

Tuesday 8<sup>th</sup> September 2020

Dear Parents/Carers

**Re: Nut free school**

Nut allergy is the second most common food allergy in children and this is increasing. It now occurs in 1 in 50 children.

As we have pupils in the school who suffer from a severe nut allergy, we would like to take this opportunity to remind families that our school is a '**Nut Free School**'. Reactions to nut allergies can in extreme circumstances, lead to life-threatening consequences. Allergies can be easily triggered by contact with people or items that have been exposed to nuts.

We ask that you do not provide your child with any products containing nuts in their lunch box. Some examples:

- Fruit and cereal bars that contain nuts
- Chocolate bars or sweets that contain nuts
- Sesame seeds
- Nutella
- Peanut butter
- Cakes made with nuts
- Muesli bars
- Any nuts

If your child has a nut allergy, please inform the school office and your child's class teacher as soon as possible so that we can ensure your child is kept safe.

Thanking you in advance for your cooperation.

Many thanks for your support.

*Antonia Jenkins-Yusuf*

Ms Jenkins-Yusuf  
Inclusion Coordinator



& Children's Centre

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