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## Dear Parents

### Nut Free School

The Constellation Trust is endeavouring for all our schools to become Nut-Free Environments.

We are aiming to protect children who have allergies to nuts yet also help them, as they grow up, to take responsibility as to what foods they can eat and to be aware of where they may be put at risk. Therefore, we are asking you to support us by not including nuts or nut products in school lunch boxes.

Our "Nut-Free Policy" means that the following items should not be brought into school:

- Packs of nuts
- Peanut butter or Nutella sandwiches
- Fruit and cereal bars that contain nuts
- Chocolate bars or sweets that contain nuts
- Sesame seed rolls (children allergic to nuts may also have a severe reaction to sesame)
- Cakes made with nuts
- Any home cooked meals for packed lunches that are made from nuts

We have a policy not to use nuts in any of our food prepared on site at our school. Our suppliers provide us with nut-free products. However, we cannot guarantee freedom from nut traces.

What types of food are nuts?

Almonds (badam)

Cashew nuts (kaju)

Hazelnut

Pistachio (pista)

Walnuts

Brazil nuts

Nut oils

Peanuts

Parents and carers must notify staff if their child has any known or suspected allergy to nuts and provide all medical and necessary information. This will be added to your child's care plan and if necessary, a meeting organised with the school nurse.

Homemade snacks or party food contributions must have a label detailing all ingredients present and the kitchen environment where the food was prepared must be nut free. If you are unsure about a selection, please speak to a staff member before bringing the food item into school.

**The school requests that parents and carers observe the nut-free policy and therefore do not include nuts, or any traces of nuts, in packed lunches.**

All children are regularly reminded about the good hygiene practice of washing hands before and after eating which helps to reduce the risk of secondary contamination. Likewise, children are reminded and carefully supervised to minimise the act of food sharing with their friends.

We hope you will support us in this way forward to become a nut free environment. If you have any questions or concerns please do not hesitate to contact the school on 01482 343507.

Yours sincerely

Mrs M Langton  
Headteacher



Wellbeing Award  
for Schools

2022-2025

