



Coniston Primary School

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Dear parent/carers

Allergens - NUT FREE

Due to some members of our school community suffering from potential life-threatening nut allergies, we have taken reasonable steps to reduce exposure to products containing nuts.

An allergic reaction (anaphylactic shock) can occur through ingestion of nut products, cross contamination and breathing nut dust in the air. Since this condition can be life threatening, we are asking all members of the school community for their help in minimising these risks by:

- a) Avoiding giving children nuts or nut products in their packed lunches
- b) Avoiding supplying the school with cakes or food items containing nuts for birthday celebrations, sales or events
- c) Avoiding sending containers such as cereal boxes for DT / Art lessons into school which may have contained produce made with nuts.

We do acknowledge that some foods are labelled as 'may have been produced in a factory handling nuts and cannot be guaranteed to be nut free' or 'may contain nuts'. Such items will be allowed in school as it would be unreasonable to expect these to be kept out of school.

Please note where a member of staff notices a pupil eating a nut product, the product will be removed politely, and the member of staff will explain why this must be done. A message will then be sent to the parent/carer to explain what has happened, so they are fully informed and to remind them of the nut-free approach in school.

Due to the severity of this type of medical condition, it is important that all parent/carers carry out the suggested measures and reduce the risk of allergic reaction to those members of our school community affected. I hope you understand we need to take all reasonable steps to keep everyone within our school community safe.

We thank you in advance for your co-operation and support regarding this matter. If you have any questions, please feel free to contact the school office.

Yours sincerely

Alan Walters
Headteacher

