

17th March 2026

Dear Parents/Carers,

We are now a nut free school

Children and adults who suffer from nut allergies can develop a severe, potentially life-threatening allergic reaction. Due to some members of our school community suffering from potential life threatening nut allergies, we intend to become a **NUT-FREE SCHOOL** with immediate effect.

An allergic reaction (anaphylactic shock) can occur through ingestion of nut products, cross contamination, and breathing nut dust in the air. Since this condition can be life threatening, we cannot have nuts in school in any form.

We ask that no nut products are brought into school in lunch boxes or brought into school as birthday treats.

For example:

- Peanut butter sandwiches
- Chocolate spreads
- Cereal bars
- Some granola bars
- Cakes that contain nuts
- Biscuits / Cookies that contain nuts
- Peanut butter cakes
- Cakes including chocolate spread
- Chocolate pancakes/ crepes
- Some foods such as satay
- Sauces that contain nuts

This list is not exhaustive, so please check the packaging of products carefully

We appreciate that this is an additional thing to check, and we know that you recognise the importance of it. We do have to insist we are a nut free school. I know if this was your child you would expect that we all help, especially as it is a life threatening condition.

First aid trained staff are trained to use the Epi-pens (an injection of adrenalin) which is required immediately if this happens.

Please note that where a member of staff notices a pupil eating a nut product, the product will be removed politely, and the member of staff will explain why this has to be done. A message will then be sent to the parent/carer why this has happened, so they are fully informed and to remind them of the nut free approach in school.

We thank you in advance for your cooperation in this matter, if you have any questions, please feel free to contact the school office.

Yours sincerely

Mrs R.L.Munro