



19th October 2021

Dear Parents and Carers

It is vital that all our stakeholders follow our school protocol of being a **nut free school** at all times, including at events held after school and at weekends.

Please do not send your child to school with any nuts or products containing nuts. We have children in school who suffer from a potentially **life-threatening anaphylaxis** if they come into contact with nuts.

These banned foods include:

- Peanut Butter and other nut spreads.
- Nutella chocolate spread or other versions.
- Fruit or Cereal bars or cakes containing nuts.
- Sweets and chocolate containing nuts e.g. Snickers, Marzipan and Kinder Bueno chocolate.
- Any food with Sesame Seeds.
- Pesto.

In addition to this, when we have charity cake/ biscuit sales or PTA events, full ingredients must be listed and there must not be any nut trace. If there is any doubt, the organiser or distributor should not give out the items and likewise if you have any doubt as a parent/ carer, please do not allow your child to eat the item in question.

I know that some treats are given out to celebrate the children's birthdays. It is far better to donate some books to the children or class rather than give out treats. However, if a treat is given out they should not have any traces of nuts. The same rule applies to this as at all other times in our school. We all need to be very understanding of the fact that some of our children suffer from a potentially life-threatening anaphylaxis if they come into contact with any nuts. A full list of ingredients is essential and if any doubts the goods should not be distributed.

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It is great to have charity events and PTA cake sales at our school but we all need to be very careful and supportive in regards to this very important matter.

Thank you for your support as always.

Yours faithfully

A handwritten signature in black ink, appearing to read 'Tofallis', written in a cursive style.

Mr Tofallis
Head Teacher