Dear Parents,

We have children in our grade 5/6 team who have allergies to nuts and eggs - potentially very serious allergies which can cause an extreme allergic reaction (known as anaphylaxis) from direct and indirect contact with eggs and nuts of all types. This includes touching or eating nuts or eggs as well as touching surfaces/toys etc that eggs or nuts have come into contact with. Just a tiny amount of nut or egg is enough to cause a reaction. These allergic reactions are normally very quick (often within 5 minutes), with symptoms becoming apparent immediately after the child comes in contact with the allergen and can threaten the allergic person’s life. Obviously this would be a very serious and traumatic event, which we would like to avoid. That is why we would like your support to avoid nuts and eggs as a primary means of protecting these children as stated in our allergy aware school policy. Many of you may already be used to this from earlier years.

**We will be encouraging the children not to share any of their food.** To assist parents we have included a list of food products that contain nuts that we would prefer the children in grade 5/6 did not bring to school to eat, and perhaps keep at home for special afternoon teas instead as they are not suitable or safe to be sent to school in lunch boxes.

**These foods contain nuts or eggs. Please avoid sending these items to school.**

- Peanut butter in any form. (sandwiches, dips)
- Nutella in any form. (sandwiches, dips)
- Hazelnut spreads.
- Bars that contain nuts as a main ingredient eg. Picnic, Snickers, Honey & Nut bars.
- Biscuits with nuts.
- Mixed nuts.
- Chocolate covered nuts.
- Eggs and products containing eggs. (e.g. egg sandwiches and egg mayonnaise)

As an alternative, nut free peanut butter and Nutella products can be found in the organic section of the supermarket. Birthday cakes or treats are a common part of a school classroom and, where possible, we would like to accommodate this. If you would like to bring in a cake that all the children can enjoy, please supply an ingredient list so it can be checked for any allergens. If the treat is not suitable, we can arrange a suitable alternative. We realise that at times this may seem difficult, however your cooperation and support is appreciated by the school and the families and students involved. If you have any questions or would like to discuss this concern, please come and see us or John Painter, our Assistant Principal and the school’s Health and Wellbeing Coordinator.

Thank you,

The Grade 5/6 Team