



## No Nut Policy

Dear Parent/Carer

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 do have a pupil in school who suffers from a severe nut allergy please could I take this opportunity to remind everyone that our school has a "No Nuts Policy." If a pupil comes into 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 try not to provide the following foods in your child's lunch box:

- Fruit and cereal bars that contain nuts
- Chocolate bars, chocolates or sweets that contain nuts
- Sesame seed rolls (children allergic to nuts may also have a severe reaction to sesame)
- Nutella
- Peanut butter
- Cakes made with nuts
- Muesli bars
- Any nuts
- Nougat
- Biscuits that contain nuts
- Turkish Delight

What can you put in your child's lunchbox that is nut free?

- Marmite or Vegemite sandwiches
- Cheese sandwiches
- Meat or Fish sandwiches
- Dried fruit
- Yogurt
- 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

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.

If there are any issues that you feel arise 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.

Miss K Heatherington  
Headteacher