



Headteacher: Iman Atwal
Woodside Primary School
Morland Road
Croydon CR0 6NF

Tel: 020 8654 5333 Email: admin@inspirewoodside.co.uk
Web: www.woodside.croydon.sch.uk

Wednesday 17th January 2023

Dear Parent or Carers,

Nut Free School Reminder

I am writing to remind you that Woodside Primary School is a 'nut free' school. We have an increasing number of pupils in our school who have nut allergies. Anaphylaxis (allergic reaction) can occur as a result of digestion, inhalation or any other contact with nut-based products. We also have some children with airborne nut allergies.

For this reason, we request that you do not send your children to school with any of the following:

- Packaged nuts
- Peanut butter or chocolate spreads containing nuts (including Nutella)
- Cereal, granola or chocolate bars containing nuts
- Cake or biscuits containing nut
- Peanut-based sauces like satay
- Any food made with sesame seeds (which can cause a similar allergic reaction)
- Any other personal belongings that may contain nuts

The above list is not exhaustive. Please check the ingredient lists carefully.

Both children and adults with severe nut allergies can suffer from life-threatening reactions if they eat, smell, or touch any foods containing nuts. We are therefore grateful for your cooperation in helping to keep our pupils and staff safe. If we notice any nut products in school, we will ask children not to open them and return them to you at the end of the school day.

Thank you for your support with this matter and if you have any questions, please feel free to contact me.

Yours sincerely

Mr I Atwal
Headteacher



Inspire
Partnership

Inspire Partnership Academy Trust
Chief Executive Officer - Robert Carpenter
Registered Office - Sandbach Place, London SE18 7EX
Registered in England Company Number - 10421212