

Icknield Way, Luton, Bedfordshire LU3 2BT

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Dear parents/carers,

At Grasmere Nursery School, we want to make sure our pupils with allergies feel safe at school. So, we are asking everyone in our school community to do their bit to become allergen aware.

Please take a look at the enclosed factsheet from The Allergy UK, or visit <https://www.allergyuk.org> to find out more about allergies.

### **Why is this important?**

At our school we have pupils with a range of allergies including: **eggs and nuts**.

These pupils are at risk of serious harm if they have an allergic reaction, so we ask that everyone does what they can to help us keep them safe. This means that, we are a **NUT FREE** school.

### **What does "nut-free" mean for our school?**

1. **No Nuts on School Grounds:** We kindly request that you do not send any nut-based products (including peanut butter, almonds, cashews, etc.) in your child's lunch or as snacks for school events or celebrations.
2. **No Nut-Containing Foods:** We ask that you carefully read food labels when sending packaged snacks or treats to school for special occasions, and avoid items that contain nuts or have been processed in facilities that handle nuts.

### **How can you help?**

- Let us know if your child has an allergy.
- Talk to your child about allergies and the importance of:
  - Taking allergies seriously
  - Not sharing food with their friends
- **If** your child has a packed lunch, label your child's water bottle and lunch box with their name, to avoid any confusion.
- Do not send in food which contains **EGGS** or **NUTS** for your child's packed lunch or for birthday treats.

If it is your child's birthday and you would like to send in some treats for your child to share with their friends, we can only accept shop-bought food in its original packaging. This is so that we can check the ingredients list and be sure that the food is safe for all our pupils to eat.

- When sending in food for your child to share with their friends please ensure:
  - It is in its original packaging.
  - Let us know if there has been any risk of contamination with an allergen.
  - Let us know in advance so that we can warn any parents of pupils with allergies
  - Please speak to you child's class teacher for advice of the types of items you could bring in.

If you have any questions or concerns about allergies, please get in touch with **Barbara Tewe** or our reception team on 01582 572239 or on [admin@grasmere.nurseryluton.com](mailto:admin@grasmere.nurseryluton.com)

Best wishes,

**Barbara Tewe**  
Headteacher