



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), provided by parents, which is required immediately if this happens.

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 spread Cereal bars

Some granola bars

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. I know if this was your child you would expect that we all help, especially as it is a life-threatening condition.

If you have any questions, please do not hesitate to speak to a member of staff.

With best wishes

Amelia Harding
Head Teacher

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Our Lady of the Angels Catholic Primary School is committed to safeguarding children.