



**Barrow CEVC
Primary School**
Inspire, Create, Discover, Together

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Headteacher: Mrs H Ashe BA (Hons)



Dear Parents/Carers

Food Allergies in School

As you will already be aware, as with the majority of schools, we are a nut free school. This means children are not permitted to bring any food items into school for packed lunch that contain nuts. This is because we have a small number of children in school with a severe nut allergy.

It is now necessary for us to ask parents and carers **not to give their children products containing sesame seeds in addition to nuts.**

Children suffering from such allergies can be affected and then become seriously ill very quickly after accidentally eating, touching or coming into contact with surfaces which have been contaminated with nuts and sesame.

It is vitally important, due to allergies of some of our pupils that the following foods are not included in pupil's packed lunches.

Please do not send nuts in any form e.g peanut butter and snack bars containing them.

Please do not make sandwiches using seeded bread, rolls with sesame seed topping, bread sticks with sesame, hummus or any products containing tahini or snack bars containing sesame. If you are unsure then all products show clearly on ingredients any allergen contents.

As always, children's safety, health and wellbeing are paramount at school and we hope that with this in mind, parents will support us fully with this new rule.

If you have any questions, please do not hesitate to come and speak to myself or Mrs Woodland.

Kind regards

Nadine Fairweather
Deputy Head Teacher