



September 2020

Dear Parent/Carer,

Nut Allergies

As you may be aware, we have a number of young people at school who suffer from serious allergies, most commonly to nuts, but also to a range of other allergens. One of our pupils has a particularly serious airborne allergy to nuts and almonds.

People who suffer from allergies can develop a severe, potentially life threatening allergic reaction. If someone has a serious airborne allergy to nuts, it is not only eating nuts that can cause an anaphylactic reaction; just being touched on the skin or smelling the breath of someone who has eaten nuts (or a product containing nuts) can trigger an anaphylactic shock which can result in breathing and swallowing difficulties.

First aid trained staff in the school are trained in the use of epi-pens (an injection of adrenalin) which must be administered urgently in the event of anaphylaxis; however to minimise the risk to pupils, we can no longer allow all nut types in school in any form. I would ask you, therefore, to ensure that your child brings no nut products in lunch boxes or as snacks. Examples of food that should be avoided are;

- peanut butter sandwiches
- chocolate spreads
- cereal bars
- some granola bars
- cakes that contain nuts
- biscuits / cookies that contain nuts
- snickers bars and similar
- peanut butter cakes
- satay sauces

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

This is a life-threatening condition, and your support is greatly appreciated. I know that you will understand the importance of making Vale of York Academy a nut free school.

I will speak to pupils in more detail early into the new academic year to remind them of our policy on this. In the meantime, if you have any questions, please do not hesitate to contact me.

Yours faithfully,

Mr G Kumar
Vice Principal Student Welfare

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