



8<sup>th</sup> July 2024

Dear Parents/Carers

**Nut Free Policy September 2024**

Please be aware that from September 2024, we need to become a nut free school in response to our pupil profile. For the safety of our pupils, we would ask that only nut free products are sent into school for snacks and lunchtimes.

**From September 2024, please do not send in:**

- Packs of nuts
- Peanut butter or Nutella sandwiches
- Fruit and cereal bars that contain nuts
- Chocolate bars or sweets that contain nuts
- Sesame seed rolls (children allergic to nuts may also have a severe reaction to sesame)
- Houmous, as it contains tahini which is made from sesame
- Pesto which contains nuts
- Cakes made with nuts
- Self-serve pastries covered in almonds – for example almond croissants
- Any home-cooked meals for packed lunches that are made from nuts
- Any shared food for after-school events with nuts or nut oils

People who suffer from nut allergies can develop a severe, potentially life-threatening allergic reaction. If someone has a nut allergy, it is not just eating nuts that can cause a severe reaction, just being touched on the skin or smelling the breath of someone who has had nuts or a product containing nuts can trigger an allergic reaction which can cause breathing and swallowing difficulties.

There are many other products that can present a risk, so please check the packaging of products closely. I know that any parent will understand the importance of keeping all children safe and would want community support if it was their child who was affected. Please help us to keep all children in our care safe.

We will send a reminder nearer the time but wanted parents to be aware in advance. Please do get in touch if you have any queries.

Yours sincerely

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*R J Bennett*

Rosalind Bennett  
Headteacher