

IMPORTANT INFORMATION REGARDING ALLERGIES

At St. Mark's we have a number of children with severe allergies and part of our school's safeguarding practice is that we must inform you as parents and carers about the seriousness of one of the most common allergens – NUTS.

Nuts can cause severe allergic reactions in a wide range of ways. A person with an allergy does not have to eat nuts to have a severe reaction; this can be caused by surface contact and airborne particles. Peanut allergy affects around 2% (1 in 50) of children in the UK and has been increasing in recent decades.

As a school, we have a responsibility to keep our pupils, staff and visitors safe and to reduce risk of harm. The safest way to protect children with nut allergies is by preventing the allergens from entering school.

What will this mean?

- Pupils, parents, staff and visitors **MUST NOT** bring products containing nuts or peanuts into school.
- Parents and carers **MUST NOTIFY** staff if their child has any known or suspected allergy to nuts and provide the necessary medical information.

What products will not be allowed in school?

- Peanuts and nuts and products containing peanuts or nuts.
- Peanut butter or peanut based chocolate snacks, for example Snickers and nut based chocolate spreads etc.
- Items where peanuts or nuts are listed as main ingredients.
 - Suncream with an almond oil base
 - Nut or peanut based oils or products.



This list is not exhaustive, so please check the packaging of products carefully.

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 that fit our healthy school approach.

Any parent not adhering to these measures will be contacted directly by school staff.

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

Yours sincerely,

Mrs. Linley and the St. Mark's Team