



### Nut & Seed Allergies

As serious nut and seed allergies become more common, appropriate action needs to be taken in school to reduce the risk of an allergic reaction occurring. Ensuring the safety of our medically vulnerable students is vital. A severe allergic reaction (anaphylaxis) occurs when the allergens (eg: nuts & sesame seeds) come into contact with the individual with that specific allergy. This may occur by being in the same room as the allergen, touching the allergen or consuming the allergen. As this condition is life threatening, we are asking you to follow the guidelines listed below:

1. Avoid giving pupils peanuts/sesame seeds in lunch boxes.
2. Avoid putting spreads containing nuts/traces of nuts on sandwiches
3. Avoid putting snack bars containing nuts/seeds in lunch boxes
4. Ask children **not** to share their lunches

Adhering to the above requests may save a child's life.