West Hill
Primary Academy

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Dear Parents and Carers

West Hill Primary Academy is a food allergy and nut aware school.

The most common of these allergens are eggs, fish and shellfish, soy and wheat.

Nut allergies are caused by peanuts, or tree nuts (cashew, brazil, almond, hazelnut, pecan, walnut, macadamia, pine and pistachio). The most serious risk at West Hill are nut allergies which can cause life threatening anaphylactic reactions to some of our students.

For some students with this allergy, eating these foods (even in trace amounts) may cause serious reactions that can result in death. However, some students have allergies so severe, that even touching contaminated surfaces, or breathing in airborne nut protein, may cause a fatal anaphylactic reaction.

A wealth of resources and information on allergens and reactions can be found on the Anaphylaxis Campaign website:

https://www.anaphylaxis.org.uk/

To maintain the safety of all students, we strongly request that Parents and Carers of students at West Hill help us to ensure that all food brought into school is **nut free**.

Whilst we recognise the challenges of maintaining a nut-free environment, we ask you to support our school in being food allergy aware by:

- Ensuring that students do not bring in snacks with nuts of nut derivatives from home. This includes Nutella and most supermarket chocolate spreads.
- Reminding students not to buy snacks with nuts or nut derivatives on the way to school, to bring into school.

Should a product containing nuts be brought into school, the item will be removed and replaced with an appropriate substitute, and we will communicate with Parents and Carers this course of action.

Thank you in advance for your support.

West Hill Primary Academy