



Cloudside Academy  
A L.E.A.D. Academy



**THANK YOU**  
for keeping our school safe!

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Headteacher: Mrs Melindar Kaur

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Dear Parents and Carers,

People who suffer from nut allergies can develop a severe, potentially life-threatening allergic reaction.

If 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 (which can cause breathing and swallowing difficulties).

First aid staff in the school are trained to use the Epi-pens (an injection of adrenalin) which is required immediately if this happens.

We have a child in school with a severe nut allergy and it is for this reason why we cannot have nuts in school in any form. As a school we have a duty of care towards all our children and adults and in order to safe guard this child and others with allergies we must ask that you put no nut products in the lunch boxes or snacks brought into the school as treats.

For example

- Peanut butter sandwiches
- Chocolate spread or products including Nutella
- Cereal bars containing nuts
- Granola bars containing nuts
- Cakes that contain nuts
- Biscuits/cookies that contain nuts
- Peanut butter cakes
- Some Asian food, including satay
- Sauces that contain nuts

This is not an exhaustive list, so please check the packaging of products closely. We appreciate that this is an additional thing to check and we know that you recognise the importance of this change. We do have to insist we are a nut free school. I know if this were 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 speak to a member of the school team.  
Yours sincerely

Mrs McIntyre  
Executive Headteacher



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