

6/9/2021

## Peanut and Nut Free School

Dear Parent/ Carer,

As we make our return to school this week, this is just a quick reminder that Wrotham School is a “nut free” school.

A significant number of our staff, students and visitors have a severe allergic reaction to nuts and peanuts. Severe allergic reactions result in anaphylaxis and can be fatal.

Nuts and Peanuts can cause severe allergic reactions in a wide range of ways. A person with an allergy does not have to eat nuts or peanuts to have a severe reaction, this can be caused by surface contact and airborne particles. This allergy affects approximately 1/50 children and adults.

As a school we have a responsibility to keep our students, staff and visitors safe and to reduce risk of harm. As you can imagine in a busy school environment this can be a challenge and following consideration, we feel the only way to protect those students is by removing the allergens from the school.

Therefore any food that contains peanuts and nuts is strictly prohibited to be brought in or consumed in school.

What this means?

- Peanut and nut based products are not sold in the canteen.
- Students, staff and visitors **are not** be able to bring products containing nuts or peanuts into school.
- Items that are found to break this rule will be confiscated and disposed of safely.

What products **are not** allowed in school?

- Peanuts and nuts and products containing peanuts or nuts.
- Peanut butter or peanut based chocolate snacks (Snickers/ Reece's pieces etc).
- Items where peanuts or nuts are listed as main ingredients.
- Nut or peanut based oils or products.

What products **are** allowed?

- Items that “may contain nuts” and “may contain traces of nuts” or “made in factories that use nuts” These present a low risk and are not direct ingredients in the products.
- All other non- nut based snacks and food stuff.

All pre-packaged food sold within the EU, including the UK, must declare and highlight the presence in the ingredient list of 14 major allergens even if they appear in small quantities. These 14 allergens include peanuts and common tree nuts (almonds, hazelnuts, walnuts, cashew nuts, pecan nuts, Brazil nuts, pistachio nuts, macadamia nuts and Queensland nuts).

To find out more information about nut and peanut allergies please follow the link below:

<https://www.allergyuk.org/information-and-advice/conditions-and-symptoms/778-peanut-allergy>

Thank you for your continued support in keeping our children safe in school.

Kind regards

Mr M. Cater  
Headteacher  
Wrotham School