



The John Harrox Primary School
Broad Lane, Moulton, Spalding, Lincolnshire, PE12 6PN
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Head Teacher: Mr. D. Pilsworth



5th January 2023

Dear Parent/Carer

RE: We are a nut free school

As you may already be aware, we have pupils and on occasions visitors in school who have a peanut allergy. The anaphylaxis (allergic reaction) can occur as a result of digestion, inhalation, or any other contact with nut-based products. For their safety, all nut-based products have been banned from the school premises for some time.

This is a polite reminder, please do not send your child into school with any nut-based product for a snack or packed lunch – this includes products that may contain traces of nuts. Potential allergens could include the following:

- Spreads, e.g., chocolate spread
- Cereal bars
- Some types of biscuit containing nuts
- Condiments, e.g., satay sauce
- Cakes containing nuts
- Some snack pots containing nuts

It is important that you check the labelling of food products before sending your child in to school with them – it is not always apparent that products contain nuts or traces of nuts.

We also ask that, if your child consumes any nut-based product before school, they wash their hands thoroughly and rinse their mouth before entering the school grounds. We understand that these measures may seem extreme; however, we want to ensure the health and safety of the school community.

Thank you in advance for your cooperation with this matter.

Kind regards,

Mr. D Pilsworth
Head Teacher

