



**The Laurels**  
PRIMARY SCHOOL

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**Headteacher: Charlotte Bull**

15<sup>th</sup> January, 2020

Dear Parents/Carers



People who suffer from nut allergies can develop 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 or smelling the breath of someone who has had nuts or a product containing nuts can trigger anaphylactic shock (which can cause breathing and swallowing difficulties). First aid staff in the school are trained to use the Epi-pens (an injection of adrenalin) which is required immediately if this happens.

To keep all of our children safe, we cannot have nuts in school in any form. So please can we ask that you have no nut products in the lunch boxes or brought into the school as treats.

For example:-

- Peanut butter sandwiches
- Chocolate spreads (Containing hazelnuts e.g. Nutella)
- Cereal and muesli bars that contain nuts
- Chocolate bars that contain nuts
- Cakes that contain nuts
- Biscuits / Cookies that contain nuts
- Peanut butter cakes
- Some Asian food, including satay
- Sauces that contain nuts

This list is not exhaustive, so please check the packaging of products closely. We appreciate that this is an additional thing to check and we know that you recognise the importance of it. We do have to insist we are a nut free school as it is a life-threatening condition.

In general, on food products there is a section that contains allergy advice. If this says that it 'does contain nuts' or 'may contain peanuts' then we DO NOT want these products to come into school. Many product labels say that the product 'may contain nuts' and this tends to be manufacturers being cautious, so these products are allowed to be brought into school. If you have any questions, please do not hesitate to speak to a member of staff.

Kind Regards

Charlotte Bull  
Head Teacher