

Dear Parents/carers

At Dartington C of E Academy, we strive to provide a safe learning environment for all pupils. Due to some of our pupils suffering with life threatening nut allergies, we will become a NUT FREE SCHOOL. An allergic reaction (anaphylactic shock) can occur through ingestion of nut products, cross contamination and breathing nut dust in the air.

Since this condition can be life threatening, we are asking all members of our community for their help in minimising the risk to these children. Staff, children and parents/carers must not send or bring into the academy the following:

- Nuts or nut products in packed lunches or break time snacks.
- Cakes or food items containing nuts for birthday celebrations, sales or events.
- Containers such as cereal boxes for DT / Art lessons which may have contained produce made with nuts

All product packaging must be checked for warnings directed at nut allergy sufferers and if the following or similar are displayed, the product must not be used in the academy:

- Not suitable for nut allergy sufferers
- This product contains nuts (including pine nut kernels, chestnuts)

If the packaging states 'may contain nuts' or produced in a factory that uses nuts' or similar phrase the items may be brought into the academy but only if the ingredients have been separately checked and there are no nuts listed.

Nutritional advice recommends that a packed lunch, from home, is made up of the following:

- A portion of starchy food, e.g. bread, pitta bread, plain crackers, pasta or rice salad
- Fresh fruit and vegetables, e.g. apple/orange/banana, cherry tomatoes, carrots sticks, mini fruit chunks, etc
- A portion of milk or dairy foods, e.g. cheese, plain/fruit yoghurt, etc.
- Small portions of lean meat, fish or alternative, e.g. ham, chicken, beef, Quorn, cheese, tuna, egg or hummus (made without sesame paste), etc.
- A drink - fruit juice, water, milk

In addition, we ask that parents and carers include the following items in moderation:



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# FLOURISHING FUTURES

- Crisps or savoury snacks
- Cakes and biscuits
- Cereal bars

Please note, where a member of staff notices a pupil eating a nut product, the product will be removed politely, and the member of staff will explain why this must be done. We will then contact you, giving you the opportunity to bring in an alternative nut free product or offer the purchase of a school dinner.

Due to the severity of the problem, it is important that all parents carry out the suggested measures and reduce the risk of allergic reaction to our pupils. We realise this is a significant change in the academy policy, but it has been introduced due to specific allergies of some pupils and has been adopted by the Trust so that we take all reasonable steps to keep our pupil's safe.

We thank you in advance for your co-operation and support regarding this matter. If you have any questions or concerns, please feel free to contact the academy office 01803 862357.

Yours sincerely

Mrs Huish



Head Teacher