



August 2023

REMINDER:NUT ALLERGY

Dear Parent(s) / Legal Guardian(s),

Due to a number of pupils in the school with serious food allergies we request that parents/guardians do not send food containing **NUTS**, e.g. nutella or peanut butter, nut products, cereal bars which contain nut or nut traces, food containing nuts and food cooked in nut based oil in your child/children's lunches.

This allergy is life threatening for some pupils. **If they consume/inhale nuts or traces of nuts they** may have an anaphylactic reaction which **could** be fatal.

An emergency procedure has been put in place in the school, but we all hope that it will never need to be implemented. By being careful with what food your child brings to school you will help in making school safe for those pupils with anaphylaxis.

*In order to promote good eating habits in accordance with Departments of Health and Education guidelines, lunches/snacks should consist of sandwiches/wraps/rolls, fruit, vegetables, pasta, yoghurt and water/a non-fizzy drink. We are asking you **not** to send cereal bars, winders etc in your child's lunch. Crisps, bars, sweets and chewing gum are **NOT** allowed in the school. Lunches should be brought to school in an airtight re-usable container to cut down on litter and minimise our bin charges in accordance with our Green flag status.*

We thank you for your co-operation.

Ms Catherine McHale (Principal)

Mrs Ann Murrihy (Green School Co-ordinator)