



Fernhurst Primary School

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Dear Parents/Carers

## NUT ANAPHYLAXIS

I am writing to let you know that four children at Fernhurst Primary School suffer from a comparatively rare but potentially life threatening allergy to nuts. **This includes peanuts and other nuts including hazelnuts, cashew nuts, almonds, brazil nuts, pecans and (even though not technically a nut in botanical terms) coconut.** Several others also have less severe allergic reactions that are nonetheless still serious.

Anaphylaxis is a sudden life-threatening reaction due to the consumption/ingestion of a particular food; research is still continuing on the causes of anaphylaxis but reactions can be triggered by a wide range of everyday products that cause no harm to the majority of the population.

Nut allergies are set apart from other allergies by the fact that increasing evidence shows that the allergen may trigger a response from particles in the air or by touch. Whilst we do not wish to place restrictions on food being brought in to school (especially for celebrations) risks can be minimised by support from the school community. **We would ask that you do not bring foods containing nuts into school including bags of nuts, peanut butter or other spreads containing nuts (eg. hazelnut) and biscuits and cakes that contain a nut ingredient. This includes:**

- School packed lunches (in school or on trips)
- Gifts and presents
- Celebration foods
- After school cake sales

**If you do send/bring in foods from home for consumption by other children we kindly request that you provide an ingredients list so that permission can be sought from parents of children with allergies.**

It is inevitable that products with nut constituents will continue to be found in school as the range of foods and snacks that contain nuts or nut oils is broad, however the school will continue to take the best precautionary measures we can.

Thank you for your cooperation and support.

Mrs G Richardson  
Headteacher