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Dear Parents/Carers/Staff/Visitors,

It has become necessary for us, as a school, to become a **PEANUT FREE** environment to ensure the safety of all children on our roll. Therefore, we are banning peanuts from school with immediate effect and are asking for your support with this.

We would be grateful if you could ensure that your child's snacks and packed lunch do not contain peanuts or have any food items that include peanuts within their listed ingredients. We understand how difficult this can be for you as lots of foods contain hidden peanuts, but your support of this could potentially save a severe allergic reaction.

Below you will find a few facts around peanut allergies which we hope you will find informative:

What is a Peanut allergy?

- Peanuts are a common cause of food allergy, caused when the immune system reacts to the protein found in peanuts. Peanut allergy affects around 2% (1 in 50) of children in the UK and has been increasing in recent decades. It usually develops in early childhood but, occasionally, can appear in later life.
- It is important to know that peanuts are a legume and from a different family of plants to tree nuts. A peanut allergy does not automatically mean an allergy to tree nuts although it is not uncommon to be allergic to both peanuts and some tree nuts.

What happens to someone with Peanut allergy?

- Reactions can vary from person to person and symptoms can be mild to severe.
- Examples of mild reactions: Itchy mouth, tongue or throat; swelling of lips, eyes or face; red itchy rash (hives); vomiting or diarrhoea; sneezing or runny nose.
- Severe reactions can be: swelling of the tongue or throat, difficulty breathing or swallowing, dizziness and collapse.

As parents and carers of children yourselves, we are sure you understand how any of the above, mild and severe, symptoms could be distressing for a child or parent to experience. So, we urge you to support us fully with this whole school measure to safeguard children in our care with this allergy.

Yours Faithfully,

Mrs S Sheridan
Head of School