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Dear Parents and Carers

8th December 2022

RE: Banning nut-based products from school as of January 2023

We have a pupil who is starting at Sabden Primary in January who has several severe food allergies including an allergy to nuts, wheat and oats. Anaphylaxis (allergic reaction) can occur as a result of digestion, inhalation or any other contact with products that contain these ingredients. For their safety, all nut-based products have now been banned from the school premises starting January 2023 and school is ensuring that everyday school items such as playdough, messy trays and finger paints are wheat free.

From 4th January 2023 please do not send your child into school with any nut-based product for packed lunch or for a special birthday treat- this includes products that may contain traces of nuts. We understand that it would be extremely difficult to ban wheat and oat food products for all our children so we will manage this within school.

Please also can you talk to your child about sharing food and offering their food to their friends as this could now turn into a very serious matter. We at school will talk to children about this too.

Potential nut allergens could include the following:

- Spreads, e.g. chocolate spread
- Cereal bars
- Some types of biscuit containing nuts
- Condiments, e.g. satay sauce
- Cakes containing nuts
- Some snack pots containing nuts

It is important that you check the labelling of food products before sending your child in to school with them – it is not always apparent that products contain nuts or traces of nuts.

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Headteacher Elizabeth Maskell
B.Ed (Hons), N.P.Q.H.

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We also ask that, if your child consumes any nut-based product before school, they wash their hands thoroughly and rinse their mouth before entering the school grounds. We understand that these measures may seem extreme; however, we want to ensure the health and safety of all our pupils, and some of the pupils with the allergy are severe enough that even the slightest of contact with nuts could cause a severe and potentially life-threatening reaction.

Due to the severity of the allergy, if any pupil is found with a nut-based product after this letter has been distributed, the school will remove the item and contact parents straight away.

If children require snacks at break-time, these *should only be fresh or dried fruit*. Children will not be permitted to take items out of their lunch boxes before lunch-time. Please ensure fruit items are stored separately from packed lunches. Foundation Stage and Key Stage 1 pupils will continue to be provided with a piece of fruit, daily.

We appreciate that this is a big change for all and apologise for any inconvenience this may cause.

Thank you in advance for your cooperation with this matter.

Yours sincerely

Elizabeth Maskell, Headteacher