



## Nut Free School and Healthy Breaks



Dear Parents/Guardians

It has been brought to my attention that some children might be bringing in food with traces of nut. Could I please remind all parents that we are a Nut Free School. That means children **must not** bring in food for their break or for their lunch that contains nuts.

Some children are having chocolate spread sandwiches as part of their packed lunch. Some of these have been made with Nutella, that contains nuts. Some children are also bringing cereal bars and other bars into school with nuts.

Can you please ensure that your child's break and lunch box does not contain any of these products. We have children with nut allergies within the school who can become very ill if exposed to nuts. That is why we are a Nut-free School. If your child brings any food containing nuts into school they will not be allowed to eat this and the food will be disposed of in order to ensure the safety of the children within the school.

We also adopt a healthy break policy in school. Healthy breaks are fruit or vegetables or a plain biscuit. Only plain biscuits such as a plain digestive or rich tea biscuit are allowed. A lot of children are bringing in cereal bars. These bars such as Alpen or Frostie bars and the square bars are full of sugar and salt. Please do not send these with your child as a break. Teachers remind the children about healthy breaks and as part of the curriculum they learn about healthy diets so we need to all work together to ensure this.

K Baldrick (Acting Principal)