



Dear Parents/Carers,

Can we please remind you we are a **NUT FREE SCHOOL**.

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

If someone has a nut allergy it is not just eating nuts themselves that can cause a severe reaction; a packet containing nut products being opened in the same room, being touched on the skin or smelling the breath of someone who has had nuts can trigger anaphylactic shock (which can cause breathing and swallowing difficulties).

First aid staff in the school are trained to use Epi-pens (an injection of adrenalin) which is required immediately in the instance of an allergic reaction.

We do have children in our community with dangerous nut allergies and for this reason, we cannot have nuts in school in any form. Please can we ask that you help to keep these children safe and ensure no nut products in lunch boxes or snack are brought into the school.

**Example of products, which may contain nuts:**

- Peanut butter sandwiches
- Hazelnut chocolate spreads
- Hazelnut chocolate bars – e.g. Nutella based snacks
- Cereal bars/ granola bars
- Cakes that contain nuts
- Biscuits / cookies that contain nuts
- Sauces that contain nuts - including Satay sauces

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

We understand that this is an additional thing to check and we know that you recognise the importance of it.

If you have any questions, please do not hesitate to speak to Mrs Baker in the school office or email [schooloffice@christchurch-moreton.wirral.sch.uk](mailto:schooloffice@christchurch-moreton.wirral.sch.uk).

Thank you for your continued support.

Christ Church School