



17 September 2026

RE: Nut Allergy Awareness

Dear Parent/Carer

The safety and wellbeing of our students is always a priority. Within our school community, we have both students and staff with severe nut allergies. These allergies can be triggered by peanuts or tree nuts, including cashew nuts, Brazil nuts, almonds, hazelnuts, pecans, walnuts, macadamia nuts, pine nuts and pistachios.

For some individuals, consuming nuts, even in very small quantities, can cause a serious allergic reaction. In the most severe cases, contact with contaminated surfaces or exposure to airborne nut proteins may trigger an anaphylactic reaction, which can be life-threatening.

Whilst we recognise that, particularly among older students who may prepare or purchase food independently, it is not possible to guarantee a completely nut-free environment, we ask all families to help us minimise risks by:

- Not bringing nut-based products in packed lunches, including items such as peanut butter sandwiches, Nutella, nut bars and snacks containing nuts.
- Talking to your child about the importance of not sharing food and being considerate of peers who may have allergies.
- Informing the school if your child has an allergy or medical condition that we may not already be aware of, so that appropriate support and safeguarding measures can be put in place.

As part of our commitment to student safety, we will continue to educate students about food allergies through our Personal Development curriculum, helping them to understand the potentially serious consequences that allergies can have for others.

In accordance with new statutory guidance under Benedict's Law, the Trust's Allergy Policy can be found on the school website this September. Further information and resources about allergies and anaphylaxis can also be found at:

The Anaphylaxis UK website: <https://www.anaphylaxis.org.uk/>

Thank you for your support and cooperation in helping us keep all members of our school community safe.

Kind regards,

Phil Smith

Headteacher