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## Old Basford School

Percy Street, Old Basford

Nottingham, NG6 0GF

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www.oldbasfordschool.co.uk

### Healthy Lunchboxes, Snack and Water Bottles

Dear Parents/Carers,

September 2024

I wanted to take this opportunity to remind all parents about our school policy on healthy lunch boxes and snacks.

Most importantly, we are a **Nut Free School** including whole nuts, peanut butter and chocolate spreads. We have several children in school who are very allergic to nuts. As this can be an airborne allergy, we ask parents please **NOT** to pack nuts of any kind in their child's lunch or as a snack.

We also ask that your child's lunchbox is a balanced meal from a variety of food groups. Listed below are some ideas:

- Sandwiches or rolls, pitta bread, wraps, bagels or scones (wholemeal varieties are healthier)
- Dips with vegetable sticks
- Crackers, cheese, bread sticks, cheese straws, tortilla chips
- Pasta, rice and noodles
- Fruit salad
- Scotch eggs
- Sugar-free jelly, yoghurt, fromage frais, rice pudding, custard pots
- Plain popcorn
- Raisins, sultanas and currants
- Scones or fruit buns
- Fruit / vegetables (whole or pieces)



Please remember your child is **NOT** allowed to bring fizzy drinks and sweets in their lunchbox and we ask that they only have one small 'treat' such as a plain biscuit or small cake as part of their healthy meal.

#### Snacks

If you would like to send your child with a healthy snack (fruit) to school to eat during their morning playtime, please do so. Foundation stage and KS1 (Classes 1-6) are given free fruit daily as a part of the Government scheme.

#### Water Bottles

Please ensure that your child brings a water bottle to school with them everyday. These bottles must only have plain water in them.

If your child has a named medical condition or a special educational need/reason that requires them to need an alternative to water, please speak to your child's class teacher via the pupil diary, informing them of why.

We thank you for your support with keeping our school and pupils healthy.

Yours sincerely

Mrs L Duffin  
Headteacher





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Dear Parents / Carers

People who suffer from nut allergies can develop a severe, potentially life-threatening allergic reaction called Anaphylaxis.

If someone has a nut allergy it is not just eating nuts that can cause a severe reaction. Being touched on the skin, smelling the breath of someone who has had nuts or a product containing nuts as well as airborne allergies, can trigger anaphylactic shock (which can cause breathing and swallowing difficulties).

We are a 'Nut Free School' because we have children in school who are allergic to nuts. As this is a life-threatening condition, we please ask that you have no nut products in your child's lunchbox or brought into school as a treats.

For example, this includes:

- Peanut butter sandwiches
- Spreads such as Nutella
- Some cereal bars
- Some granola bars
- Cakes that contain nuts
- Biscuits / Cookies that contain nuts
- Peanut butter cakes
- Some Asian food, including Satay
- Sauces that contain nuts

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

We appreciate that this is an additional thing to check and we know that you recognise the importance of it. I know if this was your child you would expect that we all help, especially as it is a life-threatening condition.

If you have any questions, please do not hesitate to speak to a member of staff.

Thank you

