



Sir Edmund Hillary Primary School

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22 January 2019

Re: Life Threatening Nut Allergies

We are a Nut Free school

Dear Parents/ Carers,

We have continued to have foodstuffs brought in to school that contain nuts. Twice now this has been in the form of Nutella in sandwiches.

Please do not be dismissive of this problem. The series of recent examples in the media, such as the death of a teenager eating hidden sesame seed ingredients in the Pret-a-Manger sandwich show how real this threat is. It is never known whether the next exposure to the allergen will be life threatening for the children involved. It is known however, that the reaction gets worse and closer to this with every exposure.

This allergic reaction (anaphylactic shock) can occur through **eating** products which contain nuts or through **skin contact** with such products.

Since this condition can be life threatening, we are asking for your help in minimising the risk to children who have this allergy by:

- a) Avoiding giving children nuts in school lunches
- b) Avoiding giving spreads containing nuts such as Nutella, Peanut Butter and snacks/bars containing nuts or labelled "may contain nut traces" in packed lunches
- c) Asking children **not** to share their lunches.

Due to the severity of the problem, it is important that all parents carry out the suggested measures and reduce the risk of allergic reaction to children in our school.

We thank you for your co-operation.

Yours faithfully

Chris Guest
(Head Teacher)

Dzieci nie mogą wnosić do szkoły posiłków zawierających orzechy. W szkole mamy dzieci z groźnymi alergiami na orzechy. Dlatego jesteśmy szkołą wolną od orzechów.