

Egg and Nut Aware

Dear Parents/Carers,

At Clifford All Saints we have a number of children in school who have food allergies, these allergies are mainly to eggs and/or nuts. We know it is very hard to eliminate egg and nut products completely from school, but we do take steps to make our school '**Egg and Nut Aware**'.

While the majority of allergic reactions to nuts and eggs are mild, for some children, eating these foods may cause serious reactions, which can be life threatening. Some children may even have a reaction after just touching contaminated surfaces or an airborne reaction.

How Clifford All Saints are Egg and Nut Aware:

- Avoid eggs and traces of nuts in school lunches (provided by Taylor Shaw) no eggs will be cracked on site
- Avoid eggs and traces of nuts in baking activities carried out as part of the curriculum
- Being vigilant when using boxes as part of craft activities e.g. not using cereal boxes or containers that may be contaminated with egg or nuts
- If staff notice food containing eggs and nuts at lunchtime or breaktime, we will act sensibly to prevent those children known to have allergies coming into contact with the food
- All children with allergies are known by all staff in school

How Parents and Carers help us to be Egg and Nut Aware:

- To support us in keeping all of our children safe, we ask you all to ensure that children do not bring food items that may contain nuts or eggs into school as snacks or as an item in their packed lunch.
- This includes all nuts, Nutella, peanut butter, cereal bars and other foods that lists nuts as an ingredients
- This includes all forms of eggs such as boiled eggs, omelettes, egg mayonnaise or quiche

What to do if your child develops or has a diagnosed allergy that you haven't told us about:

- Inform school if your child is allergic to any other food that we are not aware of.
- If your child does have an allergy, please make sure we are made aware of changes to your child's Allergy Action Plan.

- Any medication your child may need in school such as EpiPens, inhalers and Antihistamines, should be regularly checked and replaced when due to expire.

Thank you so much for working with us to be an 'Egg and Nut Aware' school. If you have any questions, please speak to a member of staff.

Clifford All Saints

To learn more about allergies, use the links below:

<https://www.allergyuk.org/living-with-an-allergy/at-school/>

<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools/allergy-guidance-for-schools>