



# Ebrington Primary & Nursery School

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Principal: Mr B F Guthrie, BA Hons ED PQH

29 August 2019

Dear Parent

## Re : Nut free school

Peanut 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 school who suffer from a severe nut allergy please could I take this opportunity to inform everyone that our school has to enforce a "No Nuts Policy." Pupils, if they come in contact with a nut product, can suffer life threatening consequences. It can be easily contracted through airborne contact, from a simple handshake or from touching of a pupil's table who may have had some nuts in their food.

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 seed rolls (children allergic to nuts may also have a severe reaction to sesame)
- Nutella
- Peanut butter
- Cakes made with nuts
- Muesli bars
- Baklava
- Any nuts

School will be making regular checks on the children's lunches to ensure these rules are being followed. Whilst we know some children like to bring in chocolates/ buns/ cakes for their classmates to celebrate their birthday, we ask that they do not bring in chocolates or tins of chocolates that contain nuts, or be highlighted as having nut traces. If they do then unfortunately these will not be handed out and the chocolates will be sent home unopened, which could lead to lots of disappointment.

Please help us in providing a nut free school and assisting those parents who have children who may have a life threatening reaction.

Many thanks for your support.

Yours sincerely

Mr B Guthrie  
Principal