



# LITTLE GREEN JUNIOR SCHOOL

Mr D Roberts, Headteacher

20th September 2019

Dear Parents and Carers,

## Life threatening Allergies- No Nut Policy

Anaphylaxis is a severe and often sudden allergic reaction. It can occur when someone with allergies is exposed to something they are allergic to (known as an allergen). Reactions usually begin within minutes and progress rapidly, but can occur up to 2-3 hours later.

This reaction is potentially life-threatening, and **always** requires an immediate emergency response. We have several children in school who have the potential to have this reaction to certain allergens, one of which is nuts. Consequently, I would like to remind all parents that we have a “**no nuts policy**” in school.

Please be aware as to what you put in your child’s lunch box or give them for a snack. Please check the list of ingredients and check that there are no nuts or traces of nuts. For example, we have had cases of children coming into school with Nutella sandwiches and cereal bars with traces of nuts. Should our children with nut allergies come into contact with these foods it could cause a life threatening reaction.

In addition, we promote “Healthy Eating” with the children so please could I take this opportunity to remind all parents that playtime snacks should only be fresh or dried fruit or vegetables.

Kind Regards

Suzanne Boddy  
Assistant Head



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