



Hatch Ride Primary School

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Headteacher: Ms J Sparrowhawk
Deputy Head: Mrs B Herkes

Dear Parents/Carers

Peanut and other nut-based allergies are the second most common food allergy in children and it is increasing. It is estimated that such allergies occur in 1:50 children.

As we have children in our school who suffer from severe nut allergies we are a nut-free site in terms of our school dinners, packed lunches and snacks brought from home.

Those pupils who come into contact with a nut product can suffer potentially life-threatening consequences. It can easily be contracted by a simple handshake, or even the touching of a table if a child has been eating a nut-based product at that place.

We would ask that you **do not** provide the following foods in your child's packed lunch/snack box:

- Fruit and cereal bars which contain nuts
- Chocolate bars or sweets which contain nuts
- Chocolate spreads; Nutella
- Sesame seed rolls/sesame seeds
- Peanut butter
- Cakes made with nuts
- Baklava/Nougat/Turkish Delight
- Any packets of nuts

Much as our staff appreciate it, please take care that gifts do not contain any nuts, for example: Celebrations, Roses, Heroes, Quality Street.

Please check all labelling on food and if you are not sure, please leave it out. Our school kitchen liaises closely with all our food suppliers. We do not use any nuts in any of the food prepared on site. 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 has to be done. A message will then be sent home to explain what has happened.

Please help us in providing a nut-free school and assisting those children who may have life-threatening reaction to nut products. We know we can rely on your support.

Yours sincerely

A handwritten signature in black ink, appearing to read 'J Sparrowhawk'.

Ms J Sparrowhawk

Giving **ALL** our children the passion to **dream big, aim high and make a difference.**



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