



Spalding Parish Church of England Day School

1st February 2024

Dear Parent/Carer,

Nut Free School

I am writing again with regards to our policy of being a nut free school. As I said in my earlier communication, we have an increasing number of members of our school community who have nut allergies. Anaphylaxis (allergic reaction) can occur as a result of **digestion, inhalation or any other contact** with nut-based products. For their safety, we have made the commitment to be a nut-free school which means **all nut-based products are prohibited** from the school premises.

From this point forward, please do not send your child into school with any nut-based product for packed lunch or for a snack – this includes all products that may contain traces of nuts.

Potential allergens could include the following:

- Spreads, e.g. chocolate spread
- Cereal bars
- Some types of biscuit containing nuts
- Condiments, e.g. satay sauce
- Cakes containing nuts
- Snack pots containing nuts



**Examples of items
not allowed in school**

It is important that you check the labelling of food products before sending your child in to school with them – it is not always apparent that products contain nuts or traces of nuts.

We also ask that, if your child consumes any nut-based product before school, they wash their hands thoroughly and rinse their mouth before entering the school grounds. We understand that these measures may seem extreme; however, we want to ensure the health and safety of the whole school community, with the allergy so severe in some cases that even the slightest of contact with nuts could cause a severe and potentially life-threatening reaction.

Due to the severity of the allergy, if any pupil is found with a nut-based product the school will confiscate it immediately and contact will be made with parents/carers. Thank you for your support with this matter. If you do have any questions or concerns, please do not hesitate to contact the school office.

Kind Regards,

Diane Mulley
Head Teacher



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