



1 May 2019

Dear Parents/ Guardians

Nut Free Zone

I would like to take this opportunity to remind you that our school is a '**Nut Free Zone**'. We have several pupils who are severely allergic to nuts and coming into contact with nut products or being in an environment where nut products are being consumed could have life-threatening consequences.

Therefore the following items cannot be brought into school;

- Packs of nuts
- Peanut butter sandwiches
- Cereal bars that contain nuts
- Chocolate bars, sweets or biscuits that contain nuts
- Cakes made with nuts
- Nutella
- Pesto

I cannot stress how important this is, please help us to provide a safe environment for all our pupils.

Asthma

Recently we have had a number of pupils with asthma forgetting to bring their inhalers into school and having to use the school emergency inhaler. Please can I ask if your child has asthma that you check they are carrying their inhalers and remind them to bring them into school every day.

Many thanks.

Bethany Connaughton
School Nurse