



05 January 2023

Dear Parents, Carers, Guardians

I write to remind you that we have an increasing number of students in our school who suffer with nut allergies. Anaphylaxis (allergic reaction) can occur as a result of **digestion, inhalation** or **any other contact** with nut-based products. For their safety, we have taken the decision to become a nut free site.

From this point forward, please do not send your child into school with any nut-based product for packed lunch or for a break time snack.

**Potential allergens could include the following:**

- Spreads, e.g. peanut butter, chocolate spread
- Cereal bars
- Biscuits, cookies or chocolate bars containing nuts
- Condiments, e.g. satay sauce
- Cakes containing nuts
- Some snack pots containing nuts

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 when they arrive. We understand that these measures may seem extreme; however, we want to ensure the health and safety of all our students. Some of our students with this allergy are highly sensitive to even the slightest of contact with nuts could cause a severe and potentially life-threatening reaction.

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.

Yours faithfully

Mr M. Laidler