



## Friarage Community Primary School

Friarage  
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Head Teacher: Mrs C Cappleman  
Assistant Head Teacher: Mrs Langley



14<sup>th</sup> September 2020

Dear Parents/Carers,

**We have several children with a nut allergy in school. Nut allergies can lead to anaphylaxis which can cause death. Anaphylaxis is where the throat and mouth swells to such an extent that the person affected cannot breathe.**

**Children with a nut allergy are at risk of anaphylaxis through cross contamination, which can occur when other people eat nuts around them. Cross contamination can occur through skin to skin contact or by nut traces left on door handles, toys and surfaces.**

**To help us ensure children's safety, we kindly request the following:-**

- Please do not bring nut products into school as either snacks, birthday treats or in packed lunches. Nut products include peanut butter, chocolate spread, cereal bars and some cakes and biscuits. You can check if a product has nuts in by looking at the ingredients. All nuts are listed in bold type and are easy to spot. If any nut is listed on the **main ingredients section** it should be avoided.
- If you or your child has a nut based product before school, such as peanut butter, please ensure that teeth are brushed afterwards and there are no traces of food on hands, face or clothes. This will help prevent the risk of cross contamination. If your child has visible signs of nuts on them, such as peanut butter on their jumper, they will not be allowed into school until the afternoon session.

We will be going **'nut free' from Monday 21<sup>st</sup> September 2020.**

In the meantime, if you require any further information or have any questions, please contact the school to make an appointment with me.

Thank you for your co-operation.

Sally Turney – Lead Teacher for Allergy Management





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