

Abbot's Hall Primary School

Danescourt Avenue, Stowmarket
Suffolk IP14 1QF
Telephone: (01449) 612818
e-mail: office@abbotshall.suffolk.sch.uk



Headteacher: Mrs. R. Bailey

Dear Parents,

We now have a number of children in school who are extremely and severely allergic to a variety of nut and seed related foods and we would like to take this opportunity to update key information regarding these allergies in school.

Both the children and the parents manage this condition superbly but the fact is that if one of these children comes into ANY CONTACT with these foods, either directly or even by touching someone who themselves has been eating them, then this could have serious health implications. Staff have been trained in administering an 'Epi-Pen' should such an incident occur but we would obviously like to minimise the risk of this ever happening.

I ask your co-operation in making the school a 'nut AND seed-free zone'. Any food sent into school **must NOT contain nuts or seeds of any kind**, for example: seeded bread, cereal bars, some biscuits and chocolate and anything containing nut or seed oils.

I am aware of the inconvenience that checking food labels and ingredients may cause however, I am sure that you can appreciate the importance of this request. I trust that everyone will join the staff and catering service in making Abbot's Hall as safe as possible for all.

In order to assist as much as we can, we have worked with the families of the children affected to come up with a list of foods that **would definitely cause the most serious harm and are therefore not allowed in school**:

Nutella Chocolate Spread
Peanut Butter (of any kind)
Houmous
Sesame Snap Bites
Milky Way Magic Stars
Snickers Chocolate Bars
Picnic Bars
Fruit and Nut Bars
Peanut M&Ms
Chocolate and Nut Cookies
Cakes containing Almond Essence and other nuts e.g. Bakewell Tarts / Battenburg Cake / Almond Slices / Date and Walnut Slices
Cereal Bars (containing nuts and/or seeds)
Anything containing marzipan
Kinder 'Happy Hippo' (very serious as contains bits of hazelnut)
Sesame Breadsticks
Crispbreads and Crackers containing seeds
Tiger Bread

Any bread, brown or white (except Tiger Bread) is OK as long as there are no seeds or nuts on or in it.

This isn't a definitive list as there are many items with hidden nut and seed based ingredients but these are some of the very worst offenders. The families have reassured us that where packaging says "may contain traces of nuts" or other similar comments, these foods would be OK to bring into school as they are of much less risk than the above.

If you are unsure about the suitability of any food products, please do not hesitate to contact us.

Once again, thank you for your support.
Yours sincerely,

Mrs R Bailey
Headteacher

