

6th September 2024

Dear Parents/Guardians

I am writing to inform you that with immediate effect Brymore will be a nut-free school.

Children 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 should this happen. However, we have taken the decision not to have nuts in school in any form and be nut-free to eliminate such occurrences.

Therefore, there are to be no nut products in lunch boxes or brought into the school as 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
- Some Asian food, including satay
- Sauces that contain nuts

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

We appreciate that this is an additional thing to check, however, we know that you will recognise the importance of it. We do have to insist we are a nut free school and 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 to a member of staff.

Yours faithfully



Stefan McHale
Headteacher