



Hovingham & St Hilda's CE (VC) Primary Schools Federation

Headteacher Mr J. Pynn MA NPQH



23rd September 2019

Dear Parents/Carers

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).

First aid staff in the school are trained to use the Epi-pens (an injection of adrenalin) which is required immediately if this happens.

We cannot have nuts in school in any form. So please can we ask that you have no nut products in lunch boxes or brought into the school as snacks or treats.

For example: -

- Peanut butter sandwiches
- Chocolate spreads
- Cereal bars
- Some granola bars
- Cakes that contain nuts
- Biscuits / Cookies that contain nuts
- Peanut butter cakes
- Satay Sauces that contain nuts

This list is not exhaustive, so please check the packaging of products carefully.

We appreciate that this is an additional thing to check and we know that you recognise the importance of it.

We cannot guarantee that we are a nut free environment, but we can try our best to avoid nuts being in our school. 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 with me.

Yours sincerely

James Pynn
Headteacher

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