



CASTLEHEAD HIGH SCHOOL



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Head Teacher: Mr Gordon Menzies

Children's Services

Director: Janie O'Neill

RE: Banning nut-based products from school

Dear parent/carer,

We have a pupil who attends our school, who has a severe peanut allergy. The pupil's anaphylaxis (allergic reaction) can occur as a result of digestion, inhalation or any other contact with nut-based products. For their safety, all nut-based products have been banned from the school premises.

From this point forward, please do not send your child into school with any nut-based product for a snack or packed lunch – this includes products that may contain traces of nuts. Potential allergens could include the following:

- Spreads, e.g. chocolate spread
- Cereal bars
- Some types of biscuit containing nuts
- Condiments, e.g. satay sauce
- Cakes containing nuts
- Some snack pots containing nuts

It is important that you check the labelling of food products before sending your child in to school with them – it is not always apparent that products contain nuts or traces of nuts.

We also ask that, if your child consumes any nut-based product before school, they wash their hands thoroughly and rinse their mouth before entering the school grounds. We understand that these measures may seem extreme; however, we want to ensure the health and safety of all our pupils, and the pupil in question's allergy is so severe that even the slightest of contact with nuts would cause a severe and potentially life-threatening reaction.

Further to these provisions, the school will no longer be serving dinners that contain nut-based products – this includes products that are labelled as 'may contain traces of nuts'. We will also ensure all food tables are disinfected before and after being used with antibacterial wipes and cleaning fluid.



Castlehead is a **Nut Aware** School. Please do not bring products containing nuts into school.





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Due to the severity of the pupil's allergy, if any pupil is found with a nut-based product after this letter has been distributed, the school will have to confiscate and dispose of the item immediately.

We appreciate that this is a big change for all and apologise for any inconvenience this may cause.

Gordon Menzies
Head Teacher



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