



18<sup>th</sup> November 2020

**RE: Banning nut-based products from school**

Dear Parents and Carers,

As some of you may already be aware, we have a pupil that is attending the school who has a severe Nut allergy. The pupil's anaphylaxis (allergic reaction) occurs as a result of ingestion or contact with nut-based products. This reaction is very severe, and the tiniest amount of nut will lead to death in a short period of time. For his safety, all nut-based products have been banned from the school premises.

From this point forward, please do not send your child into school with any nut-based product for a snack or packed lunch – this includes products that may contain traces of nuts. Potential allergens could include the following:

- Nut 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 (i.e., some pesto sauces)
- Sesame seeds
- Hummus

It is important that you check the labelling of food products before sending your child in to school with them – it is not always apparent that products contain nuts or traces of nuts.

We also ask that, if your child consumes any nut-based product before school, they wash their hands thoroughly and rinse their mouth before entering the school grounds. We understand that these measures may seem extreme; however, we want to ensure the health and safety of all our pupils, and the pupil in question's allergy is so severe that contact with nuts can cause a severe and potentially life-threatening reaction.

Further to these provisions, the school will no longer be serving lunch that contains nut-based products – this includes products that are labelled as 'may contain traces of nuts'.

Due to the severity of the pupil's allergy, if any pupil is found with a nut-based product after this letter has been distributed, the school will have to confiscate and dispose of the item immediately.

We appreciate that this is a big change for all and apologise for any inconvenience this may cause.

Thank you in advance for your cooperation with this matter.

Kind regards,

Anna Retsler  
Headteacher