

Montgomery Way, Winsford, Cheshire CW7 1NU Telephone: 01606 551048

Head Teacher: Neil Oxley

26th January 2023

Dear Parents/Carers

Nut free school

I am writing to inform you that Oaklands School is a now a 'nut free' school. This decision has been taken as children 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.

From now on, we cannot have nuts in school in any form as it is not fair or right to put any child at risk. So please can we ask that you have no nut products in the lunch boxes or brought into school as treats.

For example:

Peanut butter sandwiches

Chocolate spreads

Cereal bars

Some granola bars

Cakes that contain nuts

Biscuits / Cookies that contain nuts

Peanut butter cakes

Some Asian food, including satay

Sauces that contain nuts

This list is not exhaustive, so please check the packaging of products closely.



We appreciate that this is an additional thing for you to check, and that you may need to buy different food products. However, I am sure you recognise the importance and that we must work together to care for all the children who attend Oaklands.

Thank you in advance for your support in this matter, as always, it is very much appreciated. I will be discussing this issue at the next parents / carers' coffee morning on Friday 10th March to gather your feedback.

If you have any questions, please do not hesitate to speak to a member of staff.

Yours sincerely

Mr N Oxley

Headteacher