



23 January 2025

Dear Parent/Carer

Nut Awareness

It has been brought to our attention that one of our students has a severe nut allergy. Nut allergies are caused by peanuts or tree nuts (cashew / brazil / almond/ hazelnut / pecan / walnut / macadamia / pine and pistachio). The most serious nut allergies can cause life threatening reactions in some of our students.

For some students with this allergy, eating these foods (even in trace amounts) may cause serious reactions. Furthermore, some students have allergies so severe, that even touching contaminated surfaces or breathing in airborne nut protein, may cause an anaphylactic reaction.

A wealth of resources and information on allergens and reactions can be found on the Anaphylaxis Campaign website: <https://www.anaphylaxis.org.uk/>

We realise that with so many older students who might prepare or purchase their own food on the way to school, it would be challenging to maintain a completely nut free environment. However, to support students with allergies, we strongly request that parents / carers consider:

- Checking that snacks for school provided by home do not contain nuts or nut derivatives
- Reminding students not to buy snacks with nuts or nut derivatives on the way to school.

Furthermore, we will also seek to educate our students on nut and other food allergies through our Personal Development curriculum so they understand the serious impact that these choices can have.

Thank you for your ongoing support.

Yours sincerely

David Penman
Deputy Head Pastoral