



Holy Family Catholic Primary School

Hall Lane, Cronton, Widnes WA8 5DW

Tel: 0151 424 3926

Headteacher : Mrs H Rooney

Nut-Free School and Healthy Snacks

Dear Parents/Carers,

Please can we ask for your support and cooperation in this matter. We have a number of children in school with allergies to certain foods and of particular concern to us are children with nut allergies. Pupils with nut allergies can suffer an anaphylactic reaction as a result of **digestion**, **inhalation** or **any other contact** with nut-based products. For their safety, we request that all nut-based products are not brought into school.

From this point forward, 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 / Nutella
- Cereal bars
- Some types of biscuit containing nuts
- Condiments, e.g. satay sauce
- Cakes containing nuts
- Some snack pots containing nuts

We also ask that, if your child consumes any nut-based product eg peanut butter/granola etc before school, they wash their hands thoroughly before coming to school. We understand that these measures may seem extreme; however, even the slightest of contact with nuts could cause a severe and potentially life-threatening reaction and therefore we must collectively do all we can to eliminate such a risk and look after everyone in our school community.

As a school that promotes healthy habits, children are strongly encouraged to bring in a healthy snack such as a piece of fruit for morning breaktime. Crisps and biscuits should only be eaten as part of a packed lunch at dinner time in the hall.

Thank you so much in advance for your cooperation with this matter.

Kind regards,

Mrs Rooney

Respect, Responsibility, Resilience

Email: holy.family@holyfamilycronton.co.uk Website: www.holyfamilycronton.co.uk

Twitter: @HFCronton