

18th October 2022

Nut Free Environment

Dear Parents / Carers,

I would like to raise awareness that we have students in the Academy who suffer from nut allergies. Those 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 qualified and Unit Provision staff are trained to use Epi-pens (an injection of adrenaline) which is required immediately if this happens.

We are a **Nut Free Environment** and cannot allow any nut-based products in the Academy. We ask that **no nut products** are in packed lunches.

This includes:

- peanut butter sandwiches
- chocolate spreads
- cereal bars with nuts
- some granola bars
- biscuits/cakes that contain nuts
- sauces containing nuts e.g. satay

This list is not exhaustive, so please check the packaging of products closely. We recognise that this is an additional thing to check and appreciate your continued support.

We understand that many food products will include: *may contain **nuts** / not suitable for someone with **nut** allergy*. This wording identifies a risk that the food product may be affected by allergen cross-contamination. It is therefore important that your child does not share these foods with others, so all members of the Academy community can be safe.

Thank you in advance for your support. If you have any further questions please contact me via email at or call 01536 303120.

Yours sincerely



Mr S. Underwood
Principal