

8<sup>th</sup> February 2023

Dear Parents/Carers

I am writing to remind you that Ashmole Academy is a 'nut free' school. In the interests of protecting pupils with nut allergies, we request that you do not send your child to school with any of the following:

- Packaged nuts
- Peanut butter or chocolate spreads containing nuts
- Cereal, granola or chocolate bars containing nuts
- Cake or biscuits containing nuts
- Peanut-based sauces like satay
- Any food made with sesame seeds (which can cause a similar allergic reaction)

The above list is not exhaustive. Please check the ingredient lists carefully.

Both children and adults with severe nut allergies can suffer from life-threatening reactions if they eat, smell, or touch any foods containing nuts. We are therefore grateful for your cooperation in helping to keep our pupils and staff safe.

If you have any questions, please feel free to contact me.

Yours faithfully



Mrs R McLaren  
**Deputy Head Teacher**