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9th. September 2020

Dear Parents,

Re: Nut Free School

At The Bishop's Stortford High School we strive to provide a safe learning environment for all students. Due to some of our students and staff suffering with life threatening airborne nut allergies, we became a 'Nut Free School' as from January 2020. An allergic reaction (anaphylactic shock) can occur through ingestion of nut products, cross contamination and breathing nut dust in the air. Since this condition can be life threatening, we are asking all members of the school community for their help in minimising the risk to these children and adults and:

- a) Avoid giving children nuts or nut products in packed lunches
- b) Avoid giving nuts or nut products or snacks/bars containing nuts for break time snacks
- c) Avoid supplying the school with cakes or food items containing nuts for birthday celebrations, sales or events
- d) Avoid sending containers such as cereal boxes for DT / Art lessons into school which may have contained produce made with nuts

Catering in school will also be 'nut free'.

We understand that many foods are labelled as '*may have been produced in a factory handling nuts and cannot be guaranteed to be nut free*'. Such items **will** be allowed as it would be unreasonable to expect these to be kept out of school.

Due to the severity of the problem, it is important that all parents carry out the suggested measures and reduce the risk of allergic reaction to these members of our school community. I realise this is a change to our school approach but it has been introduced so that the school takes all reasonable steps to keep all of its students safe.

We thank you in advance for your co-operation and support regarding this matter.

Yours sincerely,

Miss Wendy Butler

Assistant Headteacher – Student Welfare and Inclusion

Designated Senior Person/Mental Health Lead



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