



Head Teacher: Mr. S Crosier BA (Hons) NPQH

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Friday 28th May 2021



Ighthenhill is becoming a Nut-Free school

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.

As we currently have individuals within our school community who have a severe nut allergy, we cannot have nuts in school in any form.

From Monday 14th June, we ask that you have no nut products in lunch boxes or brought into the school as treats. For example : peanut butter sandwiches, nut spreads, cereal bars, some granola bars, cakes that contain nuts, biscuits that contain nuts, breads that contain nuts. This list is not exhaustive, so please check the packaging of products closely. Further details will be shared after half-term in our Nut Free School Policy.

We appreciate that this is an additional thing to check and we know that you recognise the importance of it. If we find any items of food in school that do contain nuts, we will safely remove them and will contact you directly.

As part of our responsibility to keep our school community safe, We do have to insist we are a nut free school. I know if this was your child you would expect that we all help, especially as it is a life-threatening condition.

The school kitchen is already a nut-free zone and all meals served are nut-free.

If you require any further information, please contact the school office.

S Crosier

Headteacher