



Tuesday 22nd March

Dear Parents/Carers

We welcome children bringing in healthy snacks such as fruit and cereal bars for playtime however can we remind you that we are a **nut free school** and so these should be avoided at all times. A number of children in school have a severe allergy to nuts. Should any of these children come into contact with nuts, it may be necessary for the staff to administer an epipen and call an ambulance.

Obviously, this is a very serious and potentially **life threatening** matter for the children concerned. I ask you again to **not send your child to school with a packed lunch that contains peanut butter, chocolate hazelnut spread, raw nuts of any kind or any other item that may contain nuts.**

Here are some ideas of things to include to ensure your children are getting the most from their lunches and snacks

- **Plenty of fruit and vegetables** i.e. carrot and cucumber sticks, cherry tomatoes, satsumas and a banana.
- **A good portion of starchy food** e.g. Crackers or Twiglets. Bread sticks, filled pitta bread, pasta or rice salad.
- **A portion of protein** e.g. butter beans, lean meat, boiled egg, tuna or hummus. These can be used either as fillings or to accompany rice or pasta.
- **A portion of dairy** e.g. this could be an individual chunk of cheese or used as a filling or a pot of yoghurt.



We also encourage the children to bring water instead of juice to school. Please remember to make sure your child's water bottle has their name on it.

Please do not send your child to school with unhealthy snacks and drinks like chocolate bars and squash.

Thank you for support

Mrs Albert
Head of School

