



# The Federation of St Elphege's and Regina Coeli Catholic Schools



St Elphege's

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Regina Coeli

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**Executive Head Teacher: Mrs F Hawkes OBE**

Head of School: Mr M Jones

Head of School: Mrs T Christoforou

**Deputy Head Teachers:**

Mrs R Duffy, Mrs C Guilmartin-Cole, Mr L Hawkes, Mrs M Spain

Wednesday, 24 June 2020

Dear Parents and Carers,

A number of children across The Federation suffer with food allergies. Nuts are the cause of some of the most severe allergies present in our community. For some of these children, merely being in the same room as nuts or products which contain nuts can induce a life-threatening allergic reaction called anaphylaxis. Anaphylaxis typically develops rapidly and results in swelling of the airways, severely restricting the individual's ability to breathe.

The Federation is committed to safeguarding all members of the school community and, as such, has adopted a **Nut Free Policy**. Whilst we cannot guarantee that food products containing nuts are not brought onto the school premises, we ask for your support in ensuring that measures are taken to ensure that all members of our school community are as safe as practically possible.

School lunches prepared on site are made using nut-free ingredients in a nut-free kitchen. Snacks, items in packed lunches and any sweets or food items which are brought into school must be free from nuts. Parents and carers are asked to check the ingredients of food items carefully. Packaging must be checked for:

- *Not suitable for nut allergy sufferers*
- *This product contains nuts*
- *This product may contain traces of nuts.*

The presence of the above indicates that the food item is **unsuitable** for consumption in school or during any activity associated with school. If lunch box or snack items are found to contain nuts, they will be removed by staff and replaced with fruit.

If you would like to read The Federation's full Nut Free Policy, you will find it under the *Information > Policies* tab on the school website. Alternatively, you may request a hard-copy from the school office.

We thank you in advance of your support.

Yours sincerely,

Mr M Jones  
Head of School