NUT FREE POLICY



We have a number of children and staff who have a severe, potentially life threatening nut allergy, not only are they allergic to nuts they also cannot tolerate having any food substances with nuts in. The school is therefore (in line with other schools) now a NUT FREE zone. Please ensure that your child does not bring any nuts or food items to school which have nuts as a listed ingredient.

Snacks

Sweets are not allowed in school.

We are part of the National Fruit and Vegetable Scheme, which provides pupils in Year R, Years 1 and 2 with a fruit or vegetable snack each day. These are used to supplement any fruit or vegetables brought from home.

All children may bring one of the following as a snack for morning break:

- fresh fruit or vegetables
- dried fruit (such as raisins or apricots)
- a couple of plain biscuits (e.g. digestive, rich tea)
- a couple of plain crackers or mini-breadsticks
- a small quantity of unsweetened cereal (in a suitable re-usable container)

Children are **not** to bring:

- fruit derivatives which are effectively concentrated fruit puree with high sugar,
- fruit in syrup, jelly or similar
- dried fruit coated in yoghurt or chocolate,
- sweets or chocolate (including chocolate biscuits)
- nuts (including peanuts) or any product containing them, including peanut butter
- cereal bars (which may contain nuts or other allergens such as sesame, even in small quantities)