



To all Parents/Carers

Dear Parents/Carers

At St Joseph's we strive to provide a safe learning environment for all pupils. Because some of our pupils have life-threatening nut allergies we are a NUT FREE SCHOOL. An allergic reaction, including anaphylactic shock, can occur through eating nut products, cross-contamination and breathing nut dust in the air. Since this condition can be life threatening, we are asking all members of the school community for their help in minimising the risk to these children by:

- Avoiding giving children nuts, nut products or sesame seeds in their packed lunches, for example:
 - Fruit and cereal bars containing nuts
 - Bread containing nuts or sesame seeds
 - Nutella or similar spreads
 - Peanut butter
 - Cakes and biscuits made with nuts
 - Muesli bars
- Avoiding bringing in products including cakes, sweets and chocolates which contain nuts for birthday celebrations, cake sales or other events
- Avoiding sending containers such as cereal boxes which may have contained produce made with nuts into school for use in art or other lessons.

Our school catering suppliers, Aspens, are a nut free business. All school staff will be adhering to this policy.

We appreciate that many foods are labelled as 'may have been produced in a factory handling nuts and cannot be guaranteed to be nut free' or 'may contain traces of nuts'. Such items will be allowed as it would be unreasonable to expect these to be kept out of school. If a member of staff notices a pupil eating a nut product, the product will be politely removed and a member of staff will explain why this has to be done. Parents/carers will be contacted to explain what has happened and to remind them of our nut-free status. It is important that all parents and carers carry out these measures to reduce the risk of allergic reaction. This policy was initially introduced in the light of recent well-publicised events and has the endorsement of our Governing Body.



Thank you for your co-operation and support in this matter. Please contact me if you have any queries or concerns.

Yours sincerely

Ms R. Gowers
Headteacher