check the ingredients of food items carefully. Packaging must be checked for:

- *Not suitable for nut allergy sufferers*
- *This product contains nuts*
- *This product may contain traces of nuts*

The presence of the above indicates that the food item is **unsuitable** for consumption in school or during any activity associated with school.

If lunch box or snack items are found to contain nuts, they will be removed by staff and replaced with fruit.

We thank you in advance of your support.

Yours sincerely,

Mr L Hawkes
Head Teacher