

13th October 2021

Dear Parent/Carer

Both adults and children who suffer from nut allergies can develop a severe, potentially life-threatening allergic reaction when exposed to food or products containing nuts. It is not just eating nuts that can cause a reaction, in severe cases just being touched on the skin or smelling the breath of someone who has eaten a product containing nuts can trigger anaphylactic shock.

As West Heath currently has three students that are severely allergic to nuts, as far as practically possible, we need to prevent nuts from being brought into school in any form. The school kitchen who provides our school meals already has its own policy in place of not storing or using nut products.

Therefore, we are asking that you do not include products containing nuts in lunch boxes or allow your child to bring them into the school as treats. This would include food items such as:

- Peanut butter sandwiches
- Chocolate spreads
- Cereal bars & granola bars
- Cakes that contain nuts
- Biscuits or cookies that contain nuts
- Any other food products and sauces containing nuts (e.g. satay sauce)

Please always check the packaging of products closely to determine if a product contains nuts.

Every nut free lunch box and school bag greatly reduces the risk of one of our students having an allergic reaction. We know that if it was your child with an allergy, you would do everything to prevent this.

Further information regarding food allergies can be found at the www.allergyuk.org website.

Thank you for your kind understanding.

Yours faithfully



Mrs Photini Bohacek
Principal

