



MABLETHORPE PRIMARY ACADEMY

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Dear Parents/Carers

Can we please remind you we are a nut free school.

Children and adults 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).

Staff in the school are trained to use the Epi-pens (an injection of adrenalin) which is required immediately if this happens.

We cannot have nuts in school in any form.

When preparing your child's packed lunch or snack please ensure that you do not include any products containing nuts.

- This includes: peanut butter, cereal bars with nuts and nut flavoured yoghurts, pesto, some sauces, certain breads and Kinder Bueno bars. Please note that if your child likes chocolate spread in their sandwiches this should not be a Nutella product. If you are unsure, please check the ingredients on the label.

This list is not exhaustive, so please check the packaging of products closely.

- Please do not supply the school with cakes or food items containing nuts for birthday celebrations, sales or events
- Do not send containers such as cereal boxes for DT/Art lessons into school which may have contained produce made with nuts.

We know that many foods are labelled as 'may contain nuts' and cannot be guaranteed to be nut free. Such items will be allowed in school as it would be unreasonable to expect these to be kept out of school.

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.

Thank you all for your support

Yours sincerely,

Shona Hodgson

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