



**Federation Headteacher Miss J Concannon**  
<http://www.kfos.co.uk>

Thursday 2<sup>nd</sup> September 2021

### **Nut/Sesame Allergies**

Dear Parents and Guardians,

Food allergies are becoming increasingly common and this year we have children who have severe allergies to nuts and sesame products and any exposure to these items, even a tiny amount, could be potentially very serious and life threatening for them.

All teachers and staff are working hard to put measures in place to keep them safe, but please can we ask for your help too? We are asking all of our children and families to help make the school environment safer for all children, by following these simple suggestions:

- Please avoid sending any foods that contain nuts, such as peanut butter, hummus or nutella sandwiches, muesli or health bars with nuts, to school with your child. (Please see a longer list at the bottom of this letter.)
- Please always contact the Classroom Teacher **before** sending any food for sharing with the class for special celebrations like birthdays, Easter or Christmas.
- Please remind your child never to share his/her food and drinks with other children.
- Please wash your child's face and hands thoroughly before they leave home, especially if your child has eaten nuts/allergens (please see list) prior to coming to school.
- Please remind your child to wash their hands before and after eating

#### **Foods containing nuts and sesame include:**

Hummus (a dip),

Halvah (an Indian sweet),

Tahini (ground sesame paste), Gomashio (a condiment made from roasted, ground sesame seed and sea salt).

#### **Other foods that may contain sesame are:**

Vegetarian burgers, Chinese, Thai and Japanese foods, breadsticks, stir fry vegetables, burger baps, cocktail biscuits, health bars, bread and other bakery products, curry sauce, granola bars, salad dressings, pesto and marzipan.

Thank you for helping us keep our Federation environment nut and sesame seed free.

Kind regards,

Miss J. Concannon

Federation Headteacher

