

## Education Services

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Dear Parents

Food allergies are becoming increasingly common among children and this year there are pupils in our school who have severe, air-borne allergies to the food items detailed below:

**All nuts**  
**Peas**  
**Lentils**  
**Chickpeas**  
**Sesame**  
**Ginger**

Any exposure to these items, even a tiny amount, could be potentially very serious and life threatening for these children. We do ask our pupils and families to help make the school environment safer for all students by following these simple suggestions:

- Please avoid sending foods that contain nuts, such as peanut butter or Nutella sandwiches, muesli or health bars with nuts to school with your child. Also please do not send lentil soup, ginger biscuits/gingerbread men or anything containing the items listed above.
- Please always contact the class teacher before sending any food for sharing with the class for special celebrations like birthdays, Easter or Christmas.
- Please remind your child never to share his/her food and drink with other pupils.
- Please wash your child's face and hands thoroughly before they leave home, especially if your child has eaten any of the allergens listed above.
- Please remind your child often to wash their hands before and after eating.

We have added a list of allergen free snacks that could be sent to school if you wish on the other side of this letter

We greatly appreciate your support for children with food allergies.

Thank you for helping to support our school community.

Yours sincerely

Mrs Colette Wallace  
Headteacher

### Nut free Allergy Friendly Snacks:

- Popcorn
- Fresh fruit
- Cheese sticks
- Yoghurt
- Hard-boiled egg
- Dried fruit
- Fresh veggies

### Lentil/Pulses & Ginger friendly snacks:

- Popcorn
- Fruit
- Craisins or raisins
- Marshmallows
- Dried fruit – apple chips/banana chips
- Veggies
- Crisps & salsa
- Fruit strips
- Cold meat
- Crackers and cheese
- Frozen fruit