

## St Thomas's Centre - Nut Free School

We now have some children in school who have nut allergies that require use of an Epi-pen if they come into contact with nuts. Some staff in school are trained to use the children's Epi-pens (an injection of adrenalin which is required immediately) if this happens.

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).

However, in order to avoid this serious risk to those children, we will now need to enforce our NO NUTS POLICY.

We cannot have nuts in school in any form.

This has been discussed with the Senior Leadership Team and means that both students and staff should not bring in nuts or nut products. Parents/carers should NOT SEND IN NUT PRODUCTS for children's snack or in their packed lunches.

Examples of the items that we do NOT want children to bring to school:

- Peanut butter sandwiches
- Chocolate spreads
- Cereal bars
- Chocolate bars such as Snickers that contain nuts
- 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 we would also ask parents and staff to check the packaging of products closely.

This action has been taken in order to ensure the safety of those children with nut allergies.

We would ask that all parents/carers and staff adhere to it for the safety of all children. If there are any issues that you feel arise as a result of this policy, please arrange to see the Headteacher to discuss them.