



ST ALPHEGE CE INFANT SCHOOL

Executive Head: Mrs Liz Thomas-Friend, Head of School: Mrs Jacqui Spinks,
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Dear Parents and carers

'Nut Free Zone' - We need your assistance!

As we now have several children in school who suffer from nut allergies, please could I take this opportunity to remind everyone that our school and Nursery are "Nut Free Zones". Those children, if they come in contact with a nut product, can suffer life threatening consequences. A child with a nut allergy does not have to eat nuts themselves to react, it sometimes only needs to be a touch from someone who has eaten them. **I cannot stress how important it is for everyone to work with us to ensure the safety of all our children.**

This means that the following items cannot be bought into school or nursery;

- Packs of nuts/any nuts
- Peanut butter sandwiches
- Fruit and cereal bars that contain nuts
- Chocolate bars or sweets that contain nuts
- Cakes made with nuts
- Nutella
- Chocolates
- Baklava
- Nougat
- Biscuits (Check all biscuit labels and if you are not sure please leave it out).



Many foods will contain the wording:

- *May contain traces of nuts*
- *We cannot guarantee that this product does not contain nuts*
- *Produced in a factory which handles nut ingredients*

We do not expect you to avoid all of these foods, just those which directly contain nuts or nut products.

Our catering company, Chartwells has a policy not to use nuts in any of their food prepared on site at our school. Their suppliers provide them with nut-free products; however, they cannot guarantee freedom from nut traces.



St Alphege Values



Koinonia



Forgiveness



Trust



Kindness



Love



Joy

**Artsmark
Platinum Award**
Awarded by Arts
Council England

Actions by School Staff:

Staff will continue to monitor packed lunches at lunchtime as much as possible.

Staff will continue to encourage children NOT to share food.

Staff will participate in appropriate training to understand and deal with Anaphylaxis (Severe allergic reactions) and training to administer an EpiPen for those children who carry them.

Please help us in providing a nut free school, minimising the risk for children as much as possible and assisting those parents who have children who may have a life threatening reaction.

Many thanks for your continued support,

A handwritten signature in black ink, appearing to read 'Jacquie Spinks', with a long horizontal flourish extending to the right.

Jacqui Spinks

Head of School