

## WHY IS OUR SCHOOL A NUT FREE ZONE?

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Some children can have a life threatening reaction not only to peanuts but to all nuts. If peanut butter or even the slightest amount of any type of nut enters the body (through the eyes, nose or mouth) their body will trigger an immediate defence and send out extra antibodies to fight the allergen. This can cause the face to swell and the throat to swell and tighten. Without immediate medical treatment this can, in some severe cases, result in death.

### What are the symptoms of a food allergy?

For many children, the symptoms of food allergy are mild. In severe cases, symptoms may include flushing of the skin, swelling of the throat and mouth, severe asthma, abdominal cramps, nausea and vomiting. In very severe cases there may be collapse and unconsciousness, although this is rare.

At Burnhope Primary School we have a duty of care to all pupils, so we need to have procedures in place to minimise the risk of a reaction occurring in a food-allergic child. We ask all parents for their co-operation in making life safe for allergic children.

### What are we asking Parents to do?

We are asking that any snack or packed lunch that is sent in to school is nut free. Our school caterers already operate a 'nut free' policy with lunches that are provided to us daily. It sounds simple but 'nut free' doesn't just apply to peanut butter sandwiches or cookies. Other foods like cereal bars, muffins and chocolate spread may also include nuts or nut oils and the only way to know is to read the food label before packing up your child's lunch or snack.

If your child has any food that could contain nuts for breakfast (eg cereal, peanut butter on toast) we ask that you make sure they wash their hands thoroughly before coming in to school. For a child with a severe nut reaction, simply brushing against a surface (such as a door) that has been touched by someone who has traces of nuts on their hands can be life threatening.

**ANY BIRTHDAY CAKES BROUGHT INTO SCHOOL NEED TO BE NUT FREE.** Thank you.

# PLEASE



# NO PEANUTS OR NUT PRODUCTS

## WHERE CAN I LEARN MORE?

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Information about nut allergies and anaphylaxis can be found at:

<http://www.anaphylaxis.org.uk>

<http://www.allergyuk.org/peanut-and-tree-nut-allergy/peanut-and-tree-nut-allergy>

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This is a **'nut free'** school.  
In the interests of other children with nut allergies, please do not include nuts in your child's packed lunch