

Haydon Abbey School and Pre-School

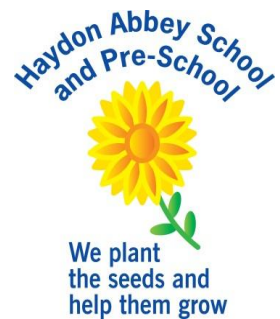
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Headteacher: Miss Ashleigh Ferdinand



9 June 2026

Subject: Important Safety Reminder: Life-Threatening Allergies and Our Allergy-Aware Policy

Dear Parents and Carers,

As part of our commitment to keeping all of our pupils safe, we are writing to share an important reminder regarding our school's allergy-aware policy.

We currently have pupils in our school who suffer from exceptionally severe, life-threatening allergies to nuts and nut products. For these children, the danger is not limited to eating nuts; simply coming into contact with a surface where nut products have been touched, or breathing in airborne particles, can trigger an immediate and severe allergic reaction (anaphylaxis).

While it is impossible to 100% guarantee a completely nut-free environment in a large school setting, we operate as a strictly allergy-aware community. To minimise the risk to our vulnerable pupils, we require your absolute cooperation in ensuring that no nut products of any kind are brought onto the school premises.

Strict Restrictions – Please Do Not Send:

- **Spreads and Dips:** Peanut butter, Nutella, chocolate-hazelnut spreads, or traditional pesto.
- **Snacks and Bars:** Whole or chopped nuts, trail mixes, and cereal or granola bars containing nuts (for example, Kinder Bueno or tracker bars).
- **Baked Goods:** Cakes, biscuits, or pastries that contain nuts or almond flakes.
- **Label Check:** Please carefully check packaging for warnings such as 'contains nuts' or 'made in a factory that handles nuts.'

How You Can Help at Home:

- **Morning Routines:** If your child eats peanut butter or nut products at breakfast, please ensure they wash their hands and face thoroughly, and brush their teeth, before coming to school. This prevents cross-contamination on shared surfaces like door handles and desks.
- **School Bags:** Please check that no loose wrappers or residual crumbs from weekend snacks are left in school bags.
- **Talk to Your Child:** Remind your child about the importance of not sharing their lunch, snacks, or water bottles with classmates.



Attached: The Top 14 Allergens

To help raise awareness of food safety in schools, we have attached a guide to the Top 14 Allergens. Please note that our primary, mandatory restriction remains focused on nuts and peanuts due to the severe contact risks mentioned above. However, we encourage all families to be mindful of these other common allergens when preparing food for school.

Our Collective Responsibility: We understand that managing school lunches takes time and effort, but for some of our families, this is a matter of life-saving importance. Your vigilance directly ensures that we minimise risk and keep our environment as safe as possible for every single child.

Thank you for your immediate attention to this matter, your empathy, and your continued support.

Kind regards.

Miss Ferdinand

Headteacher