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Wednesday 3rd September

Dear Parents and Carers,

Over the last couple of years, we have seen a growing number of pupils across the school who suffer from nut allergies. This can vary from child to child and in some cases can develop into 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 can trigger a reaction or anaphylactic shock (which can cause breathing and swallowing difficulties). We have first aid staff in the school who are trained to use the Epi-pens (an injection of adrenalin).

For the safety of these pupils, we are writing for support from our Thornbury community and asking that no nut products are sent in lunch boxes or brought into the school as treats.

For example:

- Packs of nuts
- Peanut butter or Nutella sandwiches
- Fruit and cereal bars with nuts
- Chocolate bars or sweets with nuts
- Sesame seed rolls (children allergic to nuts may also have a severe reaction to sesame)
- Cakes made with nuts
- Any home cooked meals for packed lunches that are made from nuts

We appreciate that many food items are labelled as 'may contain *traces* of nuts' or 'produced in a factory with *traces* of nuts.' These items are still ok to bring into school as we are focused on food items that contain nut products.

Our kitchen staff work hard to ensure that we do not use nuts in any of our food prepared on site. In addition, our suppliers provide us with nut-free products.

What types of food are nuts?

- Almonds (badam)
- Cashew nuts (kaju)
- Hazelnut
- Pistachio (pista)
- Walnuts
- Brazil nuts
- Nut oils
- Peanuts

All children are regularly reminded about the good hygiene practice of washing hands before and after eating which helps to reduce the risk of secondary contamination. Likewise, children are reminded and carefully supervised to minimise the act of food sharing with their friends.

If you have any questions, please do not hesitate to speak to a member of staff.

Kind regards,
Mrs Stelmaszczyk

