



JB/CB

3 September 2026

Dear Parents and Carers,

Nut Allergies

I am writing to remind you that we have several students in school who suffer from nut allergies. These allergies can cause severe, potentially life-threatening allergic reactions. When someone has a nut allergy it is not just eating nuts that can cause a severe reaction, just being touched on the skin or smelling the breath of someone who has had nuts or a product containing nuts can trigger anaphylactic shock.

Therefore, we cannot have nuts of any form in school. So please can we ask that no nut products are in lunch boxes or brought into the school as a snack. Noted below are some examples are products that may contain nuts, however this list is not exhaustive, so please check the packaging of products closely.

Examples:

Peanut butter sandwiches
Chocolate spreads
Cereal bars
Some granola bars
Cakes that contain nuts
Biscuits / Cookies that contain nuts
Peanut butter cakes
Sauces that contain nuts

We appreciate that this is an additional thing to check, however we know that you will recognise the importance of it. We do have to insist we are a nut free school. I know if this was your child you would expect that we all help, especially as it is a life-threatening condition.

If you have any questions, please do not hesitate to me at school via email on office@westcraven.co.uk.

Yours sincerely,

Mr J Bates
Principal

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