19th September 2019

**Information about nuts and birthday treats**

Dear Parent/Carer

We have taken the decision at Edmund’s RC Primary to become a ‘**nut-aware’** school due to the fact there are children and adults in school who suffer from nut allergies.

People who suffer from nut allergies can develop a severe, potentially life-threatening allergic reaction. If someone has a nut allergy it is not just eating nuts that can cause a severe reaction, just being touched on the skin or smelling the breath of someone who has had nuts or a product containing nuts can trigger anaphylactic shock (which can cause breathing and swallowing difficulties).

Therefore, we would like to share that we cannot have nuts in school in any form. So please can we ask that you have no nut products in the lunch boxes or brought into the school as treats.

For example:

* Peanut butter sandwiches
* Some chocolate spreads
* Some granola bars
* Cakes that contain nuts
* Biscuits / Cookies that contain nuts

This list is not exhaustive, so please check the packaging of products closely. We appreciate that this is an additional thing to check and we hope that you recognise the importance of it.

I know if this was your child you would expect that we all help, especially as it is a life-threatening condition. If you have any questions, please do not hesitate to speak to a member of staff.

Alongside this we would like to share information regarding **birthday treats**. Some parents/ carers choose to send a treat in with their children to share with others in the class. If you choose to do this, please can you make sure that the treat provided is small and wrapped so this can be given out easily at the end of the day. This allows the person who collects their child to check whether the treat is suitable. We ask that unwrapped goods, cakes, lollipops and bags of several items not be brought into school.

If you are unsure about what is appropriate to bring into school or have any concerns, please ask any member of staff either on the door in the morning or when collecting at the end of the day and they’ll be happy to clarify what can and cannot be brought into school.

Thank you for your support with both these matters.

Miss L Moran

Head of School