



Opportunities
Bring
Success

Old Basford School

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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 treat.

For example, this includes:

- Peanut butter sandwiches/Cakes
- Chocolate Spreads such as Nutella
- Some cereal bars
- Some granola bars
- Cakes that contain nuts
- Biscuits / Cookies that contain nuts
- 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

Mrs Duffin

