



Coleham Primary School

For every child, an Excellent Education

Greyfriars Road, Shrewsbury, Shropshire, SY3 7EN

T: 01743 362668

E: admin@colehamprimary.co.uk

E: businessmanager@colehamprimary.co.uk

W: www.colehamprimary.co.uk

Twitter: @colehamprimary

Headteacher: Ms C Jones

Deputy Headteacher: Mr T Larkham

4th September 2020

Dear Parents and Carers,

NUT AND SEED ALLERGIES: NUT-FREE SCHOOL REMINDER

As you will be aware, we are a Nut-Free School. This means that we **cannot** have any food products with nuts, seeds, traces of either or that were manufactured in a factory that handles nuts/seeds.

We have several members of our community who suffer from nut and seed allergies – some quite seriously – so it is vitally important that we are all considerate and vigilant.

There have been a number of incidents this week where children's packed lunches and morning snacks have not been suitable. Foods like pesto, hummus and cereal bars do not always obviously contain nuts or seeds, but we urge you to carefully read labels before sending them into school. Allergens are usually labelled in **bold**. Please do not send the food in if the label says:

- *Contains nuts*
- *Contains seeds (sesame etc)*
- *Contains 'traces' of nuts/seeds*
- *Manufactured or packaged in a factory that handles nut products*

I have attached a handy guide to some foods that may have nuts and seeds which you wouldn't necessarily expect to do so. If in doubt, **DO NOT** send them in. To be extra safe, we recommend that your child's morning snack is a piece of fruit.

Many thanks for your support.

Yours sincerely,

Mr T Larkham
Deputy Headteacher